

Update on COVID-19: Schools and Vaccines



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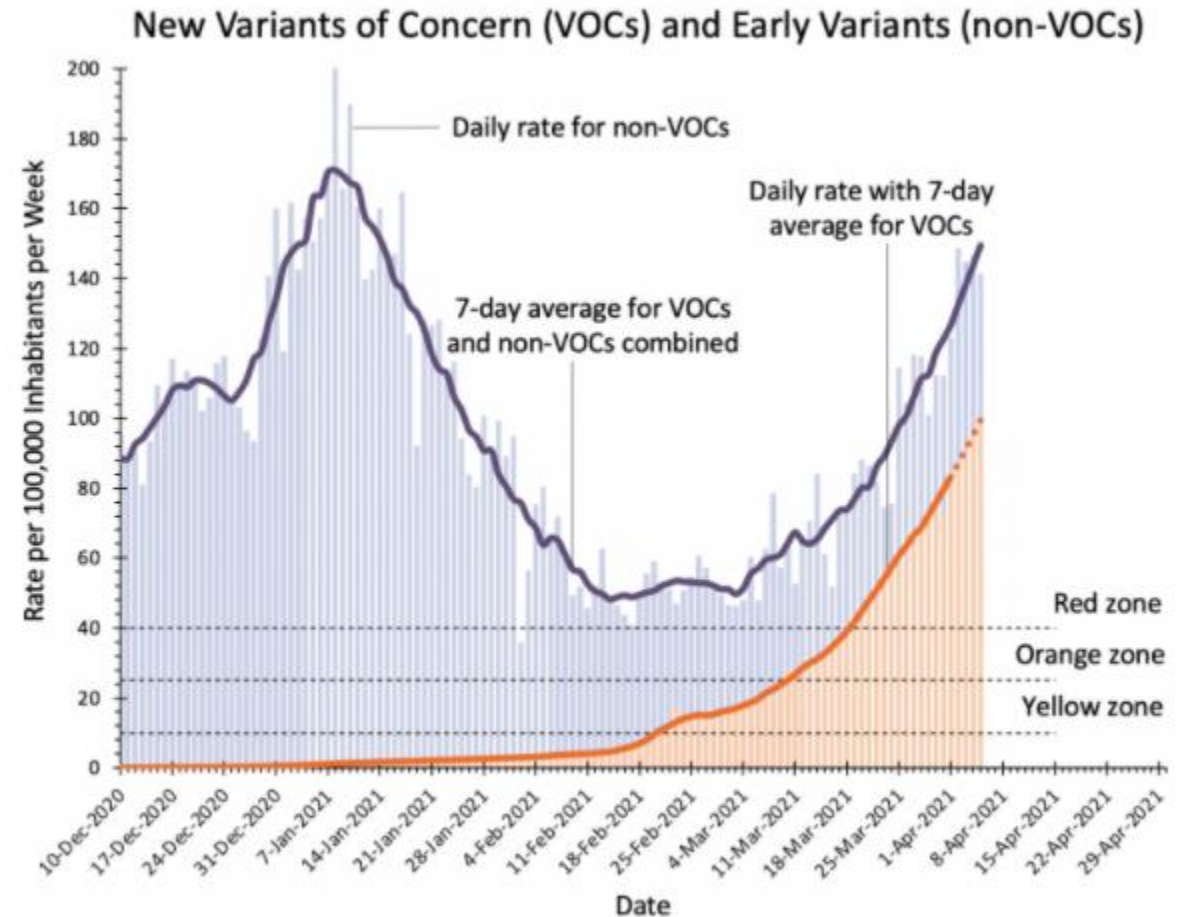
Director & Chief Nursing Officer

Toronto Public Health

1. Overview of COVID-19 to date
2. COVID-19 vaccines
3. Q and A

Variants of Concern

- The coronavirus continues to mutate & change
- Different variants are now in Ontario. They spread infection more easily and cause more serious disease
- Public health measures and vaccine work against variants



The daily rates of new variants of concern (VOCs) for the last 4 days are predicted.

COVID-19 Monitoring Dashboard

Download Excel Data

Technical Notes

Current Overall Status: **Red**

Red

Yellow

Green



Virus Spread & Containment

Status: **Red**



Laboratory Testing

Status: **Yellow**



Health System Capacity

Status: **Red**



Public Health System Capacity

Status: **Red**

Virus Spread and Containment

Status: **RED** - Indicators trending away from goals

New COVID-19 cases, 7 day moving average¹



Goal: A 14-day decline* OR a stable trend with less than an average of 1 case per 100,000 per day (30 cases)

New Hospitalizations, 7 day moving average¹



Goal: A 14-day decline OR a stable trend with less than an average of 2 hospitalizations per million population per day (8 hospitalizations)

Active daily COVID-19 outbreaks in institutions¹



Goal: A 14-day decline* OR a stable trend AND below 10% of healthcare institutions with an active outbreak (18 facilities)

Effective Reproductive Number for COVID-19 Cases²

R_t=1.12

(90% CI 0.96 to 1.30)

Hover over number for data note
Goal: Under 1.0

Laboratory Testing

Status: **YELLOW** - Indicators need attention

Percent of new COVID-19 tests with a turnaround time of 24hrs¹

61%

within 24 hours
(7 day moving average)

Goal: ≥ 60% within 24 hours

Percent of new COVID-19 tests with a turnaround time of 48hrs¹

94%

within 48 hours
(7 day moving average)

Goal: ≥ 80% within 48 hours

COVID-19 Laboratory Tests Percent Positivity, previous week average³

12.0%

Goal: < 3% positivity

Cases and outbreaks of COVID in schools have increased in this third wave.

