

Keeping Up-to-Date with Vaccinations: A Webinar for Parents

November 14, 2022

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Toronto Public Health

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

Tkaronto (Toronto) Land Acknowledgement

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.



ACTION: Keep a physical distance as much as possible.

Most contagious in the first few days when symptoms start.



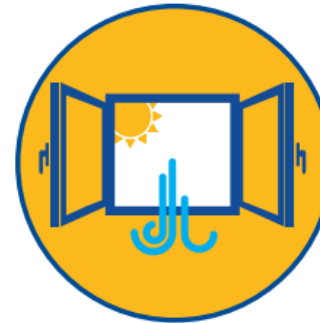
ACTION: Stay home & self-isolate if sick. Get tested if eligible.

Droplets from your nose & mouth when you breathe, talk, cough or sneeze can get in the air.



ACTION: Wear a mask indoors. Wash your hands often & cover your cough.

Aerosols are tiny droplets that can stay in the air longer.



ACTION: Increase airflow & ventilation. Open windows & doors.

Spreads easier when there are more people indoors, for a long time, with poor airflow.



ACTION: Avoid indoor, crowded areas with poor ventilation.

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.

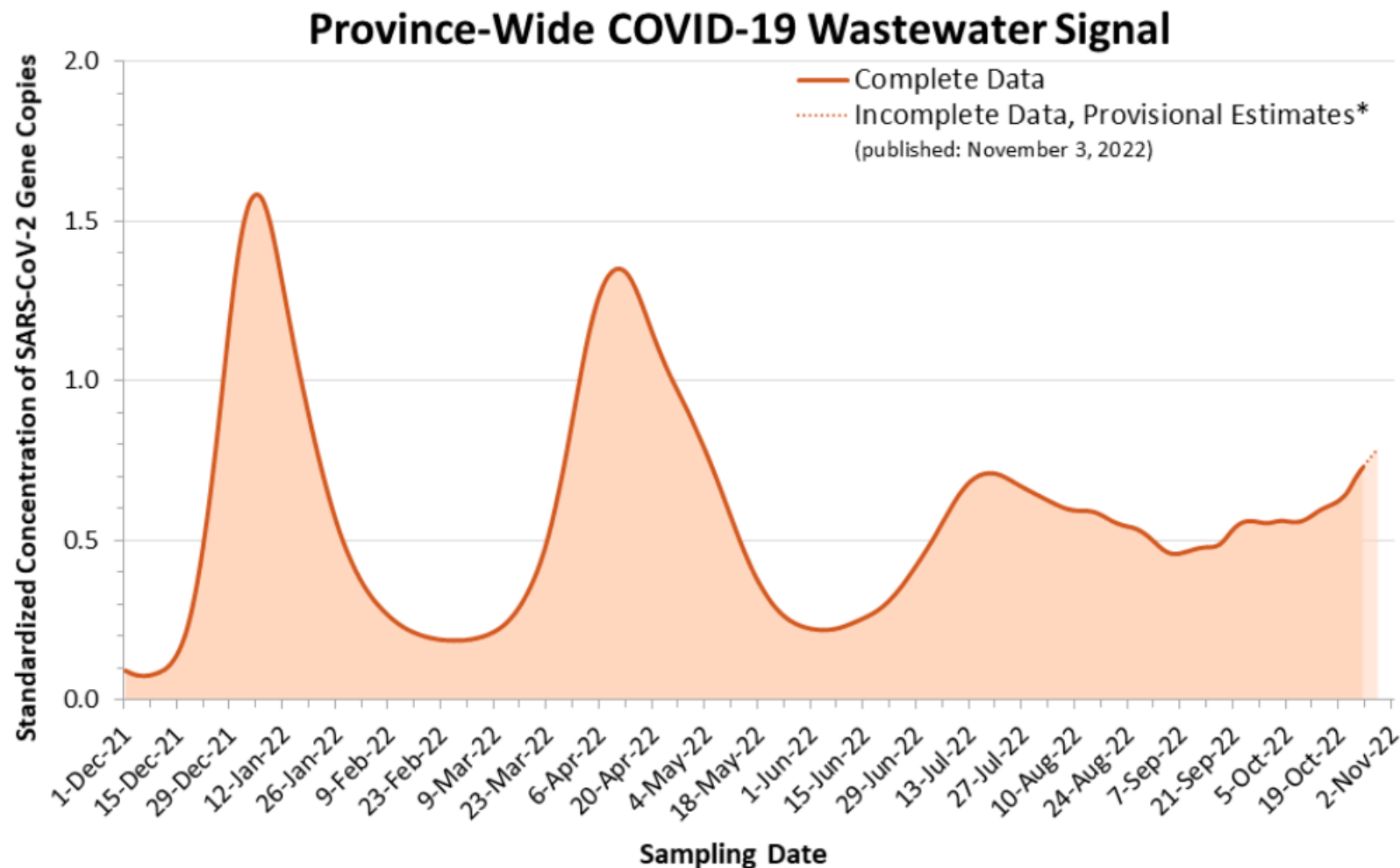
Long COVID

- 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.

Waste Water Surveillance: Keeping Track of COVID-19 in the Community

- 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:

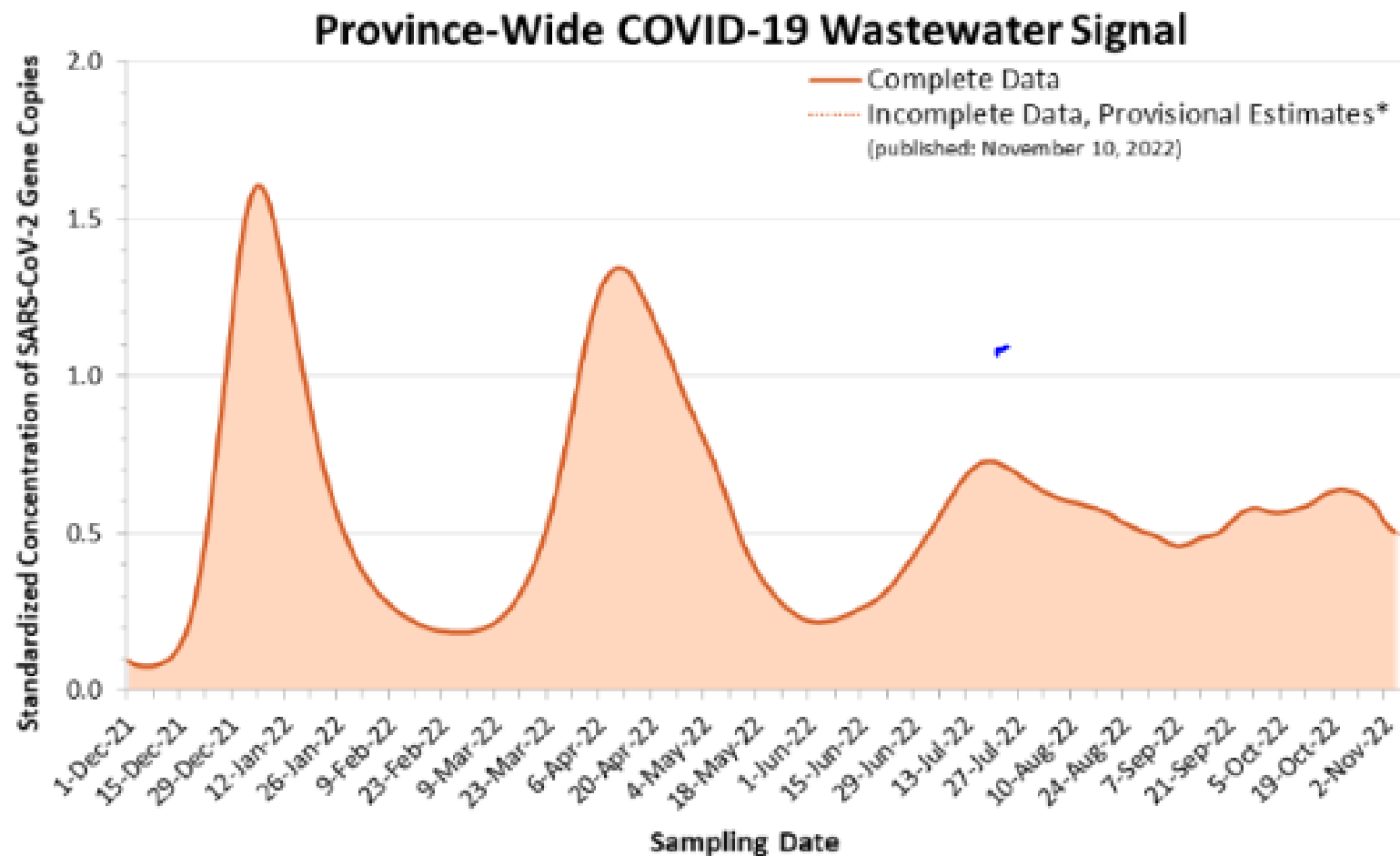
<https://www.toronto.ca/home/covid-19/covid-19-pandemic-data/covid-19-wastewater-surveillance/>



