

Coronavirus: COVID-19
Current Update – May 4 2021

As of May 4th, 2021, Canada has a total of 1, 246, 042 confirmed cases of COVID-19. Ontario has 476, 692 cases and Toronto has 151, 197 cases.

Ontario reports less than 3, 000 COVID-19 cases for first time in a month

The province has reported 2, 791 new cases of COVID-19 today, and the last time it reported under 3,000 cases was on April 5th, before the height of the third wave of the pandemic. Today's positivity rate remains high, at 9.1 percent. Provincial labs processed a total of 33, 740 tests in the past 24 hours. There are still 25, 409 specimens that remain under investigation.

Locally, Toronto reported 931 new cases of the virus, Peel Region reported 653, York Region reported 275, Durham reported 147, Halton Region reported 101 cases and Hamilton reported 128 new cases.

Hospital occupancy has remained relatively flat, with 2, 167 people admitted to hospital overall. There are currently 886 people in intensive care, and 609 of them are breathing with the help of a ventilator. Another 25 people passed away in the last 24 hours from virus-related symptoms, and nine involved residents of Long-Term Care.

The active caseload across the province currently stands at 36, 440, which is down from 38, 853 one week ago. A total of 8, 143 people in the province have died as a result of the virus, since March 2020.

The province said a total of 88, 871 doses of COVID-19 vaccines were administered on Monday, which brings the total number of doses administered to 5, 467,120 in Ontario since December 2020.

Source: <https://www.cp24.com/news/ontario-reports-less-than-3-000-covid-19-cases-for-first-time-in-a-month-1.5413231>

Johnson & Johnson vaccine can be used for people over 30 but mRNA vaccine still preferred: NACI

The National Advisory Committee on Immunization (NACI) said on Monday that the Johnson & Johnson (J&J) vaccine is recommended for those over the age of 30 who do not want to wait for the Pfizer or Moderna vaccines. Their advice appears to contradict Health Canada's message to Canadians to not shop around for vaccines, and get the one that is first offered to you.

NACI vice-chair, Dr. Shelley Deeks, spoke out about the review of the J&J vaccine, and said that there are known safety risks with the vaccine, and although they are extremely rare people should be informed of them. The advice given was similar to what was said about the AstraZeneca vaccine, and Dr. Deeks said that although all vaccines approved for use in Canada are effective against COVID-19, the mRNA vaccines (Pfizer and Moderna) do not have a safety risk where the other two (J&J and AstraZeneca) do.

The risk of rare blood-clots that have been associated with AstraZeneca and the J&J vaccines is estimated to be anywhere from one case in 100, 000 to one case in 250, 000. However, there is little known about the syndrome, which is called vaccine-induced thrombotic thrombocytopenia (VITT), as well as why it is happening and who is more likely to develop it after receiving a vaccine.

To date, there have been seven cases of VITT reported in Canada, and all were in people who received the AstraZeneca vaccine. About 1.7 million doses of the vaccine have been administered in Canada. Dr. Deeks said that if you have received your first dose of AstraZeneca, you should definitely receive the second dose when it is offered to you. The only reason to avoid getting a second dose would be if you developed VITT after the first dose.

There are currently 300, 000 doses of J&J being stored at a Toronto-area warehouse which are pending investigation to ensure that they are safe before being distributed, after it was discovered that they were partly made at an American facility known for safety and quality-control violations.

Source: <https://www.cp24.com/news/j-j-vaccine-can-be-used-for-people-over-30-but-mrna-vaccines-still-preferred-naci-1.5412222>

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.

North Yorkers for Disabled Persons, Inc.

Updated May 4, 2021

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

A 3-Part Series for Caregivers: Caregiving: A Family Affair

- Session 3: A Toolkit for Caregiver and Family Well-Being

Date: Monday, May 10th at 2:00pm

To register: <https://www.eventbrite.ca/e/3-part-series-caregiving-a-family-affair-a-toolkit-for-caregivers-registration-147153587341>

Navigating the Healthcare System

Date: Monday, May 17th at 2:00pm

To register: <https://www.eventbrite.ca/e/navigating-the-healthcare-system-registration-151067826937>

Better Living Health and Community Services

Wellness Breaks and Lunch n' Learns

Basic Ways to Improve Your Diet

Date: Wednesday, May 5th from 12:00 to 1:00pm

To register: [https://zoom.us/meeting/register/tJ0ldeyggqTIpG9Oob0TxQDcDqmLzmSRgyOgx](https://zoom.us/join/https://zoom.us/meeting/register/tJ0ldeyggqTIpG9Oob0TxQDcDqmLzmSRgyOgx)

Medicine Song Woman, Juno Award Winning Singer Brenda MacIntyre

Date: Wednesday, May 12th, from 12:00 to 1:00pm

To register: [https://zoom.us/meeting/register/tJUldO-hqj4jEtQ7tlvYfccBLrFMTRBAelr](https://zoom.us/join/https://zoom.us/meeting/register/tJUldO-hqj4jEtQ7tlvYfccBLrFMTRBAelr)

Getting off the Path to Burnout with Dr. Marci Kostenuik

Date: Wednesday, May 19th from 12:00 to 1:30pm

To register: [https://zoom.us/meeting/register/tJuf-urqDktH9Oj01j8gFlMz8y6T33y1nz1](https://zoom.us/join/https://zoom.us/meeting/register/tJuf-urqDktH9Oj01j8gFlMz8y6T33y1nz1)

Music for Emotional Expression with SarahRose Black

Date: Wednesday, May 26th from 12:00 to 1:00pm

To register: [https://zoom.us/meeting/register/tJ0ufu6uqjwJEtRpr86FUvBHq-B2wRHqRWnh](https://zoom.us/join/https://zoom.us/meeting/register/tJ0ufu6uqjwJEtRpr86FUvBHq-B2wRHqRWnh)

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