

Coronavirus: COVID-19
Current Update – September 7, 2021

As of September 7th, 2021, Canada has a total of 1,516,028 confirmed cases of COVID-19. Ontario has 569,633 cases and Toronto has 174,911 cases.

Nearly 1,200 new cases of COVID-19 reported in Ontario over two days

Today, there are 564 new cases of COVID-19 in Ontario, which comes after 944 cases on Saturday, 811 cases on Sunday, and 581 cases on Monday. The seven-day average is 746, up from 701 at this time last week. The positivity rate is 3.4%.

Of these 564 new infections, 434 people are not fully vaccinated or have an unknown vaccination status. The remaining 130 people are fully vaccinated.

Over the past two days, cases were mainly found in: Toronto (232), Peel Region (139), Windsor-Essex (127), Hamilton (75), York Region (125), Ottawa (57), Durham Region (53), Niagara (48), Halton Region (40), Simcoe Muskoka (39), and Middlesex-London (38).

According to the province, there are 295 COVID-19 patients in hospital, with 192 people in an Intensive Care Unit. The vaccination status of all hospitalized patients was not shared by the province today.

Over 10.9 million people in Ontario are fully vaccinated, which is 77.7% of the population that is eligible for a vaccine. Meanwhile, 84.3% of people in Ontario who are eligible for a vaccine have had at least one dose.

Sources:

1. <https://covid19tracker.ca/index.html>
2. <https://toronto.ctvnews.ca/nearly-1-200-new-cases-of-covid-19-reported-in-ontario-over-two-days-1.5575526>

Valid Medical Vaccination Exemptions

With Ontario's vaccination certification program arriving this month, there have been many questions about valid medical exemptions for the COVID-19 vaccine. The Government of Canada has outlined possible exemptions in the Canadian Immunization Guide under two categories: contraindications and precautions. The Guide is supported by the National Advisory Committee on Immunization and can be found here: <https://www.canada.ca/en/public-health/services/immunization/national-advisory-committee-on-immunization-naci/recommendations-use-covid-19-vaccines.html#a7.9>

For all exemptions, make sure you talk to your doctor to discuss your options. A risks assessment may be needed to weigh the benefits of being vaccinated and the possible risks.

Contraindications are situations in which a drug, such as a vaccine, should not be used because the risk outweighs any potential benefit.

Precautions are conditions that may increase the risk of an adverse reaction following immunization or that may compromise the ability of the vaccine to produce immunity. In general, vaccines are deferred when a precaution is present. However, there are circumstances when the benefits of a vaccine outweigh the potential harm, or when reduced immunity may still result in significant benefit to a susceptible, immunocompromised host.

Contraindications

1. Anaphylaxis and allergies to a COVID-19 vaccine
 - A COVID-19 vaccine should not be offered to individuals with a history of severe allergic reaction (ex. anaphylaxis) after previous administration of a COVID-19 vaccine.
 - For a list of components in the vaccine and packaging, please consult Health Canada's Drug Product Database: <https://www.canada.ca/en/health-canada/services/drugs-health-products/drug-products/drug-product-database.html>
2. Thrombosis and thrombocytopenia following vaccination
 - Patients who experienced venous or arterial thrombosis with thrombocytopenia following vaccination with a viral vector COVID-19 vaccine should not receive a second dose of a viral vector COVID-19 vaccine.
3. Capillary leak syndrome
 - As a precautionary measure, individuals with a history of capillary leak syndrome should not receive the AstraZeneca/COVISHIELD COVID-19 vaccine.

Precautions

1. Hypersensitivity and allergies
 - Vaccination may be considered in individuals with mild to moderate immediate allergic reactions after a previous dose of a COVID-19 vaccine. Assessment by a physician or nurse with expertise in immunization may be warranted prior to re-immunization.
 - Individuals with proven or suspected severe allergic reaction (ex. anaphylaxis) to injectable therapy not related to a component of a COVID-19 vaccine may be routinely vaccinated and do not need to be assessed.
 - Individuals with a history of allergy not related to a component of a COVID-19 vaccine (ex. foods, oral drugs, insect venom or environmental allergens) can receive COVID-19 vaccines without any special precautions.
2. Hematologic
 - In individuals with bleeding disorders, the condition should be managed prior to immunization to minimize the risk of bleeding.
 - Individuals receiving long-term anticoagulation are not considered to be at higher risk of bleeding complications following immunization and may be safely immunized without discontinuation of their anticoagulation therapy.