Retrieved November 9, 2022 from: [Public Health Ontario](https://www.toronto.ca/home/covid-19/covid-19-pandemic-data/covid-19-wastewater-surveillance/)

Waste Water Surveillance: Keeping Track of COVID-19 in the Community

- BA.5 Omicrons variants still dominant
- Levelling off
- Other Omicron variants present (eg. BQ.1, BQ.1.1), increasing, but not dominant.



Many Canadians had a COVID-19 infection, but not all



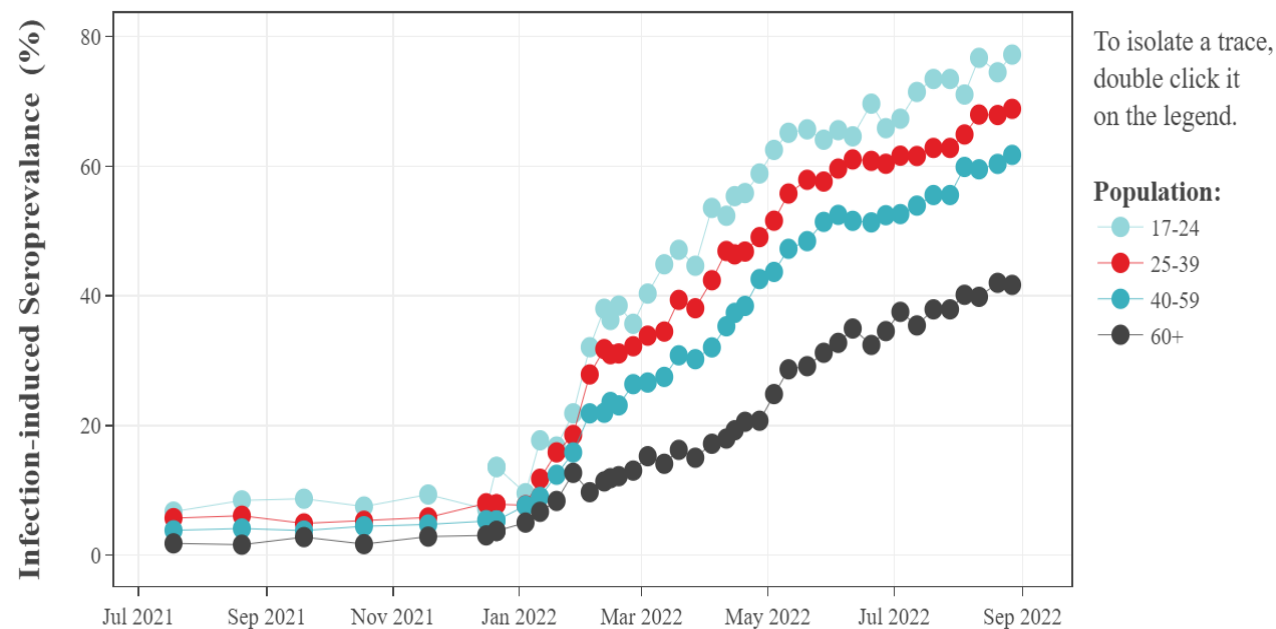
Over 60% of Canadians have had a COVID-19 infection as of August 2022.

