Session for Community Organizations

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This meeting is being hosted on the traditional territory of many nations including the Mississaugas of the Credit, the Anishnabeg, the Chippewa, the Haudenosaunee and the Wendat peoples and is now home to many diverse First Nations, Inuit and Métis peoples.

We also acknowledge that Toronto is covered by Treaty 13, signed with the Mississaugas of the Credit and the Williams Treaties signed with multiple Mississaugas and Chippewa bands.

Omicron is:

- Now the dominant variant in Ontario
- Spreads more easily than previous variants
- Each infection spreads to 3 to 4 more people compared to Delta
- Less severe illness compared to Delta, but can still cause serious illness – especially in unvaccinated, or vulnerable
• Goal of vaccination: prevent serious illness, hospitalizations and deaths
• Vaccines still prevent serious illness from Omicron.
• In vaccinated, if they get Omicron, can be a “milder” illness – sore throat, cough, runny nose.
• Unvaccinated and vulnerable can get very sick.
A mRNA booster dose can prevent getting Omicron, and spreading it - as early as 7 days post booster dose.

All adults, aged 18+ can book a mRNA booster dose 3 months (84 days) after their second dose.

Booster doses are safe

Get your 3rd dose as soon as possible.
A booster dose:

- Is an additional dose of vaccine that helps to increase protection that may have decreased over time.
- Re-teaches our immune system to make antibodies that protect us.
- Helps provide better protection against Omicron.
WHAT IS IN THE COVID-19 BOOSTER VACCINES?
Same vaccine as primary series

- The vaccines contain instructions to have your body make antibodies
- The vaccines contain lipids, salts, sugars and buffers
- They do not contain eggs, gelatin, preservatives, latex or antibiotics
- There is no COVID-19 virus in the vaccine that can give you COVID-19
Research shows that compared to Pfizer, **Moderna offered better protection:**

- COVID-19 infection
- Symptomatic COVID-19 infection
- Hospitalizations
- ICU admissions
- COVID-19 infection for people with weakened immune systems
Modern boosters in 30+ year olds

- Similar & interchangeable to Pfizer & approved as a booster
- Can provide longer lasting antibodies & may be more effective than Pfizer
- Boosters provide better protection from the Omicron variant
- Boosters are available at City clinics, hospital or mobile clinics, pharmacies and some doctors' offices
More than 45% eligible Toronto residents have received their booster dose

<table>
<thead>
<tr>
<th>Total doses administered (includes first, second and third dose)</th>
<th>Number of people who have received 1 dose</th>
<th>Number of people who have received 2 doses</th>
<th>Number of people who have received 3 doses</th>
</tr>
</thead>
<tbody>
<tr>
<td>6,347,805 +103,033 newly reported since Jan 13</td>
<td>2,689,298 +10,005 newly reported since Jan 13</td>
<td>2,458,454 +9,017 newly reported since Jan 13</td>
<td>1,200,053 +94,009 newly reported since Jan 13</td>
</tr>
</tbody>
</table>

Vaccine Uptake (filters do not apply to this) Data as of Jan 17 2022 8:00 am

<table>
<thead>
<tr>
<th>Share of all Toronto residents vaccinated</th>
<th>Share of Toronto residents 5+ vaccinated</th>
<th>Share of Toronto residents 12+ vaccinated</th>
<th>Share of Toronto residents 18+ vaccinated</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dose 1: 83.2%</td>
<td>Dose 1: 87.2%</td>
<td>Dose 1: 89.9%</td>
<td>Dose 1: 89.7%</td>
</tr>
<tr>
<td>Dose 2: 78.2%</td>
<td>Dose 2: 81.9%</td>
<td>Dose 2: 87.0%</td>
<td>Dose 2: 86.9%</td>
</tr>
<tr>
<td>Dose 3: 37.1%</td>
<td>Dose 3: 38.9%</td>
<td>Dose 3: 41.8%</td>
<td>Dose 3: 44.1%</td>
</tr>
</tbody>
</table>

COVID 19: Vaccine Data – City of Toronto
Completed vaccination status by neighbourhood in Toronto

Vaccine Side Effects

• Most side effects are mild and last 1 to 3 days. Seek medical attention for side effects lasting longer than 3 days.