Figure 1. COVID-19 cases in school-aged children (4 to 17 years) by outbreak type and week, Toronto

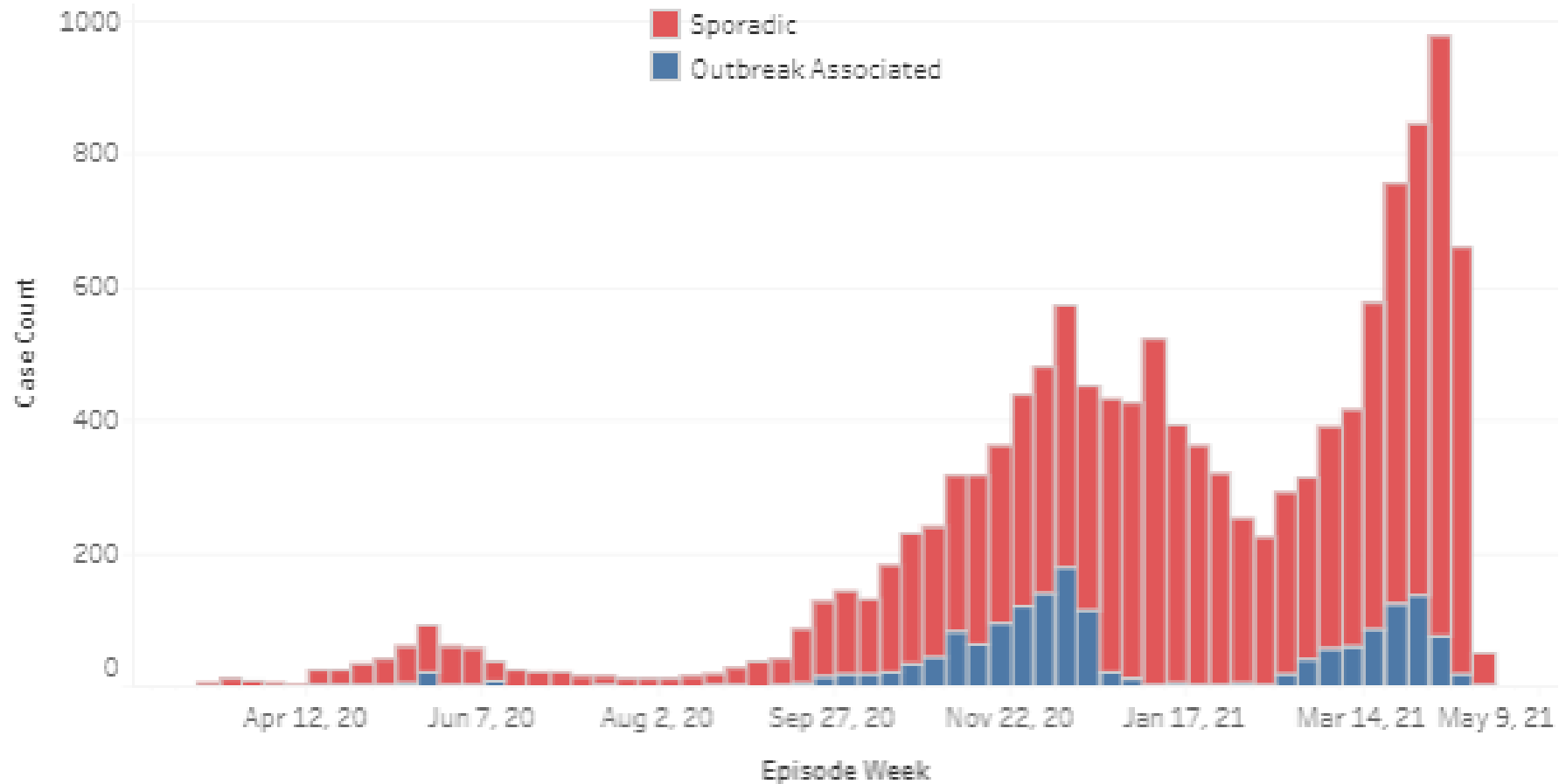
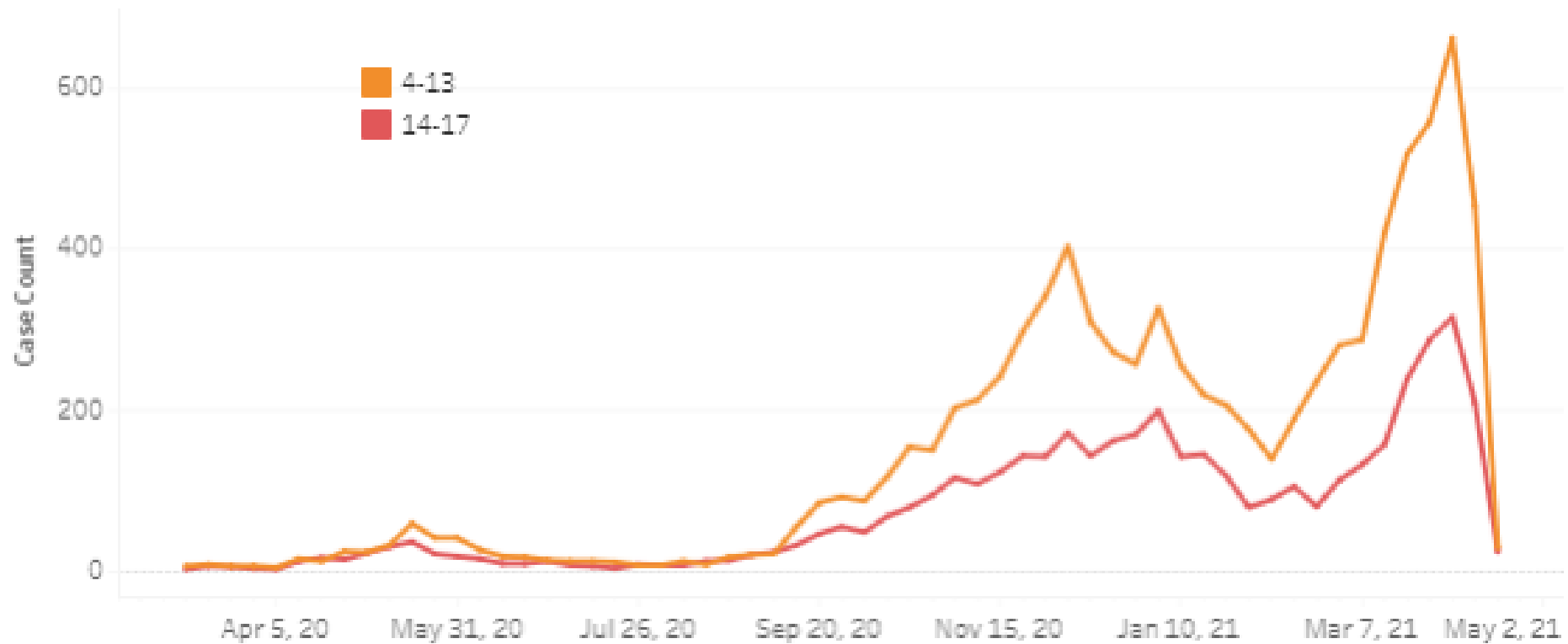
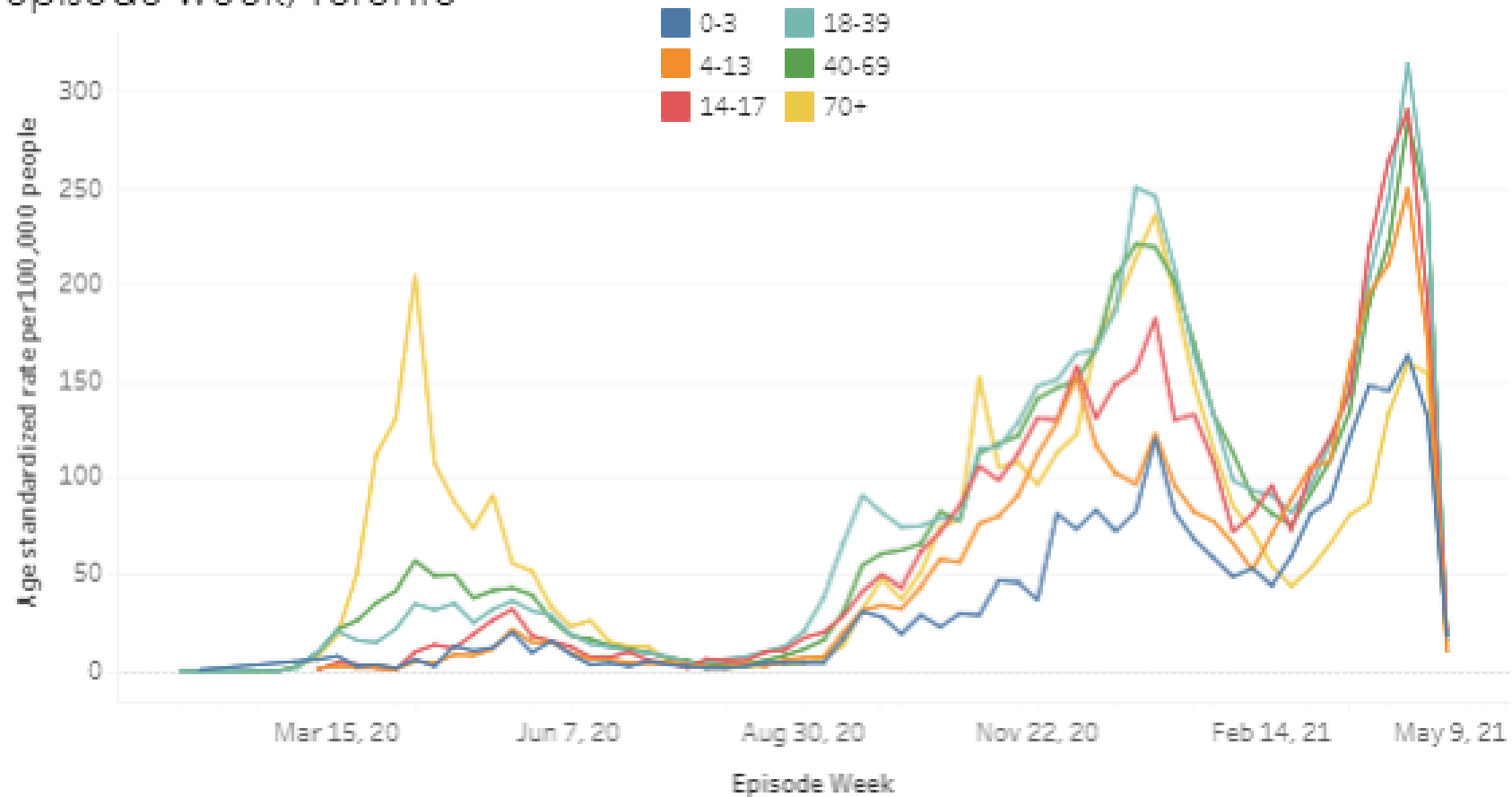


