

**Coronavirus: COVID-19**  
**Current Update – March 31, 2021**

As of March 31st, 2021, Canada has a total of 978, 931 confirmed cases of COVID-19. Ontario 349, 903 has cases and Toronto has a total of 112, 025 cases.

---

**Ontario logs 2,333 new COVID-19 cases and 15 more deaths; ICU occupancy hits all-time high**

For the second day in a row, Ontario reported more than 2, 300 new cases of COVID-19. The province logged 2, 333 new infections today and 2, 336 yesterday. Of today's new cases, there are 785 in Toronto, 433 in Peel Region, 222 in York Region, 153 in Hamilton, 120 in Durham Region, and 50 in Halton. Of Ontario's 34 public health units, 12 reported 30 or more new COVID-19 cases.

Ontario's positivity rate has gone down to 4.8% after two days above 6%. The province's rolling seven-day average of new cases has risen to 2, 316 new cases per day, up from 1, 676, which was the seven-day average one week ago.

There are a total of 1, 111 people in Ontario hospitals due to COVID-19 infection. In the province, there are at least 421 COVID-19 patients in Intensive Care Units (ICUs), which is the highest number of COVID-19 patients in critical care at one time since the pandemic began. Of those, at least 252 patients are breathing with the help of a ventilator. In the last 24 hours, 32 people were admitted to ICUs across the province.

15 more people have died in Ontario due to COVID-19. Four of the people who died were Long-Term Care residents. The total number of lab-confirmed cases of COVID-19 in Ontario now stands at 349, 900, including 7, 366 COVID-19-related deaths and 322, 382 recoveries.

In the last 24-hour period, officials found 1, 229 new mutations of the disease in Ontario. There are still 21, 346 cases still waiting to go through the process to be officially categorized. Since the province started looking for COVID-19 Variants of Concern, 2, 060 mutations have been confirmed in lab-positive tests.

In Ontario, 101 variants of concern were confirmed today, including 98 cases of the B.1.1.7. variant (also known as the UK variant), 1 case of the B.1.351 variant (also known as the South African variant) and 2 cases of the P.1. variant (also known as the Brazilian variant).

Throughout the province, within the past 24 hours, 52, 532 COVID-19 tests were completed and 89, 873 COVID-19 vaccine doses were given. Over 2.1 million doses of COVID-19 vaccines have been administered across the province.

Source:

<https://www.cp24.com/news/ontario-logs-2-333-new-covid-19-cases-and-15-more-deaths-icu-occupancy-hits-all-time-high-1.5369516>

---

### **Ontario reports more than 2, 300 new COVID-19 cases as ICU numbers reach record high**

For the seventh day in a row, Ontario has reported more than 2, 000 new cases of COVID-19. The province logged 2, 333 new infections today.

The province's rolling seven-day average of new cases has risen to 2, 316 new cases per day, up from 1, 676, which was the seven-day average one week ago.

In Ontario, there are at least 421 COVID-19 patients in Intensive Care Units (ICUs), which is the highest number of COVID-19 patients in critical care at one time since the pandemic began. The last time the total number of COVID-19 patients in ICU was higher than 400 was during the height of the pandemic's second wave in January.

In the last 24 hours, 32 people were admitted to ICUs across the province. Yesterday, that number was 46, which was the highest number of people to be admitted to ICU in one day in Ontario.

Since the province started looking for COVID-19 Variants of Concern, 21, 346 mutations have been discovered in lab-positive tests, but only 2, 060 of them have gone through the process to be officially categorized. In Ontario, there are currently at least 1, 229 cases of the B.1.1.7. variant (also known as the UK variant), 70 cases of the B.1.351 variant (also known as the South African variant) and 92 cases of the P.1. variant (also known as the Brazilian variant).

Throughout the province, within the past 24 hours, 52, 532 COVID-19 tests were completed and 89, 873 doses of the vaccine were given. 315, 820 people in Ontario have received both doses of the COVID-19 vaccine and are now considered immunized against the disease.

The province lowered the minimum age for COVID-19 vaccines to 70 years old and over in 10 more public health units on Monday. People in these public health units who were born in 1951 and earlier can now use the provincial system to book their vaccine appointments.

Source:

<https://toronto.ctvnews.ca/ontario-reports-more-than-2-300-new-covid-19-cases-as-icu-numbers-reach-record-high-1.5369435>

---

### **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: 1-833-943-3900.

For general information about vaccines, call: 1-888-999-6488.

---

### **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>

#### **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>

---

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.

North Yorkers for Disabled Persons, Inc. Updated March 31, 2021

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)