

Coronavirus: COVID-19
Current Update – September 21, 2020

As of September 21st, 2020, Canada has a total of 143, 649 confirmed cases of COVID-19. Ontario itself has 47, 274 cases with Toronto having 17, 259 cases.

Highest number of cases reported in Ontario for over three months

Today, Ontario is reporting 425 new infections in the province. This is the highest number of new cases in one day since June 2nd, when 446 cases were recorded. Of the new cases reported in the province, more than half (217) were reported in people between the ages of 20 and 39. This age group represents the most of Ontario's lab-confirmed cases of COVID-19, with 15, 746 infections.

Most of the cases that have been reported are in Toronto, Peel Region, and Ottawa. Toronto reported 175 new cases today, Peel Region reported 84 new infections, and Ottawa reported 60.

Source: <https://toronto.ctvnews.ca/ontario-s-new-covid-19-cases-surge-to-highest-level-in-more-than-three-months-1.5113245>

Canadians do not seem to be adjusting their behaviour in preparation for a second wave

In recent weeks, the feeling that Canadians are tired of the pandemic and are wanting to return to a more social life has been noticeable, and it is backed up by data. There has been data compiled by Google and Apple, which shows that Canadians are spending more time in parks and at businesses than they were in the first half of the summer, when lockdown restrictions were eased.

The activity in retail and recreation settings has also been increasing in Canada. This is apparent especially on Labour Day weekend, which saw a peak in activity for this year. This increase has largely been maintained since, and as of September 11th, the time spent at home, on average, has fallen to just 8 percent. This implies that Canadians are feeling safer leaving their homes now than they did for most of the summer, which does not compute. Canada's active case count has been rising since early August, and it is now more than double what it was a month ago.

Source: <https://www.ctvnews.ca/health/coronavirus/canadians-are-still-flocking-to-parks-and-businesses-as-country-braces-for-second-wave-1.5112544>

UPCOMING EVENTS:

Vibrant Healthcare

Virtual Health and Wellness Series

When: Tuesdays and Thursdays, 1-2pm

- How to Stay Healthy During Flu Season, Tuesday, September 22nd
- Importance of Cardiopulmonary Fitness, Thursday, September 24th

To register, email at: jennifert@virbanthealthcare.ca

March of Dimes

The Caregiver Experience, Online Events

- Understanding Caregiver Benefits with The Canada Revenue Agency
 - Date: Wednesday, September 23rd, Time: 2 – 3:30pm
- A Healthy Bite of Exercise and Nutrition with Urban Poling Inc!
 - Date: Thursday, September 24th, Time: 2 – 3:30pm
- “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