Figure 2. COVID-19 cases in school-aged children by age group and week, Toronto



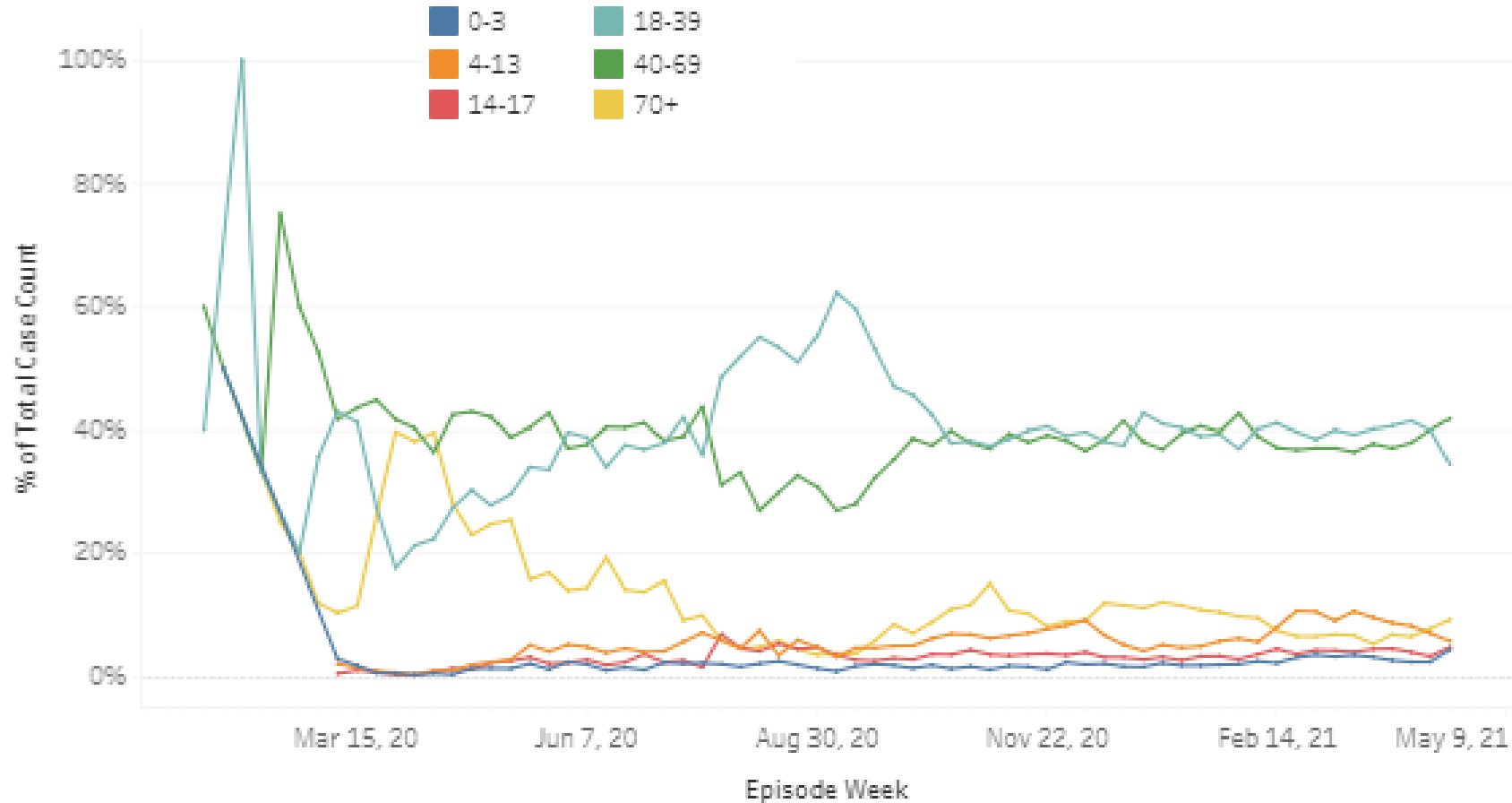
Rates of cases in children are very high