Infections more common in younger ages

Approximately:

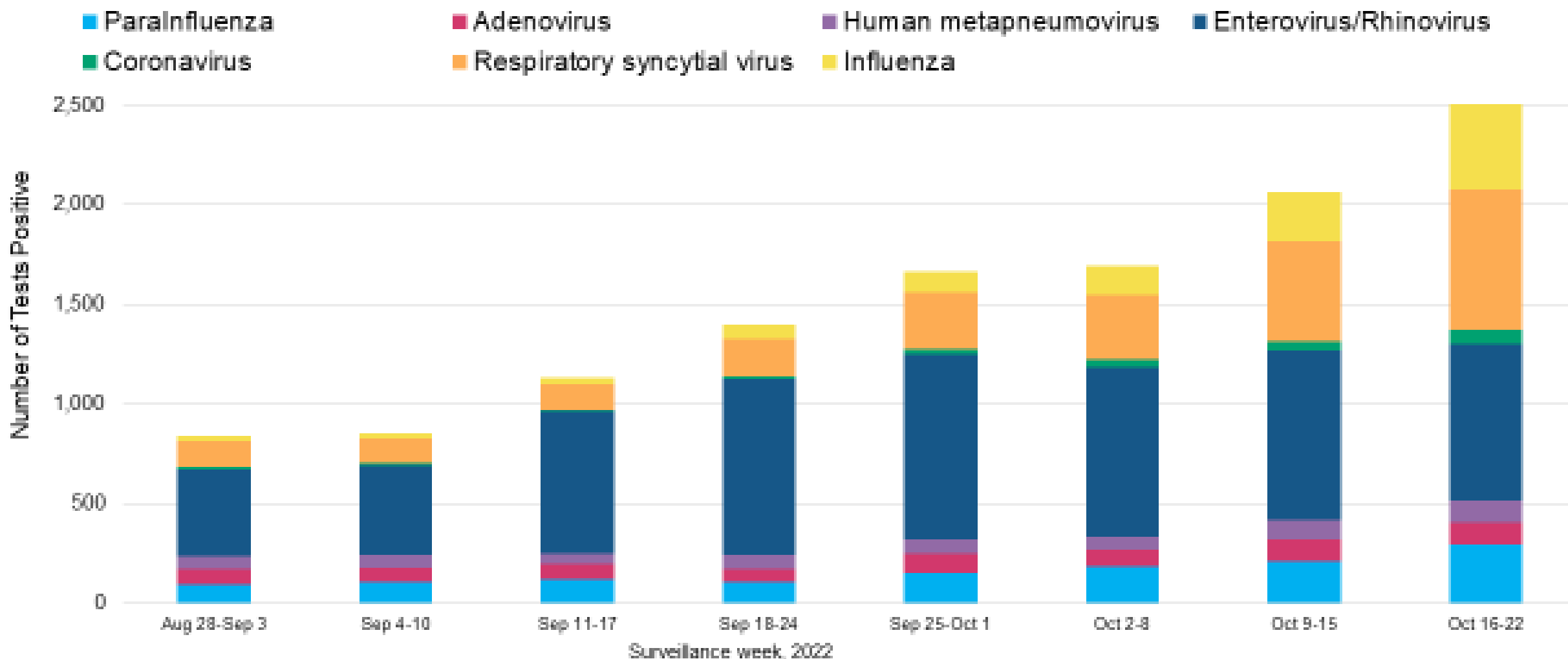
- 40% of 60+ year olds
- 75% of 17 to 24 year olds

- 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





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%

Fall Booster Dose Recommendations

- 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.

