

Coronavirus: COVID-19
Current Update – March 29, 2021

As of March 29th, 2021, Canada has a total of 968, 389 confirmed cases of COVID-19. Ontario has 345, 234 cases and Toronto has a total of 110, 636 cases.

Ontario reports nearly 2,100 new COVID-19 cases as test positivity rate surges

For the fifth day in a row, Ontario reported more than 2, 000 new cases of COVID-19. The province logged 2,453 infections on Saturday, 2,448 infections on Sunday, and 2, 094 infections today. Of these new cases, there are 618 in Toronto, 368 in Peel Region, 277 in York Region, 132 in Ottawa, 104 in Durham Region and 61 in Hamilton.

Currently, Ontario's positivity rate is 6.6%, which is the highest it has been for over two months. The last time the positivity rate was above 6% was during the height of the second wave. A positivity rate of 6.8% was recorded on January 19th. The province's rolling seven-day average of new cases has risen to 1, 094 new cases per day, up from 1, 599, which was the seven-day average one week ago.

The Ministry of Health says there are now at least 841 people in hospital due to COVID-19 infection. In Ontario, there are at least 382 COVID-19 patients in Intensive Care Units (ICUs), and 236 of them are breathing with the assistance of a ventilator. These numbers are approximate because some hospitals still have not submitted their latest data.

Ten deaths from COVID-19 were recorded in the past 24 hours. In total, 7, 337 people in Ontario have died from the virus. Today, 1, 524 more cases were labelled "resolved", which brings the number of recovered patients up to 318, 932. The total number of lab-confirmed cases of COVID-19 in Ontario now stands at 345, 234, including deaths and recoveries.

In the last 24-hour period, officials found 585 new mutations of the disease in Ontario. Since the province started looking for COVID-19 Variants of Concern, 18, 907 mutations have been discovered in lab-positive tests. In total, 1, 894 of these mutations have gone through the process to be officially categorized. In Ontario, there are at least 1, 749 cases of the B.1.1.7. variant (also known as the UK variant), 63 cases of the B.1.351 variant (also known as the South African variant) and 82 cases of the P.1. variant (also known as the Brazilian variant).

Throughout the province, within the past 24 hours, 39, 000 COVID-19 tests were completed and 50, 453 COVID-19 vaccine doses were given. 311, 248 people in Ontario have received both doses of the COVID-19 vaccine and are now considered immunized against the disease.

Source:

<https://toronto.ctvnews.ca/ontario-reports-nearly-2-100-new-covid-19-cases-as-test-positivity-rate-surges-1.5366397>

Ontario is lowering the minimum age for COVID-19 vaccines in 10 more public health units

As of this morning, people born in 1951 and earlier can use the provincial system to book their shots in these 10 regions:

- Peel
- Hamilton
- Grey Bruce
- Ottawa
- Kingston
- Frontenac and Lennox & Addington Public Health
- Lambton Public Health
- Leeds, Grenville and Lanark District Health Unit
- Niagara Region Public Health
- Simcoe-Muskoka District Health Unit, and
- Timiskaming Health Unit.

Previously, the minimum age in most regions was 75. Other regions, such as Halton, have also lowered the minimum age to 70 using their own booking systems.

People aged 70 and older will also be able to use the provincial system to make a vaccination appointment in York Region. York had already begun vaccinating people in that age group, but they had only been able to book their shots through the regional system rather than the provincial system.

Torontonians aged 70 and older were able to start booking their vaccines on Saturday.

Source:

<https://toronto.ctvnews.ca/ontario-lowers-minimum-age-for-vaccines-in-10-more-regions-1.5366026>

Ontario's COVID-19 Vaccine booking portal:

Those eligible for a vaccine can book here: <https://covid-19.ontario.ca/book-vaccine/>.

Or by phone at: 1-888-999-6488

UPCOMING EVENTS:

March of Dimes

Caregiver Webinars

Caregiver Connection Group – Caregiver conversation series – 10 weeks

Date: Starting Thursday, March 4th, at 2:00pm – every Thursday, join anytime

To register for any or all sessions: <https://www.eventbrite.ca/e/march-of-dimes-canada-caregiver-conversation-series-tickets-142228614615?aff=ebdsoporgprofile>

Long-Term Care Planning: What it is any why we should all care

Date: Monday, March 29th at 2:00pm

To register: <https://www.eventbrite.ca/e/long-term-care-planning-what-is-it-and-why-we-should-all-care-registration-141473036661?aff=ebdsoporgprofile>

A Moment for You: A Conversation Among Caregivers

Date: Tuesday, April 6th at 2:00pm

To register: <https://www.eventbrite.ca/e/a-moment-for-you-a-conversation-among-caregivers-registration-146756521707?aff=ebdsoporgprofile>

Resources and Supports for Caregivers

Date: Monday, April 12th at 2:00pm

To register:

<https://www.eventbrite.ca/e/caregiver-webinar-supports-and-resources-for-caregivers-registration-146646554793?aff=ebdsoporgprofile>

The Importance of Socialization for Family Caregivers

Date: Monday, April 19th at 2:00pm

To register:

<https://www.eventbrite.ca/e/the-importance-of-socialization-for-family-caregivers-registration-146947573147?aff=ebdsoporgprofile>

If you or someone you know uses Augmentative and Alternative Communication (AAC), and requires resources related to COVID-19, please contact Sarah (sarah.nydp@gmail.com) and she can assist you in accessing and/or creating various communication tools.

If you think you may be experiencing symptoms of COVID-19, take the self-assessment at www.ontario.ca/coronavirus. Follow all directions from your medical provider or your local health unit at the following phone numbers:

Telehealth Ontario: 1-866-797-0000

Toronto Public Health: 416-338-7600

Peel Public Health: 905-799-7700

Durham Region Health Department: 905-668-7711

York Region Public Health: 1-877-464-9675

Please refer back to previous updates as lots of important information has been provided that may still be relevant. If you have any questions or require more information on how you can protect yourself and those around you from the COVID-19 virus, please contact our Outreach Communication

Facilitator Sarah, at 416-222-4448 or

sarah.nydp@gmail.com