Keeping Up-to-Date with Vaccinations: A Webinar for Parents
November 14, 2022

Dr. Vinita Dubey
Associate Medical Officer of Health
Toronto Public Health

Moderated by Nicole Welch RN MSc
Director | Chief Nursing Officer
Toronto Public Health
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.

How COVID-19 SPREADS

HOW DOES COVID-19 SPREAD?

- Having close contact with someone who is contagious, even for short amounts of time.
- Most contagious in the first few days when symptoms start.
- Droplets from your nose & mouth when you breathe, talk, cough or sneeze can get in the air.
- Aerosols are tiny droplets that can stay in the air longer.
- Spreads easier when there are more people indoors, for a long time, with poor airflow.

**ACTION:**
- Keep a physical distance as much as possible.
- Stay home & self-isolate if sick. Get tested if eligible.
- Wear a mask indoors. Wash your hands often & cover your cough.
- Increase airflow & ventilation. Open windows & doors.
- Avoid indoor, crowded areas with poor ventilation.

TORONTO.CA/COVID19
Long COVID

• **Long COVID** (or post-COVID-19 condition) is when a person has ongoing symptoms for weeks or months after recovering from a COVID-19 infection.

• Long COVID **is not** the same as a COVID-19 infection. People with long COVID are no longer contagious and symptoms can be quite different from symptoms during the initial infection.

• Anyone with COVID-19 can get long COVID, even if they have mild or no symptoms.

• There is a higher chance of getting long COVID if your infection was severe and required hospitalization.
Long COVID

- According to Statistics Canada (October 2022), 15% of people who had COVID-19 (approximately 1.4 million) continue to have symptoms for at least 3 months.
  - Almost half had symptoms for over a year
  - Over 1 in 5 say it impacts their ability to do daily activities
- COVID-19 vaccines protect against getting long COVID
  - Getting vaccinated protects against severe COVID-19 infections and so can reduce the risk of getting long COVID.
• Current wave being driven by BA.5 Omicron variant and showing increasing virus presence in wastewater since a plateau in the summer.

- Toronto waste water monitoring can be found at:


Retrieved November 9, 2022 from: Public Health Ontario
Waste Water Surveillance: Keeping Track of COVID-19 in the Community

- BA.5 Omicrons variants still dominant
- Levelling off
- Other Omicron variants present (e.g., BQ.1, BQ.1.1), increasing, but not dominant.
Many Canadians had a COVID-19 infection, but not all

Over 60% of Canadians have had a COVID-19 infection as of August 2022.

Infections more common in younger ages

Approximately:
- 40% of 60+ year olds
- 75% of 17 to 24 year olds

Canada’s Immunity Task Force
National respiratory activity is increasing involving many viruses

Positive respiratory virus tests by pathogen, Canada, August 28-October 22, 2022

- Parainfluenza
- Adenovirus
- Human metapneumovirus
- Enterovirus/Rhinovirus
- Coronavirus
- Respiratory syncytial virus
- Influenza

Number of Tests Positive

Surveillance week, 2022

Aug 28-Sep 3
Sep 4-10
Sep 11-17
Sep 18-24
Sep 25-Oct 1
Oct 2-8
Oct 9-15
Oct 16-22

Data Source:
VACCINATION STATUS UPDATE
NOVEMBER 10, 2022

Total doses administered
7,667,175

% of Toronto residents
18+ vaccinated
Dose 3: 61.5%
Dose 4: 23.7%

Vaccinated in Toronto
Ages 0-4:
11%
Ages 5-11:
61%

toronto.ca/COVID19
• COVID infection and/or vaccine acquired immunity decreases over time.

• COVID-19 has increased each fall for the past 2 years

• Fall booster doses are recommended, for children, youth and adults (especially high risk individuals), to get stronger protection.

• If recently had COVID or a booster, can get a fall booster after 3 to 6 months to get a better immune response.

NACI Advisory Committee Statement: Interim guidance on planning considerations for Fall 2022 COVID-19 Booster Program (June 29, 2022)
Everyone aged 5+ is recommended to get a fall booster

<table>
<thead>
<tr>
<th>AGE</th>
<th>BOOSTER</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-11</td>
<td>Pediatric Pfizer</td>
</tr>
<tr>
<td>12-17</td>
<td>Bivalent Pfizer</td>
</tr>
<tr>
<td>18+</td>
<td>Bivalent Pfizer Or Bivalent Moderna</td>
</tr>
</tbody>
</table>

Get vaccinated 3 to 6 months after last dose or COVID-19 infection.

