

**Update on COVID-19**  
**Dr. Eileen de Villa, Medical Officer of Health**  
**April 28, 2020 at 3:45 p.m.**  
**Members' Lounge, Toronto City Hall, 100 Queen St. W.**

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- Thank you Mayor Tory. For our update today as of 11 a.m., there are 5,128 people infected with COVID-19 in Toronto. This includes 4,647 confirmed cases and 481 probable ones. We have 319 people in hospital and 109 in ICU. In total, we have lost 305 Torontonians to this virus.
- On behalf of my team, I extend my deepest sympathies to thoughts to those who have lost loved ones, and send well wishes also to those who are sick and recovering from this illness.
- I have updated you on these numbers every day for the past several weeks. However, we must remember when we reflect on these numbers that they represent our friends, our family members and our loved ones. There isn't a moment of each day that goes by that I don't think about this.
- I also worry about how everyone is coping through these extremely difficult times. I think about this at the end of every day. I know that these circumstances are stressful and I am mindful of the toll that this situation is having on families throughout our city.
- Yesterday I shared some simple measures we can all follow to promote and preserve mental health and resilience. Today I thought it would be helpful to share information to help children cope during this pandemic.
- COVID-19 has changed all of our lives. It is a very challenging time for children, some of whom might not understand reasons for school closures and other physical distancing measures. Understandably many are feeling anxious and worried.

- For our children, being at home right now feels different from your regular weekend, or a vacation. They no longer have the freedom to see their friends, or go outside when they want to. Children look to trusted adults to find out how to deal with new situations, and they also respond to stress they may be experiencing in different ways.
  
- There are some simple things we can do to help children cope during these stressful and uncertain times:
  - Keep up healthy habits and routines as much as possible, or create new ones that include learning.
  - Provide facts about what is happening and give clear information in an age appropriate way.
  - Listen to concerns, acknowledge their feelings, and provide reassurance.
  - Help children to understand the importance of hand washing and make it fun for younger kids by singing a song.
  - Explain physical distancing measures, and include your children in phone calls and video calls with your loved ones.
  
- It is also important that we remind our children that they have an important role to play in reducing this spread of COVID-19 by staying home. When you stay home as much as possible, you are helping to keep our city healthy and those that take care of us safe.
  
- Thank you to everyone in our city who is doing their part to help us to get our city back. We can't do this without you. So please, continue to stay home, stay safe and take care of each other.