

**Coronavirus: COVID-19**  
**Current Update – March 30, 2021**

As of March 30th, 2021, Canada has a total of 971, 718 confirmed cases of COVID-19. Ontario has 345, 234 cases and Toronto has a total of 111, 270 cases.

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**Ontario reports 2, 336 new COVID-19 cases, hospitalizations at highest point since early February**

The province reported 2,336 additional cases of the virus today along with 14 more deaths, as hospitalizations climbed to their highest point in almost two months. There were almost 1,100 people in hospital on Monday night due to the virus, which is the highest that the count has been since February 4<sup>th</sup>.

There are now 19, 810 active confirmed cases of the virus in the province, which is a significant increase from the 15,000 active cases one week ago. The seven-day rolling average of new cases now stands at 2,207, up from 1,667 one week ago.

Locally, there were 727 new cases reported in Toronto, 434 in Peel Region, 229 in York Region, 194 in Durham, 144 in Ottawa and 123 in Hamilton.

A new research paper from the COVID-19 Ontario Science Advisory Table found that virus cases that are variants of concern generate 60 percent more hospitalizations than cases caused by earlier strains of the virus, as well as a 56 percent higher chance of death. This poses a greater threat to the province's hospital system, and hospitals were told on Monday to prepare to "surge" the capacity of their ICUs to 115 percent of normal.

Source: <https://www.cp24.com/news/ontario-reports-2-336-new-covid-19-cases-hospitalizations-at-highest-point-since-early-february-1.5367863>

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**Canada to pause Oxford-AstraZeneca shots for under-55s**

Canadian provinces suspended the use of the AstraZeneca COVID-19 vaccine in people under the age of 55 today, as a result of an advisory committee's concerns about a possible link between the shot and rare blood clots. The committee had updated its recommendations amid new data from Europe that suggests the risk of blood clots could be as high as one in 100,000, which is much higher than the one in one million risk that was initially thought.

Canada's National Advisory Committee on Immunization (NACI) released information that most of the patients who experienced a rare blood clot after the AstraZeneca vaccine were women under the age of 55. The fatality rate among those who develop blood clots after the vaccine has been as high as 40 percent. This blood clot condition is known as Vaccine-Induced Prothrombotic Immune Thrombocytopenia, and it is treatable and now a known potential risk, which means that the fatality rate could go down.

Provincial governments decide without interference from the federal government on how to use a vaccine, but all provinces and territories in Canada have followed NACI's recommendation to suspend use in those 55 and younger.

Source: <https://www.cp24.com/news/canada-to-pause-oxford-astrazeneca-shots-for-under-55s-1.5366562>

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### **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

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### **UPCOMING EVENTS:**

## **March of Dimes**

### **Caregiver Webinars**

#### **Caregiver Connection Group – Caregiver conversation series – 10 weeks**

Date: Starting Thursday, March 4<sup>th</sup>, 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 29<sup>th</sup> 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 6<sup>th</sup> 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 12<sup>th</sup> 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 19<sup>th</sup> at 2:00pm

To register:

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

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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](mailto: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](http://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](mailto:sarah.nydp@gmail.com)