Figure 3. Case rate of COVID-19 per 100,000 population by age group and episode week, Toronto



Overall, while rates are high in children, proportion of cases is still highest in adults

Figure 4. Proportion of COVID-19 cases by age group and episode week, Toronto



School Data-Toronto COVID-19 Data

Active Outbreaks In Schools	Cumulative Outbreaks In schools	Total Case Counts In Schools
30	347	1738

- Average Cases per outbreak 4.6
- Average Outbreak duration= 20.5 days
- For number of cases in schools, please go to [the Ministry of Education](#) website
- For Toronto COVID Data, see the TPH website: [Status of Cases in Toronto](#)

Data extracted : April 19 at 2 PM

COVID-19 TESTING for School Students and Staff JK-12



When should you get tested?

If you have symptoms of COVID-19

Get tested if you have 1 or more new or worsening COVID-19 symptoms at an **assessment centre** or take-home test kit (if available at your school).

If you are a close contact of someone who has COVID-19



- Toronto Public Health (TPH) will provide a letter with the date to get tested - on day 7 or later after your exposure to the person who was positive.
- Testing may be organized for the class at the closest **assessment centre**, on-site at the school, or through take-home test kits.
- If you have symptoms, get tested right away.

If school-wide testing is available and you have no symptoms



- School-wide testing helps with a COVID-19 investigation at the school.
- Testing may be organized at the closest **assessment centre**, on-site testing at the school, or through take-home test kits.

If early identification testing is available and you have no symptoms



- Testing may be arranged by the school and the provincial Ministry of Education for publicly-funded schools.
- Testing is conducted at a "hub" school and is open to other schools.

What to expect when going for testing?



- The student and/or parent/guardian may be asked to fill out a form with name, date of birth, etc.
- A health card is not needed to get tested.

March 24, 2021



COVID-19 TESTING for School Students and Staff JK-12



Types of COVID-19 tests

PCR Test (Polymerase Chain Reaction Test)

- Used for people with symptoms or who are close contacts of someone who has tested positive for COVID-19.
- Samples can be collected in different ways:
 - Nasopharyngeal (NP) swab: inserted deep into the nasal cavity.
 - Mouth/nose swab: inside of the mouth and front of the nose.
 - Saliva test: bottle is used to collect saliva. Used for children or when the other collection type is not possible or tolerated. It is only available at some testing centres.

Rapid Antigen Test



- Used for people who do not have symptoms and who are not close contacts of someone with COVID-19.
- A swab is taken from the nose or throat.
- Results are returned quickly - as fast as 15 minutes.
- If results are positive, a confirmation PCR test is needed.

Antibody Testing



- This is a blood test.
- Looks for protective antibodies from a previous COVID-19 infection.
- Not widely available in Ontario.

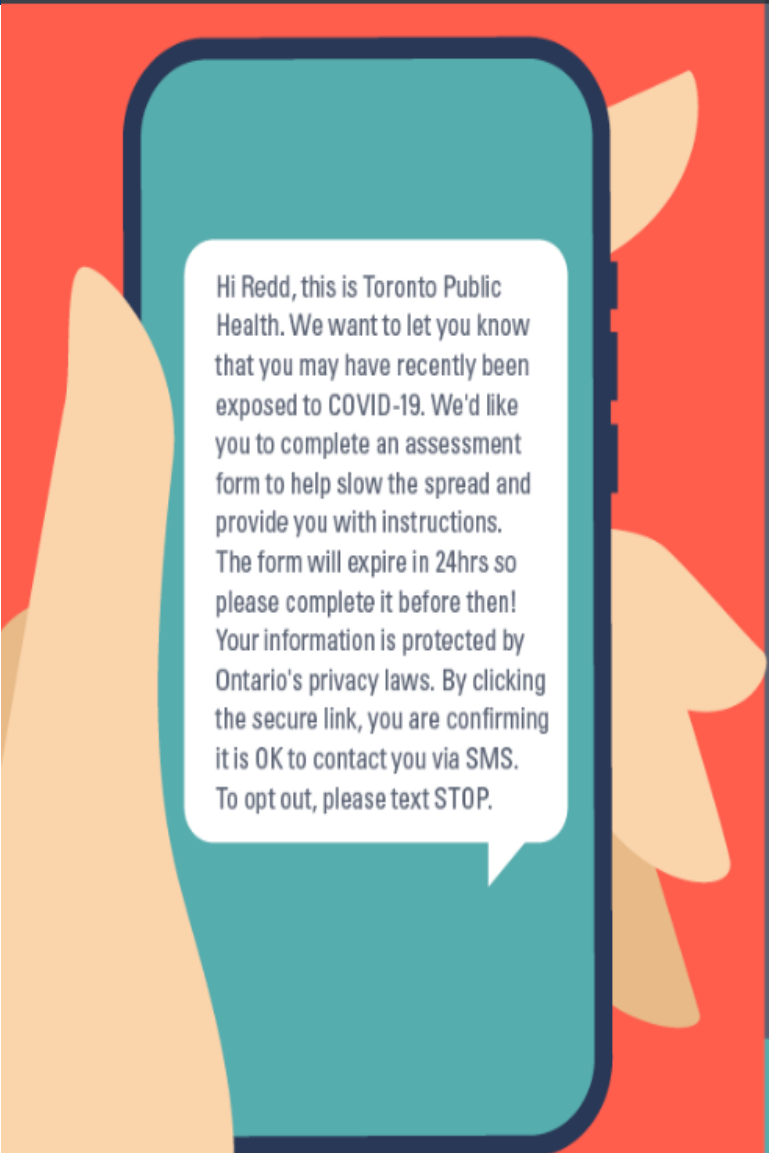
What happens after testing?