• Common side effects:
  • redness, itching, discomfort or swelling where the injection was given
  • headache, feeling tired, muscle aches, joint pain, mild fever or chills

• Rare side effect: Myocarditis/Pericarditis (inflammation of the heart)
  • chest pain, shortness of breath or a pounding heartbeat within hours or days after vaccination (usually within 7 days)
  • Occurs less commonly with booster doses.
I am fully vaccinated and got COVID-19, do I still need a mRNA booster?

- Yes, natural immunity may not last very long
- People who have gotten COVID-19 before are getting re-infected with Omicron. Natural immunity is not very protective against variants
- It is possible to get the COVID-19 infection again
- Wait until self-isolation is completed and your symptoms have gone away to get the vaccine
- Getting a mRNA booster is the best way to stay protected
Choose a high quality mask that fits well

Snug fit, breathable & comfortable
At least 3 layers of tightly woven fabric, or 2 layers with a filter
Consider a medical mask or respirator for even better protection
Change it when it gets wet or dirty

Always wear a mask indoors, and outdoors if you can’t keep a physical distance.
Effective December 31, publicly-funded PCR tests are only available to high-risk individuals who are symptomatic and/or at risk of severe illness from COVID-19. This includes:

- hospitalized patients, staff, residents, essential care providers, and visitors in hospitals and congregate living settings, shelters, hospice, correctional institutions, etc.
COVID-19 Testing

- Members of the general public, not belonging to one of the high risk groups, are asked not to seek publicly funded PCR testing.
- If you test positive using a Rapid Antigen Test (RAT) or you have symptoms, you must assume you have COVID-19.
- A negative result:
  - on a single test cannot rule out a COVID-19 infection by itself.
  - if you have symptoms, should be followed by a second test 24 to 48 hours later if available. If your second test taken within 48 hours of your first negative result is also negative, this most likely means you do not have COVID-19.
If you test positive with a PCR or RAT, or you have symptoms:

- Self-isolate
- Household members must self-isolate
- Notify your work/school and close contacts
- Monitor your symptoms

Use the province’s self-assessment tool if you were exposed to COVID-19 (novel coronavirus), have symptoms or for screening.

- You will get a recommendation on what to do next.
- You can also take it on behalf of someone else.

Household Contact of Someone with COVID-19

• If you are a household contact of someone with COVID-19, you **must self-isolate** regardless of your vaccination status.

• Your self-isolation can end when your household member with COVID-19 ends their isolation, provided you **do not** have any symptoms.

• You must self-isolate even if you are **fully vaccinated** and have received a **booster dose**.
Close contact of someone outside of your household

- If you are a non-household contact of someone with COVID-19 (i.e. you do not live with them), you may need to self-isolate.
  - Determine if you need to self-isolate/for how long, by visiting [Ontario.ca/exposed](http://Ontario.ca/exposed).
- Self-monitor for symptoms for 10 days after the last time of close contact with the person who has COVID-19.
- Do not visit any **high-risk settings** (e.g. hospitals, long-term care homes, or congregate living settings) or individuals who are vulnerable for 10 days since the last time you saw the person with COVID-19.
GET THE COVID-19 VACCINE IF YOU ARE PREGNANT

- In pregnancy, COVID-19 infection can be more serious
- COVID-19 vaccines can protect you from serious illness
- Antibodies can transfer to the baby, protecting them as well
- COVID-19 vaccines are safe in pregnancy & are being used around the world
- Talk to your health care provider if you have questions

toronto.ca/COVID19
4 STEPS FOR SELF-PROTECTION
We all have a role to play to help reduce COVID-19 spread & keep our city safe:

1. Stay home & self-isolate if you have any symptoms of COVID-19
2. Watch your distance
3. Wear a high-quality, well-fitted mask
4. Stay in well ventilated indoor spaces, or outdoors

toronto.ca/COVID19
Updated screening requirements for entry
Staff & Volunteers

Updated screening requirements for entry

Active Screening for Patrons

STOP COVID-19
Active Screening Questionnaire
for Patrons

1. A) Do you or anyone in your household have 1 or more of these new or worsening symptoms today or in the last 5 or 10 days?
   - Fever > 37.5°C
   - Cough
   - Difficulty breathing
   - Decrease or loss of taste/smell

B) Do you or anyone in your household have 2 or more of these new or worsening symptoms today or in the last 5 or 10 days?
   - Sore throat
   - Running/nasal congestion
   - Muscle aches/pain
   - Headache
   - Nausea, vomiting or diarrhea

If you have symptoms or any symptoms of illness, you must stay home and seek assessment from your health care provider.