For more information visit [www.toronto.ca/CVID19](http://www.toronto.ca/CVID19)
COVID-19 VACCINES FOR CHILDREN AGED 5-11 YEARS OLD

- **1st & 2nd dose**: 5-11 year olds can get their 1st and 2nd dose – 8 weeks between doses is recommended for a better immune response.
- **Booster dose**: At least 6 months are recommended after 2nd dose for extra protection.
- **Vaccination is safe & effective**: Millions of vaccine doses have been given to children in Canada.
- **Walk-ins & appointments at city clinics welcome**: Book at Toronto.ca/COVID19 or call 1-833-943-3900.
- **Protect**: Even if a child recently had COVID-19, staying up to date with COVID-19 vaccinations will provide the best protection.

*Right now, only Pfizer is approved as a booster for this age group.*
# Bivalent COVID-19 Vaccines

Bivalent boosters target the original COVID-19 virus & the Omicron variants

<table>
<thead>
<tr>
<th></th>
<th>Moderna Bivalent Booster</th>
<th>Pfizer Bivalent Booster</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Approved for:</strong></td>
<td>18+</td>
<td>12+</td>
</tr>
<tr>
<td><strong>Targets:</strong></td>
<td>Original strain</td>
<td>Original strain</td>
</tr>
<tr>
<td></td>
<td>Omicron BA.1</td>
<td>Omicron BA.4 &amp; BA.5</td>
</tr>
<tr>
<td><strong>Benefits:</strong></td>
<td>✓ Provide better protection from becoming very sick with COVID-19</td>
<td></td>
</tr>
<tr>
<td></td>
<td>✓ Can provide strong protection against Omicron variants</td>
<td></td>
</tr>
<tr>
<td><strong>Get boosted:</strong></td>
<td>At least 3 months (84 days) since your last COVID-19 dose or infection</td>
<td></td>
</tr>
</tbody>
</table>
I ALREADY HAD COVID-19, SHOULD I GET A BIVALENT BOOSTER?

A booster provides stronger & longer protection against Omicron variants

It boosts protection that may have decreased since your last COVID-19 dose or infection

It’s safe & recommended for everyone 12+, especially people at higher risk of getting very sick

For the best protection this fall & winter, get your booster 3 to 6 months after your last COVID-19 dose or infection

[Visit toronto.ca/COVID19 for more information]
COVID-19 VACCINES FOR CHILDREN 6 MONTHS TO UNDER 5 YEARS OLD

- Pediatric Moderna (2 doses) OR Pediatric Pfizer (3 doses) available
- Complete the primary series with the same vaccine
- Even if a child had COVID-19, vaccination is safe & provides stronger protection
- Protects children against serious illness & hospitalization from COVID-19
- Talk to a health care provider for more information

Book an appointment at City clinic: toronto.ca/COVID19 or 1-833-943-3900

toronto.ca/COVID19
Stay up-to-date with your COVID-19 vaccine

- **Staying up-to-date** means getting your fall booster for anyone 5 years of age and older.
  - 6 months after a COVID-19 vaccine dose or a COVID-19 infection.
  - 3 months based on age, risk and health status.

- **Vaccinations lower the risk of:**
  - becoming seriously sick with COVID-19
  - long COVID

City of Toronto - COVID-19: Vaccine Eligibility & Doses
Protect yourself against the flu & COVID-19

- Get vaccinated as soon as you can
- Spend time outside
- Wearing a mask is strongly recommended indoors
- Stay home if you are sick
- Clean your hands often

toronto.ca/immunization
THE FLU & COVID-19 CAN LOOK THE SAME.
STAY HOME IF YOU ARE SICK.

- fever or chills
- muscle or body ache
- cough
- sore throat
- shortness of breath or difficulty breathing
- congestion or runny nose
- fatigue
- nausea or vomiting and diarrhea

Get tested & treated if eligible. Wear a mask as you recover & do not visit people at higher risk.

[toronto.ca/immunization]
Flu Vaccines

- Protect from serious illness and may also help avoid unnecessary health care visits or isolating if you have symptoms.

- Six months and older can get their Flu vaccine. Special vaccine for seniors

- Children 0 to 5 years of age are higher risk to get very sick

- Canada: this season – 54% of lab confirmed cases in children (0-19 yrs)

- For more information visit: Flu Prevention for the 2022/2023 Season – City of Toronto
CAN I GET MY FLU & COVID-19 VACCINES AT THE SAME TIME?