For more information, please read, the [Follow-up instructions for school children, staff and visitors tested for COVID-19](#).



More information

For more information about COVID-19 testing, please visit [COVID-19 Testing](#).



Hi Redd, this is Toronto Public Health. We want to let you know that you may have recently been exposed to COVID-19. We'd like you to complete an assessment form to help slow the spread and provide you with instructions. The form will expire in 24hrs so please complete it before then! Your information is protected by Ontario's privacy laws. By clicking the secure link, you are confirming it is OK to contact you via SMS. To opt out, please text STOP.

COVID-19 TEXT NOTIFICATIONS

You may receive a text message from Toronto Public Health if you test positive or if you may have been exposed to COVID-19 in certain settings.

The message will include:

- **Your name**
- **A secure link that is unique to you.**
The URL will include **covid.ontario.ca**

You will need to provide information to confirm your identity, but no financial information will ever be requested.

Caring for a child who has COVID-19

([PDF](#))



CARING FOR A CHILD WHO IS SELF-ISOLATING OR HAS COVID-19

April 8, 2021

If you are caring for a child who is self-isolating or has COVID-19, everyone in the home should practice [everyday prevention measures](#) such as washing hands often and covering your cough or sneeze. Anyone in your household who has COVID-19 should follow public health [guidance for people who have COVID-19](#), which includes staying in a separate room away from others much as possible and not eating meals in the same room as others in the home.

If a child in your household is sick with COVID-19, has symptoms, or is self-isolating because they were a close contact of someone who tested positive, parents and caregivers should continue providing care and support for their daily needs, but should take additional steps to prevent further spread of COVID-19 in their home.

This includes:



Wearing a mask inside the home, if you are able to do so;



Isolating as much as possible from family members who are at high-risk of serious illness from COVID-19;



Increasing ventilation by opening up windows if it is safe to do so;



Disinfecting non-food items such as dishes and utensils;



As much as possible, stay six feet/two metres apart from all others in the household

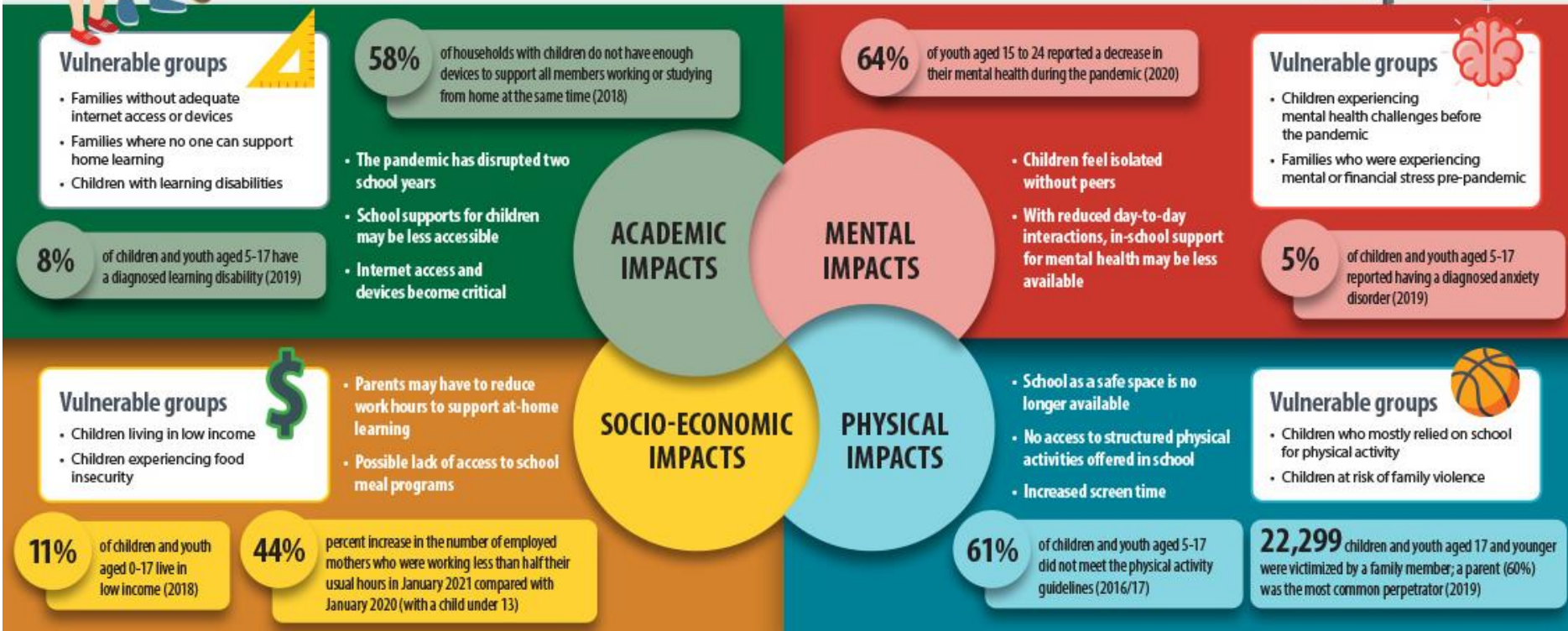
Caregivers and parents should also monitor themselves for symptoms of COVID-19, and [get tested](#) if they develop symptoms.

