

**Coronavirus: COVID-19**  
**Current Update – November 19, 2020**

As of November 19th, 2020, Canada has a total of 313, 529 confirmed cases of COVID-19. Ontario has 99, 372 cases with Toronto having 36, 080 cases.

Sources:

<https://www.ctvnews.ca/health/coronavirus/tracking-every-case-of-covid-19-in-canada-1.4852102>

<https://www.toronto.ca/home/covid-19/covid-19-latest-city-of-toronto-news/covid-19-status-of-cases-in-toronto/>

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**Ontario hits 150 COVID-19 patient threshold in ICU raising concerns around other hospital care**

Ontario now has 150 patients receiving treatment for COVID-19 in its Intensive Care Units (ICUs) according to a report by Critical Care Services Ontario. This number represents a key threshold that will make it more difficult for hospitals to provide other care and perform scheduled surgeries.

Today, the province reported that there are at least 146 patients currently in an ICU, up from 127 patients yesterday. 88 of them are breathing with the assistance of a ventilator, up from 78 yesterday. There are at least 535 patients in an Ontario hospital being treated for the virus.

Earlier today, ICU physician Dr. Michael Warner issued a video statement asking the province to take urgent steps to prevent the cancellation of other important intensive care services. Warner said: “This means we’re going to have to limit access to non-COVID-related care, cancel surgeries, cancel cancer surgeries, cancel hip replacements, knee replacements. We don’t want to do this, we can’t do this, people will die if we do this. We need to keep our health-care system accessible to all patients whether they have COVID or not.”

Previously, the province said that once the number of patients in intensive care reaches 150, it becomes harder to support non-COVID-19 needs in hospitals. Once it exceeds 350 people, it becomes “impossible” to handle. Initially, Ontario’s COVID-19 modelling showed hospital capacity would only slightly exceed the 150-bed threshold in the worst case scenario, but the predictions evolved as case numbers rose in the province.

Today is the 14th day in a row where the province’s number of new COVID-19 cases has been above 1, 000. Today, the province reported 1, 210 new cases, down from 1, 417 infections yesterday.

The province also reported that 28 more people have died due to COVID-19. Residents of Long-Term Care facilities represent 15 of those 28 deaths. The province's total number of deaths due to the virus has risen to 3, 443 people, and 2, 287 (more than 65%) of those deaths were people over the age of 80.

Most of these new cases were reported in the province's COVID-19 hotspots: Toronto (346), Peel Region (361), and York Region (143). Meanwhile, Ottawa has 37 new cases.

Other public health units that reported more than 10 cases of COVID-19 include Durham Region (57), Simcoe-Muskoka (27), Middlesex-London (19), Windsor (24), Hamilton (37), Halton Region (35), Waterloo region (28) and Wellington-Dufferin-Guelph (11).

Of today's 1, 210 new cases, 446 of them are people between the ages of 20 and 39, and at least 353 new cases are people between the ages of 40 and 59. People between the ages of 60 and 79 represent 139 of today's new cases, and 189 new cases were confirmed among people who are 19 years of age and younger.

Health officials estimate that the province's positivity rate is at least 4.5%. In the last 24 hours, officials across Ontario processed 41, 838 tests, and there are 44, 439 tests still being investigated. In total, Ontario has processed more than 5.7 million tests. Ontario has seen 99, 372 cases of the virus, including the 3, 443 deaths and 83, 301 recoveries.

Source:

<https://toronto.ctvnews.ca/ontario-hits-150-covid-19-patient-threshold-in-icu-raising-concerns-around-other-hospital-care-1.5195799>

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### **Tips for preparing yourself for a winter lockdown**

Below are some suggestions for things to do to prepare ourselves for a winter lockdown.

#### Mental Preparation:

According to science writer David Robson, our mindset, beliefs and expectations influence how we react to stressful situations. It is undeniable that some things are undesirable and beyond our control, like limiting non-essential in-person interaction and seeing fewer hours of daylight. But there are elements we can control. Robson insists that we'll cope a lot better if we acknowledge that there are different ways of interpreting the same events. The act of trying to look at the same situation differently can change our psychological and physiological response.