Everyone aged 5+

is recommended to get a fall booster

AGE	BOOSTER
5-11	 Pediatric Pfizer
12-17	 Bivalent Pfizer
18+	 Bivalent Pfizer Or Bivalent Moderna

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

For more information visit www.toronto.ca/COVID19

Fall booster for 5 to 11 recommended



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](https://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 Pzifer is approved as a booster for this age group

Bivalent COVID-19 Vaccines



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

	Moderna Bivalent Booster	Pfizer Bivalent Booster
Approved for:	18+	12+
Targets:	Original strain Omicron BA.1	Original strain Omicron BA.4 & BA.5
Benefits:	<ul style="list-style-type: none"> ✓ Provide better protection from becoming very sick with COVID-19 ✓ Can provide strong protection against Omicron variants 	
Get boosted:	At least 3 months (84 days) since your last COVID-19 dose or infection	

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



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

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



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.**



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+

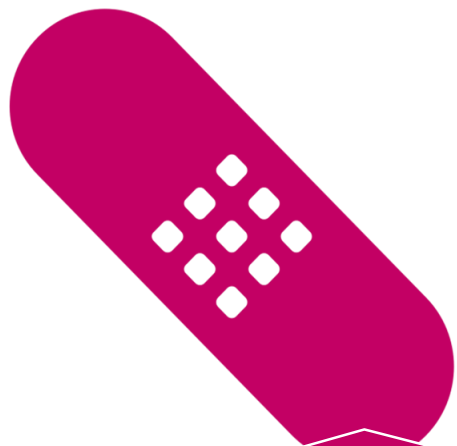


Getting both will protect yourself & others



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

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

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**

[LINK](#)

My child is sick – When can my child return to school ?

[LINK](#)

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*

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

Very serious
illness requiring
ICU care

Self-Isolate until

Self-Isolate for
10 days and until

Self-Isolate for
20 days and until

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

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

[LINK](#)

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.

[LINK](#) to full handout

Note: Dose based on child's weight

Masking Recommendations

- 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.

