

Coronavirus: COVID-19
Current Update – September 25, 2020

As of September 25th, 2020, Canada has a total of 149, 094 confirmed cases of COVID-19. Ontario itself has 48, 905 cases with Toronto having 18, 139 cases.

COVID-19, flu, cold or seasonal allergies? How to tell the difference between the symptoms

The season of fall always tends to bring on a slew of coughing and sneezing. This year, we are faced with the threat of COVID-19 as well. It may be hard to tell the difference between illnesses, and health officials are urging anyone who has COVID-19 symptoms or who is concerned they've been exposed to the virus to get tested. While many seasonal illnesses have similar symptoms to COVID-19, there are some key differences.

COVID-19:

The novel coronavirus is a respiratory illness, so symptoms are focused around the lungs. For many patients of COVID-19, a dry cough and fever are the most predominant symptoms. Other symptoms include fatigue, difficulty breathing, a new loss of taste or smell, aches and pains in the chest and body, diarrhea, and a sore throat.

Influenza:

The flu is also a respiratory illness, which means that it carries many of the same symptoms of COVID-19. It is suggested to get a COVID-19 test if you are experiencing any respiratory symptoms as listed for COVID-19. Some symptoms do differ, however, as headaches are more associated with the flu, while a new loss of taste or smell is something that points to COVID-19.

Cold:

The common cold can be much milder than the flu. It generally does not bring on a fever, and it is characterized by sneezing and a runny or stuffed up nose. Although many people recover from a cold within 7 to 10 days with rest, those with weakened immune systems are more vulnerable to severe illness from a cold. In Ontario, it is recommended to get tested for COVID-19 if you are experiencing a runny nose or are sneezing. It is also recommended to use a self-assessment tool, and to reach out to a doctor for a better understanding of your symptoms.

Seasonal Allergies:

Seasonal allergies are not triggered by any sort of virus, but they are brought on by airborne pollen which gets released in the spring and fall months. These allergies affect the sinuses predominantly. If you experience seasonal allergies regularly and are only experiencing a runny nose, consider reaching out to a doctor or using the Ontario COVID-19 self-assessment tool.

For all cases, the only way to know whether or not you are experiencing symptoms of COVID-19 is to book a test. For those in positions where it is required to interact with many people in person (i.e. retail, food, service, schools, etc.), it is considered essential to get tested for COVID-19 if feeling under the weather.

Source: <https://www.ctvnews.ca/health/coronavirus/covid-19-flu-cold-or-seasonal-allergies-how-to-tell-the-difference-between-symptoms-1.5114356>

UPCOMING EVENTS:

Vibrant Healthcare

Virtual Health and Wellness Series

When: Tuesdays and Thursdays, 1-2pm

- COVID-19 Vaccines: What you should know, Tuesday, September 29th

To register, email at: jennifert@virbanthealthcare.ca

March of Dimes

The Caregiver Experience, Online Events

- “It takes a village.” Building a Care Management Team with TYZE
 - Date: Wednesday, September 30th, Time: 2 – 3:30pm

Registration 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 7th, and Wednesday August 19th, 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

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