Yes, both can be given at the same time for anyone 5+

Getting both will protect yourself & others

Book an appointment at a City-run clinic, pharmacy or doctor's office

toronto.ca/immunization
Where to Get Vaccinated- COVID-19 and Flu

- Mass Immunization Clinics
  - Book online or Call 1-833-943-3900 (TTY 1-866-797-0007)

- Hospitals / Ontario Health Team Immunization Clinics
  - Find information about hospital clinics online

- Pharmacies and Primary Care Providers
  - Find the nearest pharmacy online or make an appointment with your primary healthcare provider

- Mobile Teams & Pop-up Clinics including Schools
  - Clinic locations are online and are being promoted directly to local communities

Find information about hospital clinics online
My child is sick - Should I send my child to school?

COVID-19 & Respiratory Viruses

Daily screening for children/students/adults. A parent/guardian can complete for their child.

September 7, 2022

1. Do you have any of these new or worsening symptoms? Yes □ No □
   A) One or more:
   - Fever > 37.8°C and/or chills
   - Cough
   - Trouble breathing
   - Decrease or loss of taste/smell
   B) Two or more:
   - Sore throat
   - Headache
   - Feeling very tired
   - Runny nose/nasal congestion
   - Muscle aches/joint pain
   - Nausea/vomiting/diarrhea

2. Have you tested positive for COVID-19 in the last 10 days and have symptom(s)? Yes □ No □

If “YES” to Q.1 or 2 Stay home & self-isolate + Follow extra measures™
My child is sick – When can my child return to school?

Stay Home & Self-Isolate if You are Sick:
Stay home until you have no fever and your symptoms are improving for at least 24 hours (or 48 hours if nausea/vomiting/diarrhea).
Anyone who is feeling sick or has any new or worsening symptoms of illness, including those not listed in this screening tool, should stay home until their symptoms are improving and seek assessment from their health care provider if needed.

Follow Extra Measures:
For 10 days after the start of symptoms OR a positive COVID-19 test (whichever came first) OR for 10 days after your last close contact with a person who has symptoms or a positive COVID-19 test:

- Wear a well-fitted mask in all public settings (including schools/child care, unless <2 years of age);
- Avoid non-essential activities where you need to take off your mask (e.g., dining out, playing a wind instrument, high contact sports where masks cannot be safely worn), with reasonable exceptions such as when eating in a shared space at work while maintaining as much distancing as possible;
- Do not visit people or settings (e.g. hospitals, long-term care homes) at higher risk, including where there are seniors or those who are immunocompromised.

Follow this advice even if you test negative for COVID-19 or you did not do a test. These measures are an added layer of prevention against the spread of COVID-19 and respiratory viruses.
I HAVE COVID-19

NOW WHAT?

COVID-19 symptoms
OR tested positive*

Self-Isolate until

Weak immune system OR live in highest risk settings OR hospitalized because of COVID-19**

Self-Isolate for 10 days and until

Symptoms are better for 24 hours (or 48 hours if gastrointestinal symptoms) and no fever

Self-Isolate for 20 days and until

Very serious illness requiring ICU care

Follow Public Health Measures
For a total of 10 days after symptoms started or a positive test (whichever comes first):

- Wear a well-fitted mask in all public places (including schools and childcare, unless under 2 years old)
- Do not visit highest risk settings
- Do not visit seniors or those with a weak immune system
- Avoid non-essential activities (e.g., dining out) where masks are removed

*If no symptoms but tested positive, follow public health measures. Self-isolate if symptoms develop.
**Follow any additional guidance provided by a health care provider, hospital or high risk setting.

Sept 2022
WHAT SHOULD I DO IF I NEED TO USE ACETAMINOPHEN OR IBUPROFEN?

Your pharmacist can help you choose the right formulation for an infant or child’s needs based on what products are available.

It is best to use a pediatric measuring cup, spoon or syringe to give liquid medications to children.

These drugs come in a variety of dosage forms, such as liquids, chewable tablets and rectal suppositories.

- These different formulations will vary in strength.
- Always refer to the package for product-specific dosing instructions or speak with a pharmacist to ensure a safe dose is being given.
- In some cases, tablets that are used for adults can be modified for children with caution depending on the child’s age, size, and ability to swallow solid medications (e.g., tablets can be split).