Opening schools is a priority



SCHOOL CLOSURES AND COVID-19: Impacts on children

In an effort to curb the spread of COVID-19, policy makers across Canada have employed remote learning approaches and closed schools. There can be unintended consequences associated with these measures, which may particularly affect the **5.7 million** children and youth who attend primary or secondary school in Canada (2018/19).

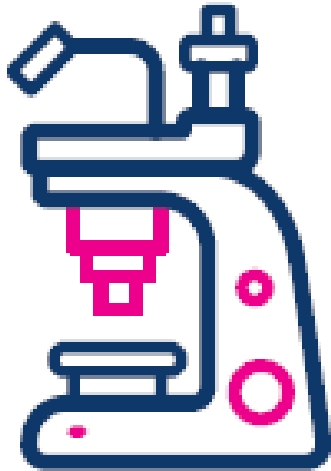


Equity and diversity:
Some populations or groups may be overrepresented among the most vulnerable

[LINK](#)

Vaccines can help

**Vaccines used in
Canada are safe
and they work.**



**Vaccines help to
protect us from
serious illness**



- Some people with COVID-19 infection have symptoms months after the infection is gone.
- COVID-19 infection can cause damage to the lungs, heart or brain, thus increasing the risk of long-term health effects.
- Long term symptoms may include fatigue, shortness of breath, cough, joint pain, pounding heartbeat, trouble concentrating, skin rash or hair loss.

ARE THE COVID-19 VACCINES SAFE?



All vaccines approved by Health Canada have met safety & quality standards



They have been tested in large trials to show they are safe & they work



Millions of doses of the vaccines have already been given around the world with good results



Most side effects are mild and go away after a few days

Getting vaccinated is a personal choice & is free

Vaccines are safe for most people

The vaccines are safe for most people including:



People with health conditions such as heart disease, asthma, diabetes, high blood pressure, or on blood thinners, with hepatitis B, C or HIV.

It is also safe for people with a weakened immune system, autoimmune disorder and pregnancy.

Over 894 million doses given

As of April 18, 2021:

- More than 894 million doses of COVID-19 vaccine have been given in 155 countries.
- 209 million doses have been administered in the US, using the same vaccines approved by Health Canada.
- Many more people have been vaccinated in real-world conditions compared to the clinical trials.

4 vaccines available in Canada



For 16-18 years
& older, including seniors



Real world effectiveness

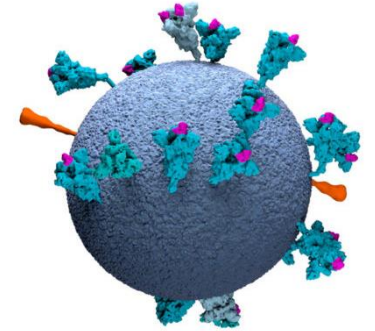


2 dose schedule, except for
Janssen

Name	Technology	Ages	Dose schedule	Availability
Pfizer BioNTech	mRNA	16 years +	2 doses	Available
Moderna	mRNA	18 years +	2 doses	Available
AstraZeneca/ COVISHIELD	viral vector	40 years +	2 doses	Available
Janssen	viral vector	18 years +	1 dose	Not yet available

How the COVID-19 vaccines work...

The COVID-19 vaccines works by telling our body to make “*spike proteins*”, a protein specifically found on the surface of the coronavirus. These proteins will stimulate our body to start making antibodies against COVID-19.



- Pfizer BioNTech and Moderna use mRNA technology.
 - mRNA research and technology has been around for over 10 years.
 - Breaks down and is removed from body in days
- AstraZeneca/COVISHIELD and Janssen use a viral vector.
 - A cold virus that is inactivated (adenovirus), has instructions to make the spike protein in it.

WHICH COVID-19 VACCINE IS BETTER FOR ME?



All the approved vaccines are safe and effective



All the vaccines will protect you from serious illness



Get vaccinated as soon as you are eligible



Vaccinating more people will reduce the spread of COVID-19

AstraZeneca/COVISHIELD vaccine

- Rare reports of serious blood clots and low blood platelet counts following vaccination (1 in 250,000 people vaccinated).
- Blood clots can occur in the brain, arms/legs or abdomen
- There have been reports of this rare event in Canada.
- With proper medical care, can be treated

- In Ontario, available for **people 40+** (starting April 20)
- **Informed consent:** Benefits of vaccine outweigh potential risk.
- Watch for any side effects following vaccination on days 4 to 20. Seek immediate medical attention if you develop:
 - Trouble breathing, chest pain, abdominal pain that does not go away
 - Sudden severe headache, blurred vision, skin bruising or spots

<https://covid19-sciencetable.ca/sciencebrief/vaccine-induced-prothrombotic-immune-thrombocytopenia-vipit-following-astrazeneca-covid-19-vaccination-lay-summary/>

What is in the vaccines?