Do not judge yourself for feeling down or dreading winter. Ask yourself if you can reframe the situation and see it from another perspective. Adjusting your mindset better prepares you to cope

by taking action. For example, you can start planning for things to enjoy, such as a quarantine bucket list or mood board of meals you want to cook, books you want to read, and music you want to listen to. [This website](#) offers free movies, TV shows, and documentaries without any advertisements (paid for by the government of British Columbia). Unfortunately, the videos do not have subtitles or described video. In general, starting a project, a show, or even a puzzle could help take your mind off of the current situation.

It's important to feel connected and mentally stimulated. Be sure to stay in touch with friends and family virtually or over the phone. If you are feeling overwhelmed and think you might be having a mental health crisis, call a helpline to speak to a professional. [Here](#) are some helplines available. Now there are more virtual events than ever before, like online support groups, concerts, art galleries, and religious services. Take advantage of these opportunities to connect.

#### Physical Preparation:

Preparation comes down to lessons learned from the first lockdown. Try to limit the amount of shopping trips you make, and stock up with non-perishables when you can. Be sure to keep a back-up supply of medication and other helpful supplies, such as incontinence items, batteries, equipment, and of course, maintain a supply of Personal Protective Equipment (PPE) for yourself, your Personal Support Worker (PSW), and any emergency attendants.

This winter, use your home as a space to take care of yourself and those around you. Do what you can to be as warm and cozy as possible. If you can invest in just a few things to make your home more pleasant, such as a heating pad, weighted blanket, or portable heater, it could make all the difference to your mindset. You might want to consider switching to a more affordable energy provider because you'll have the heat on all day and night, or consider purchasing thermal curtains to add an extra layer of insulation. You could also add insulating tape or a draught excluder to prevent cold air from entering through draughts on windows and doors. Other useful purchases could be an air-purifier for when the cold weather prevents you from opening a window for ventilation, or a light therapy lamp to improve your mood and help treat Seasonal Affective Disorder. If you have an outdoor space as part of your home, it might be worth investing in ways to make it usable throughout the winter, like with a patio heater.

Even if you are on a tight budget, do your best to make the most of all your available space. Think about how you could temporarily convert unused areas into something that will benefit the whole family. It might only take the relocation or repurposing of some furniture to change the purpose of a room. Also, if you can, get someone to fix small things around your space that irritate you. Finishing these jobs can reduce your daily stressors and make your time at home so much happier. If you want to enjoy time at home, keeping it tidy, clean and clutter-free can help enormously.

Sources:

<https://www.canada.ca/en/public-health/corporate/publications/chief-public-health-officer-reports-state-public-health-canada/from-risk-resilience-equity-approach-covid-19.html>

<https://thebigstorypodcast.ca/2020/10/15/how-to-prepare-for-a-winter-in-lockdown/>

<https://www.climadoor.co.uk/blog/preparing-winter-lockdown/>

<https://www.knowledge.ca/>

<https://toronto.cmha.ca/find-help/>

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## **UPCOMING EVENTS:**

### **March of Dimes**

#### **Free Online Webinars for Caregivers**

- Mental Health: Impacts At Home and Work
  - Date: Thursday, Nov. 19<sup>th</sup>, Time: 2:00 PM
- Understanding Disability Tax Credits with the Canada Revenue Agency
  - Date: Wednesday, Nov. 25<sup>th</sup>, Time: 2:00 PM
- The Importance of Sleep
  - Date: Wednesday, Dec. 2<sup>nd</sup>, Time: 2:00 PM

**Registration for all events can be done here:** <https://www.eventbrite.ca/o/march-of-dimes-canada-27715764721>

### **Harmony Place**

#### **Online Music Therapy Sessions**

Date: Wednesdays and Fridays, starting Friday August 7<sup>th</sup>, and Wednesday August 19<sup>th</sup>, 2020

Time: 2:30 – 3:30pm

Zoom link:

<https://us02web.zoom.us/j/82054622001?pwd=Z2xyZjFZQUpNRFB6YzAwU085N3pGUT09>

Meeting ID: 820 5462 2001

Passcode: 051424

For more information, contact Wanda by email at: [wanda@harmonyplace.on.ca](mailto:wanda@harmonyplace.on.ca)

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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)