

**Update on COVID-19**  
**Dr. Eileen de Villa, Medical Officer of Health**  
**January 13, 2021 at 2 p.m.**  
**Toronto City Hall, 100 Queen St. W.**

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- Thank you, Mayor Tory, and good afternoon. Today I am reporting 789 cases of COVID-19. 421 people are in hospital and 108 are in ICU. I regret to tell you 23 more people have died.
  - In the last week – the seven days since January 7<sup>th</sup> – we’ve reported 7,408 cases of COVID, 289 hospitalizations and 111 deaths.
  - Staying at home as much as possible for next 28 days is absolutely necessary.
  - It's critical to create greater barriers between ourselves and the virus and to protect the health care system, which we all know now is under great pressure. Distance is the single most important barrier.
  - The provincial stay at home order allows for going to the grocery store or pharmacy, accessing health care services, and leaving home for exercise or for essential work.
  - Please stay home – unless you’ve got an absolutely necessary reason to go out.
  - Morale is enormously important right now.
  - Our ability to believe that there are better days ahead will likely be severely tested in the next month, and maybe even longer.
  - If the projections from the Province manifest in the worst case, we should prepare for what that will mean here in Toronto, as we are the country’s largest city, home to high density and some neighbourhoods at the highest risk.
  - In that instance, a significant number of higher case counts, hospitalizations and deaths would be right here in Toronto.

- As difficult as the next several weeks may be, in the end, the hard times will pass, the pandemic will end, and better times will emerge.
- There is a lot we don't know right now but there are many things we do know and they are powerful, familiar and simple.
- Wear your mask.
- See only the people you live with.
- For now, put off meeting with people you don't live with.
- Keep a safe distance – it works.
- Wash your hands.
- If you're sick, stay home.
- If you think you might be sick, stay home.
- Most of all, come what may in the next few weeks, remember that better days will come.

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