

**Coronavirus: COVID-19**  
**Current Update – September 4, 2020**

As of September 4th, 2020, Canada has a total of 130, 493 confirmed cases of COVID-19. Ontario itself has 42, 686 cases with Toronto having 16, 127 cases.

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**Health experts urge Canadians to get flu shot in hopes of avoiding ‘twindemic’**

Many healthcare experts are warning Canadians that it is more important than ever to get the flu shot. This is to prevent a potential ‘twindemic,’ which refers to a large increase of people becoming ill as the flu and COVID-19 circulate at the same time.

It is particularly important for people who are at an especially high risk of critical illness from influenza or COVID-19. This includes vulnerable populations, such as seniors and people with underlying health conditions. Getting the flu vaccine can also help reduce “unnecessary testing” for COVID-19, because several symptoms of both illnesses are very similar. In addition, it is not yet known whether people will become infected with both flu and COVID-19 at the same time, and what the consequences of that combination could be.

The flu often takes enormous toll on the healthcare system, so it is vital that people do what they can to reduce their chances of getting it. Hospitals and healthcare facilities could become overwhelmed if they need to treat both flu and COVID-19 patients. Dr. Danuta Skowronski, an infectious disease expert at the B.C. Centre for Disease Control, says; “It is particularly important this year that those with high-risk conditions receive the influenza vaccine so that we are not utilizing critical hospital beds for influenza that could be used for those with COVID-19, where there is currently no vaccine.”

Going to get the influenza vaccine will look very different this year than it has in the past. Physicians, nurses and pharmacists will be wearing personal protective equipment (PPE), spacing out patients when they arrive to ensure physical distancing, and requiring them to wear a face mask while they get their flu shot. Some pharmacies may have patients make an appointment in advance, and some are already taking reservations. Patients will be screened for COVID-19 symptoms or exposure while they are waiting to receive the flu shot, and it is advised for people to stay home and reschedule their appointment if they are not feeling well.

It is important to note that getting the influenza vaccine will not protect you from COVID-19, and it will not increase your risk of COVID-19 infection. It takes about two weeks to reach the full level of protection from the flu after receiving the vaccine, and preventative measures that are used for COVID-19 also protect against the flu. This means that it will continue to be extremely important to

follow public health guidelines, including wearing mask, practicing proper hand hygiene, and maintaining social distance when out in public settings.

Source: <https://www.cbc.ca/news/health/flu-vaccine-covid-19-twindemic-what-you-need-to-know-1.5709559>

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## **UPCOMING EVENTS:**

### **Vibrant Healthcare**

#### **Virtual Health and Wellness Series**

**When:** Tuesdays and Thursdays, 1-2pm

- Guided Meditation, Tuesday, September 8<sup>th</sup>
- Stay Connected with Vibrant: Program and Services, Thursday, September 10<sup>th</sup>

To register, email at: [jennifert@virbanthealthcare.ca](mailto:jennifert@virbanthealthcare.ca)

### **March of Dimes**

#### **The Caregiver Experience, Online Events**

- Caregiver Organization Overview
  - Date: Wednesday, September 16<sup>th</sup>, Time: 2 – 3:30pm
- Understanding Caregiver Benefits with The Canada Revenue Agency
  - Date: Wednesday, September 23<sup>rd</sup>, Time: 2 – 3:30pm
- A Healthy Bite of Exercise and Nutrition with Urban Poling Inc!
  - Date: Thursday, September 24<sup>th</sup>, Time: 2 – 3:30pm
- “It takes a village.” Building a Care Management Team with TYZE
  - Date: Wednesday, September 30<sup>th</sup>, 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 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)

## **Ontario Federation for Cerebral Palsy (OFCP)**

### **Nicholas Milojevic Walk 'N' Roll-a-thon**

Where: Virtual meet-up event

Date: Saturday, September 12, 2020

Time: 10:00am

**Purchase tickets or make a donation at:** <https://www.canadahelps.org/en/charities/ontario-federation-for-cerebral-palsy/events/nicholas-milojevic-walk-n-roll-a-thon-2/>

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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)