Always talk to a health-care provider to discuss what options are appropriate and safe for your child.

Note: Dose based on child’s weight
Well-fitted, high-quality masks protect ourselves and others from COVID and respiratory infections.

It is strongly recommended to wear a well fitted, high quality mask in all public settings.

Recommended for 10 days from the first day after any symptom started, even if test negative or did not test for COVID.

Special consideration for:
- Anyone who is at higher risk of getting very sick from a respiratory virus
- Schools and childcare settings.
- Anyone who lives, works or spends time with someone who is at higher risk, such as someone who has a weak immune system or is a senior.
When using a mask, choose one that is high quality and fits well

- Snug fit, breathable & comfortable
- A medical mask or respirator will give better protection
- Cloth masks of at least 3 layers of tightly woven fabric, or 2 layers with a filter
- Change it when it gets wet or dirty

Wear a mask where required. Masks are encouraged especially if you are at higher risk of COVID-19 or in a crowded indoor space with poor ventilation.

TORONTO.CA/COVID19
As the risk to Ontarians increases, we need to get back to the basics we know work:

- **Vaccinations**: fall booster & flu vaccine
- **If sick stay home**: wear a mask around others as recovering
- **Masking**: Wear a high quality, well-fitted mask, especially indoors and based on the setting and situation.
Layers of Protection Work

- **Ventilation**: Choose well-ventilated spaces. Outdoors is lower risk.

- **Clean hand** often

- **Clean & disinfect surfaces**

- **Testing & treatments**: If higher risk – if you have symptoms, get tested and treatment, if eligible.
Ontario’s *Immunization of School Pupils Act* (ISPA) requires that students be vaccinated against nine designated diseases or have a valid exemption.

Beginning Wednesday, October 26th, Toronto Public Health (TPH) sent letters to parents/guardians of Grade 1 and 2 students who are not up-to-date with their vaccines according to TPH’s records.

Planning to send letters to grades 11 and 12 as well.
Parents are responsible for reporting child immunizations to TPH. Health care providers do not have this responsibility.

How to submit your child's vaccination record

1. Visit toronto.ca/studentvaccines
2. Verify with child's health card or Ontario Immunization ID #
3. Input name & dates of vaccines received
4. Review. Confirmation email to follow
Routine vaccination for all individuals, especially for infants and toddlers, continues to be important during COVID-19.
School- Based Vaccinations Update

- Free vaccines for Grades 7 and 8 students in publicly funded schools has resumed.
- TPH nurses attending school clinics during school hours
- Parent consent required

**Grade 9-12** can still get these vaccines at:
  - [City Immunization Clinics](#)

Students should not delay getting these very important vaccines.
VACCINE TOWN HALLS

For Adults 18+

TOPICS:
The Bivalent vaccine and the fall respiratory season

DATES:
- Tuesday, November 1
  Starting at 7 p.m.
- Wednesday, November 30
  Starting at 7 p.m.
- Thursday, December 15
  Starting at 7 p.m.

Hear from Dr. Vinita Dubey, Associate Medical Officer of Health, to learn more about the COVID-19 vaccines & have your questions answered.

Join at: toronto.ca/vaccinetownhall

toronto.ca/COVID19
Vaccine Resources

- Ministry of Health Vaccine Information Centre
  - 1-833-943-3900. 7 days/week from 8am-8pm

- SickKids Hospital: COVID-19 Vaccine Consult Service
  - By phone appointment only (youth 12+ or a parent/caregiver of a child or youth)
  - Available in multiple languages, using over-the-phone language interpretation
  - Book online or call 437-881-3505
Scarborough Health Network: VaxFacts Clinic

- One-to-One phone consultation with a Doctor to answer questions about COVID-19 vaccines/treatments, monkeypox and other vaccines
- Don’t have to be a Scarborough resident
- Book an appointment online or call 416-438-2911 ext. 5738
• Connect with a Registered Nurse day or night for free, secure and confidential health advice.

• Check your symptoms, get health advice with referrals to local & specialized services as needed and access to a medical library.

• OHIP not needed. Anonymous calls accepted.

• Refugee Health Hotline calls are now redirected automatically to 811

**Online** (including live chat): [Ontario.ca/healthconnectontario](http://Ontario.ca/healthconnectontario)

**Call**: 811 or toll free TTY line 1-866-797-0007
Questions?