Masking Recommendations

When using a mask, choose one that is high quality and fits well

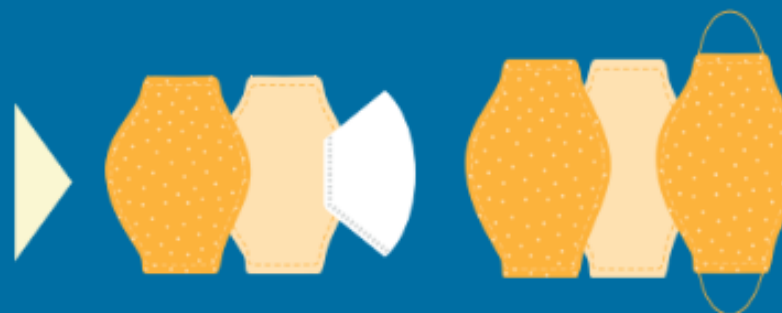


Snug fit, breathable
& comfortable

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



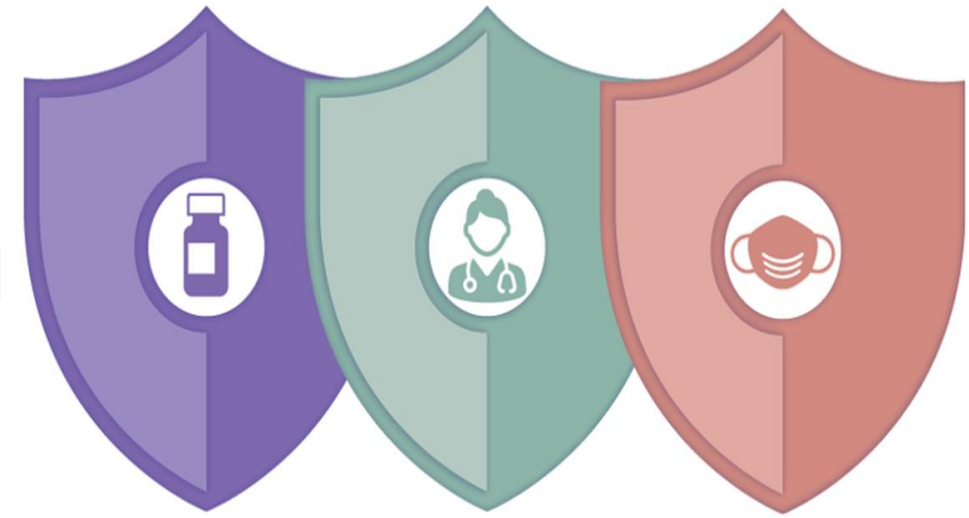
Change it when it
gets wet or dirty

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.

Layers of Protection Work

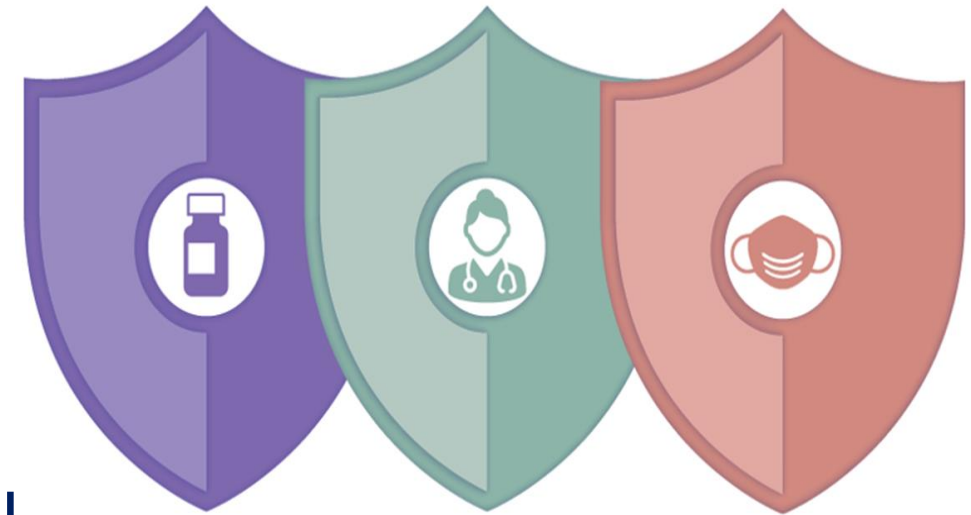
As the risk to Ontarians increases, we need to get back to the basics we know work:

- **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.



Immunization Schools Pupil Act (ISPA)

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

Reporting immunizations to TPH

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



Visit
**[toronto.ca/
studentvaccines](https://toronto.ca/studentvaccines)**



**Verify with child's
health card or Ontario
Immunization ID #**



**Input name &
dates of vaccines
received**




**Review.
Confirmation
email to follow**

Other Vaccine Catch Up –Routine Vaccinations

Routine vaccination for all individuals, especially for infants and toddlers, continues to be important during COVID-19.


Are your child's immunization records up to date?

A row of nine diverse illustrations of children and adults. From left to right: a baby in blue polka-dot pajamas; a girl in a green shirt and brown pants; a boy in a green shirt and grey pants holding a baby; a girl in a purple dress; a girl in red overalls; a boy in blue overalls holding a pink stuffed rabbit; a woman in a white shirt and blue pants; a girl in a pink shirt and green pants; and a woman in a white shirt and orange pants.