2. Have you or anyone in your household tested positive for COVID-19 today or in the last 5 or 10 days (a rapid antigen test or PCR test) or have been told to stay home and self-isolate?
   - Yes
   - No

3. In the last 10 days have you been notified as a close contact of someone with COVID-19, or received a COVID Alert notification?
   - Yes
   - No

4. In the last 14 days, have you travelled outside of Canada?
   - Yes
   - No

YOU MUST SELF-ISOLATE - FOR HOW LONG?

You have been notified as a close contact of someone with COVID-19 outside of your household, or received a COVID Alert notification.

If you are:
- Fully vaccinated AND no symptoms.

Stay home & Self-isolate:
- Must self-isolate for 14 days from the day you were notified.
- Must self-isolate for 21 days from the day you were notified if your symptoms last longer than 10 days.

If you are self-isolating for 14 days from the day you were notified and get a negative result on a PCR test, you may stop self-isolating.

If you are self-isolating for 21 days from the day you were notified and get a negative result on a PCR test, you may stop self-isolating.

Stop home & Self-isolate:
- Fully vaccinated AND no symptoms.

Stay home & Self-isolate:
- Fully vaccinated AND no symptoms.

If you have symptoms from 1.0 or 2.0, other household members do not have to self-isolate.

You must follow federal quarantine travel rules.

TORONTO.CA/COVID19  |  Toronto Public Health

9678-Active-Screening-Tool-for-Patrons.pdf (toronto.ca)
For updated guidance for community agencies, visit toronto.ca/reopening
Getting Vaccinated

- **Mass Immunization Clinics**
- **Hospitals / Ontario Health Team Immunization Clinics**
- **Pharmacies and Primary Care Providers**
- **Mobile Teams & Pop-up Clinics including Schools**

**Find information about hospital clinics** [online](#)

**Find nearest pharmacy [online](#) or make an appointment with your primary healthcare provider**

- **Book online**
- or
- Call 1-833-943-3900 (TTY 1-866-797-0007)

Clinics are being promoted directly to local communities
HOW TO GET VACCINATED WITHOUT AN OHIP CARD:

You can get vaccinated at any City, hospital, mobile or pharmacy clinic.

To book an appointment at a City clinic & some hospital partners:

12+ year olds need to call TPH Hotline at 416-338-7600 to request a COVID ID. Those with a COVID ID may then call the provincial booking line at 1-833-943-3900.

Parents/legal guardians of 5-11 year olds may call the provincial booking line at 1-833-943-3900.

Walk-in options available for some mobile & hospital clinics.

Residents must bring an acceptable form of identification which may include government-issued ID (non-Canadian & expired documents accepted).
Vaccine Information Resources

- **Provincial Vaccine Confidence Centre**
  - 1-833-943-3900 Open 7 days/week from 8am-8pm

- **VaxFacts Clinic: One-to-One Phone Consultation with a Doctor**
  - Book an appointment online or call 416-438-2911 ext. 5738

- **SickKids: COVID-19 Vaccine Consult Service**
  - By appointment phone service only (youth 12+ or a parent/caregiver/legal guardian of a child or youth, an Ontario resident)
  - Available in multiple languages, using over-the-phone language interpretation
  - Book online or call 437-881-3505

- **Toronto Public Health Hotline** 8:30 a.m. – 4:30 p.m.
  - Call if you have questions about COVID-19. Translation is available in multiple languages.
  - Telephone: 416-338-7600
  - TTY: 416-392-0658
  - Email: PublicHealth@toronto.ca