

**Coronavirus: COVID-19**  
**Current Update – May 21 2021**

As of May 21st, 2021, Canada has a total of 1,349,335 confirmed cases of COVID-19. Ontario has 519,980 cases and Toronto has 163,569 cases.

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**Ontario to resume AstraZeneca shots for COVID-19 as second dose**

Ontario is resuming use of the Oxford-AstraZeneca vaccine against COVID-19 but only as a second dose. Multiple health experts say that the benefits of getting this vaccine outweigh the risks, and that the odds of developing a blood clot from it are even lower with the second dose. These numbers are based on a clinical study that took place in the United Kingdom.

When talking about the risk of a blood clot with the second dose, infectious disease specialist Dr. Isaac Bogoch said “It’s much lower, much much lower.” He gave this estimate:

- With the first dose, the risk of a blood clot ranges from about 1 person in 50,000 people to 1 in 60,000 people.
- With the second dose, the risk ranges from about 1 person in 600,000 people to 1 in 1 million people.

“It’s fair to say it’s not zero, but it’s also fair to say that it’s far less risky,” said Dr. Bogoch.

He said there are three main points about AstraZeneca. “Number one is that this is a very effective vaccine and we have real world evidence of that from the United Kingdom. Number two is that the risk of blood clotting events ... appears to be markedly lower after the second dose compared to after the first dose - with the caveat that it’s still rare after the first ... dose. Number three, it appears that people may have an option to choose AstraZeneca or an mRNA vaccine as a second dose.”

About 30,000 doses of AstraZeneca will expire in Ontario pharmacies by the end of May, and approximately 250,000 doses across the country are set to expire by the end of June. An additional one million doses of AstraZeneca are set to arrive in Canada by the end of June.

Sources:

1.<https://toronto.ctvnews.ca/ontario-to-resume-astrazeneca-shots-for-covid-19-as-second-dose-1.5437728>

2.<https://www.ctvnews.ca/health/coronavirus/risks-of-rare-blood-clot-even-lower-with-second-dose-of-astrazeneca-experts-say-1.5437073>

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## **Fewer than 2,000 COVID-19 cases in Ontario**

Today, Ontario reported 1,890 new cases of COVID-19. There are 469 new cases in Toronto, 468 in Peel Region, 165 in York Region, 111 in Hamilton, and 107 in Durham Region.

The province's positivity rate is 5.2%. Based on the past 7 days, the average of new cases per day in Ontario is 1,694, down from 2,615 one week ago. At least 27 more people have died from the virus within the past 24 hours.

There are at least 1,265 people in hospital due to COVID-19 and 715 people are in Intensive Care Units (ICUs). Currently, about 495,797 Ontarians are fully vaccinated against COVID-19. In total, over 7.7 million doses of COVID-19 vaccines have been administered in the province.

Source:

1. <https://toronto.ctvnews.ca/ontario-covid-19-cases-dip-below-2-000-again-1.5437867>

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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: 1-833-943-3900.

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

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## **In Toronto? Here's a safe transportation option to go to your vaccine appointment:**

Wheel-Trans is committed to providing vaccine rides to the elderly and people with disabilities in Toronto. Wheel-Trans is offering individual rides to City-run mass vaccination sites, pharmacies, doctor's offices and clinics that are giving out vaccines. Customers may be joined by one Support Person on their Wheel-Trans ride.

You may be eligible for Wheel-Trans service if your disability prevents you from using the TTC's conventional transit for all or part of their trip.

If you are not yet a Wheel-Trans customer, and you think you may qualify for Wheel-Trans service, you are invited to apply by calling Wheel-Trans Customer Service at 416-393-4111, Monday to Friday from 8 a.m. to 4 p.m.

Existing Wheel-Trans customers can book their rides to and from their vaccine appointments by calling Wheel-Trans Reservations at 416-393-4222, seven days a week from 7 a.m. to 11 p.m. or through the Wheel-Trans Self-Booking Website. Access the website by clicking here: <https://mywheel-trans.ttc.ca/SelfBooking2020/Login?ReturnUrl=%2fSelfBooking2020>.

### **Upcoming Events:**

## **March of Dimes Caregiver Webinars**

### **Stress Management for Caregivers**

Date: Monday, May 31<sup>st</sup> at 2:00pm

To register: <https://www.eventbrite.ca/e/stress-management-for-caregivers-registration-151071788787>

### **Caregiver Connection Group**

Caregiver Conversation Series

Date: Thursdays at 2:00pm (ongoing)

To register: <https://www.eventbrite.ca/e/march-of-dimes-canada-caregiver-conversation-series-tickets-142228614615?aff=ebsoporgprofile>

## **Better Living Health and Community Services Wellness Breaks and Lunch n' Learns**

Music for Emotional Expression with SarahRose Black

Date: Wednesday, May 26<sup>th</sup> from 12:00 to 1:00pm

To register: <https://zoom.us/meeting/register/tJ0ufu6uqjwjEtRpr86FUvBHq-B2wRHqRWnh>

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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) 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)