Diphtheria* • Tetanus* • Polio* • Measles* • Mumps* • Rubella* • Meningococcal Disease* • Pertussis (whooping cough)* • Varicella (chickenpox)*

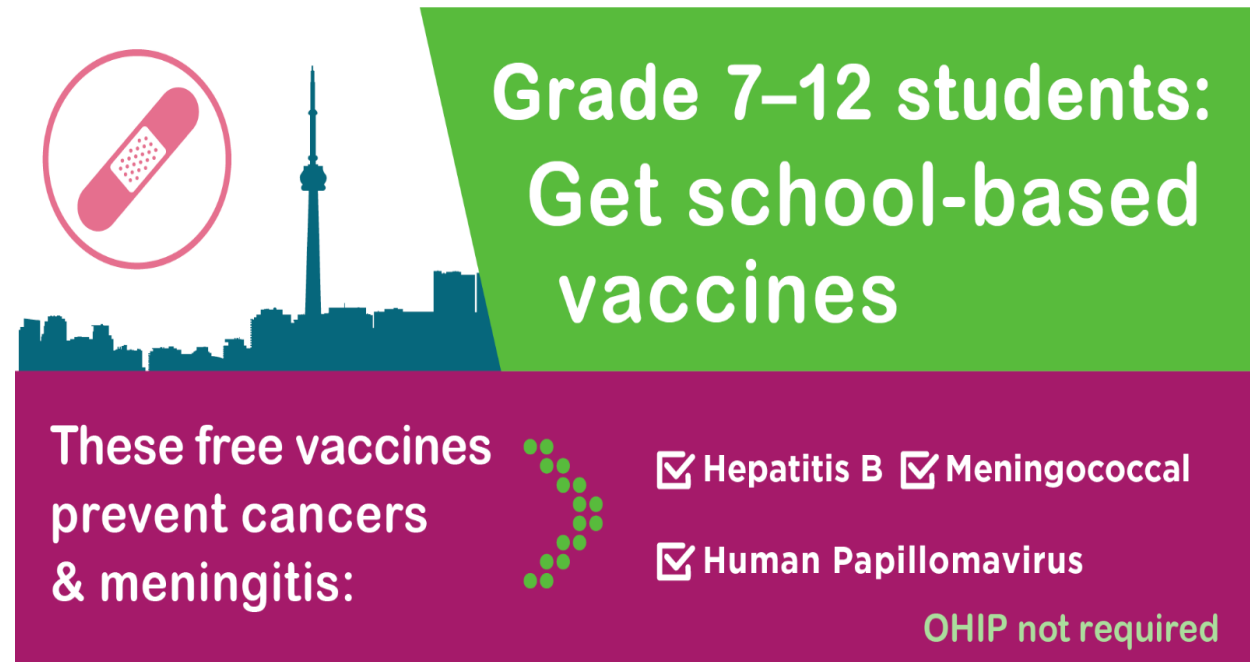
Visit a health care provider to get missing vaccines.
Submit your vaccination records to TPH at [Toronto.ca/studentvaccines](https://toronto.ca/studentvaccines).

*Report vaccines for these diseases as per the Immunization School Pupils Act

toronto.ca/health 

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

A graphic with a green background and a pink bandage icon. It features a silhouette of the Toronto skyline. The text "Grade 7-12 students: Get school-based vaccines" is in white. Below this, on a pink background, it says "These free vaccines prevent cancers & meningitis:" followed by a list of vaccines with checkmarks: Hepatitis B, Meningococcal, and Human Papillomavirus. It also states "OHIP not required".

**Grade 7-12 students:
Get school-based
vaccines**

**These free vaccines
prevent cancers
& meningitis:**

- ✓ Hepatitis B
- ✓ Meningococcal
- ✓ Human Papillomavirus

OHIP not required

toronto.ca/health

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

- **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

An advertisement for VaxFacts+ featuring a woman on a phone and a list of services.

VaxFacts+

Speak with a VaxFacts Clinic physician about more topics!

Our trusted doctors are here to talk, listen and answer your questions about more VaxFacts services:

 <p>MONKEYPOX And other infectious diseases</p>	 <p>COVID-19 VACCINES & TREATMENTS Such as boosters, Evusheld and Paxlovid</p>	 <p>AND MORE Such as childhood vaccines, flu vaccines and preventative counselling</p>
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Health Connect Ontario - 811

- 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](https://ontario.ca/healthconnectontario)

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

Questions?