3. Thrombosis and thrombocytopenia
 - Individuals who have experienced a previous CVST with thrombocytopenia or heparin-induced thrombocytopenia should only receive a viral vector COVID-19 vaccine if the potential benefits outweigh the potential risks.
4. Myocarditis and/or pericarditis
 - As a precautionary measure, the second dose in the mRNA COVID-19 vaccination series should be deferred in individuals who experience myocarditis or pericarditis following the first dose of an mRNA COVID-19 vaccine until more information is available.
5. Tuberculin skin testing (TST) or interferon gamma release assay (IGRA)
 - There is a theoretical risk that mRNA or viral vector vaccines may temporarily affect cell-mediated immunity, resulting in false-negative TST or IGRA test results. If tuberculin skin testing or an IGRA test is required, it should be administered and read before immunization or delayed for at least 4 weeks after vaccination. Vaccination with COVID-19 vaccines may take place at any time after all steps of tuberculin skin testing have been completed.
6. Blood products, human immunoglobulin, and timing of immunization
 - It is recommended that COVID-19 vaccines not be given simultaneously with monoclonal antibodies or convalescent plasma.

Sources:

1. <https://www.canada.ca/en/public-health/services/immunization/national-advisory-committee-on-immunization-naci/recommendations-use-covid-19-vaccines.html#a7.9>
2. <https://www.canada.ca/en/health-canada/services/drugs-health-products/drug-products/drug-product-database.html>
3. <https://www.canada.ca/en/public-health/services/publications/healthy-living/canadian-immunization-guide-part-2-vaccine-safety/page-3-contraindications-precautions-concerns.html#p2c2t1>
4. <https://www.canada.ca/en/public-health/services/immunization/national-advisory-committee-on-immunization-naci/recommendations-use-covid-19-vaccines.html#a7.9>

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.

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

Caregiving and Resources

Date: Monday, September 13, 2021 at 2:00 pm.

In this webinar, Heather Cresswell will share her the emotional and physical struggles of caregiving and the wonderful support she received for over 34 years. There will be tips and testimonials for all Caregivers. She will discuss her approach with her Mom on how she dealt with regular daily activities, appointments and services. She will give insight on what takes place when caring for a loved one long term.

Register:

https://forms.office.com/Pages/ResponsePage.aspx?id=LgLPEQJhz0Oew_OpyuNE5Y_YdjYHfhHnLBGvolxLIpUMIAzQTBfMDc0T09PwDk0S00xRUhMWIBMSy4u

3-Part Series with Caroline Tapp-McDougall

Session 3: Slow Caregiving

Date: RESCHEDULED for Monday, September 20th at 2:00pm.

Register:

https://forms.office.com/Pages/ResponsePage.aspx?id=LgLPEQJhz0Oew_OpyuNE5Y_YdjYHfhHnLBGvolxLIpUMIAzQTBfMDc0T09PwDk0S00xRUhMWIBMSy4u

Caregiver Connection Group (paused until September)

Caregiver Webinars and Caregiver Conversations will not take place in August. They will re-start on September 9, 2021 at 2:00 pm. You will need to re-register, and please do this before September.

Register or re-register:

<https://www.marchofdimes.ca/en-ca/programs/Pages/Online-Support.aspx#Conversation>

One to One Peer Support Program

The One to One Peer Support program is still running. No one understands quite like somebody who has lived the same experience. Our Peer Support program pairs caregivers with peers who are also experienced in caregiving and can offer practical advice and support by phone or a video

chat. Contact Angie Clark by email at aclark@marchofdimes.ca or call 1-905-301-8114 for more information or to get connected.

3-Part Series with Caregiving – A Family Affair

This series happened in April, and answered the question: How can families remain strong and intact throughout the caregiving experience? If you missed it or would like to re-watch it, please click below. The access code for all sessions is Care2021.

Session 1: How Care Shapes Family - The first webinar in this series will explore how families change when care needs cause everyone to examine the workability of old family dynamics. Click [here](#) to watch.

Session 2: Remaking the Family The second webinar in this series will explore how to intentionally reshape family relationships and dynamics in order to build a strong and sustainable care team. Click [here](#) to watch

Session 3: A Toolkit for Caregivers - The third and final episode in this series will offer tools and strategies to assess the wellbeing of family members individually and gauge how well the family is meeting challenges as a team. Click [here](#) to watch.

For recordings of previous webinars please contact Angie Clark at aclark@marchofdimes.ca.

If you or someone you know uses Augmentative and Alternative Communication (AAC), and requires resources related to COVID-19, please contact Jessica (jessica.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 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 Senior Manager of Client Services/Lead AAC Facilitator Jessica at 416-222-4448 or jessica.nydp@gmail.com.