- The vaccines provide instructions for our body to make antibodies
- Vaccine ingredients include lipids, salts, sugars and buffers
- Vaccines do not have eggs, gelatin (pork), latex, preservatives, antibiotics, formaldehyde, thimerosal, or aluminum
- There is no COVID-19 virus in the vaccine, so they can't give us COVID-19 infection

What if I have allergies?

I HAVE ALLERGIES. CAN I GET A COVID-19 VACCINE?



Allergies towards the COVID-19 vaccines are rare



Speak with your health care provider if you have questions



The vaccines do not contain eggs, gelatin, preservatives, latex or antibiotics



The vaccines are safe if you have food, antibiotic or environmental allergies



If you have allergies to any vaccine ingredient do not get the vaccine

Allergies to look for

Pfizer-BioNTech & Moderna: **Polyethylene glycol**, also found in:

- laxatives or products for colonoscopy, cough syrup, ultrasound gel
- cosmetics, skin creams,
- shampoos, toothpastes, hair products, contact lenses & solutions,
- some fast foods, baked goods

Moderna vaccine: **Tromethamine**, also found in:

- contrast media for CT scans / MRI, some medications, skin creams

AstraZeneca/COVISHIELD & Janssen vaccines: **Polysorbate 80**, also found in:

- processed food, pickles, ice cream, whipped cream, gelatin, shortening, chewing gum,
- cosmetic, soaps, creams, body butter, bath gels, shampoo, mouthwash,
- eye drops, vitamin supplements, heart medication, contraceptives

Vaccines and pregnancy, breastfeeding

- The [Society of Obstetricians & Gynecologists of Canada](#) recommends that **pregnant and breastfeeding people should be offered vaccination** when they are eligible as long as they do not have any contraindications.
- Speak with your doctor or midwife for more information.
- COVID-19 can be serious in pregnancy.
- Review the risks and benefits based on your current situation (eg. cannot work from home, live in a crowded household).
- As a precaution, people who are planning a pregnancy can wait for a month after vaccination.

- Current vaccines available are for people age 16+
- Research is currently being done to assess COVID-19 vaccine safety and efficacy in younger children
- May be licensed in 12 to 15 years of age shortly
- The best way to protect children is:
 - to keep following public health guidelines, and
 - for adults to be vaccinated as soon as they can

WILL THE VACCINE MAKE ME SICK?



There is no COVID-19 virus in the vaccine that can make us sick



Most side-effects are mild & will go away after a few days



Severe allergic reactions are rare and are treated right away



Talk to your doctor if your symptoms don't go away after 3 days

Vaccine side effects

- Most vaccine side effects are similar to the flu shot, lasting 1 to 3 days:
 - pain, redness & swelling where the needle is given
 - headache, feeling tired, muscle ache, joint pain
 - fever, chills, nausea or vomiting
 - swelling & tenderness under the armpit / enlarged lymph nodes
- Side effects are more common after the 2nd dose (Pfizer/Moderna)
- Stay at the clinic for 15 minutes after vaccination, so you can be monitored for any allergic reactions

Do I need the vaccine, if I already had COVID-19?

A: Yes. Based on the latest scientific evidence, natural immunity from COVID-19 may not last long. It is possible to get re-infected after a previous COVID-19 infection.

Learn more:
toronto.ca/COVID19



Phase 2 of vaccine rollout

Projected Phase Two sequencing April to June – updated as of April 9

	Phase 2		
	April	May	June
Older Adults	Over 75 Over 70 Over 65 Over 60		
Health Conditions	Individuals with Health Conditions		
	Highest Risk & Caregivers	High Risk & Certain Caregivers	At-Risk Health Conditions
Congregate Settings	High Risk Congregate Settings		
Hot Spots	COVID-19 Hot Spots Communities		* Peel and Toronto
	Highest Risk Communities *	Remaining Hot Spots Communities	
Other priority*	Special Education Workers Education Workers in hot spots		*contact risk equivalent to HCW
Cannot-Work-From-Home		Workers who cannot work from home	
		Group 1	Group 2

Hot Spot Communities Postal Codes (Toronto)

North York West

M3J
M3K
M3L
M3M
M3N
M6B
M6L
M6M
M9L
M9M
M9N
M9P

West Toronto

M6K
M6N
M8V

North York Central

M2J
M2M
M2R
M3A
M3C
M3H
M4A

North Toronto

M5N
M6A

Mid-East Toronto

M4X
M5A
M5B

Scarborough South

M1B
M1C
M1E
M1G
M1H
M1J
M1K
M1M
M1P
M1R
M1X

South Etobicoke

M9A
M9B
M9C

Scarborough North

M1S
M1T
M1V
M1W

East Toronto

M1L
M4H

North Etobicoke Malton West Woodbridge

M9R
M9V
M9W

Ways to get vaccinated

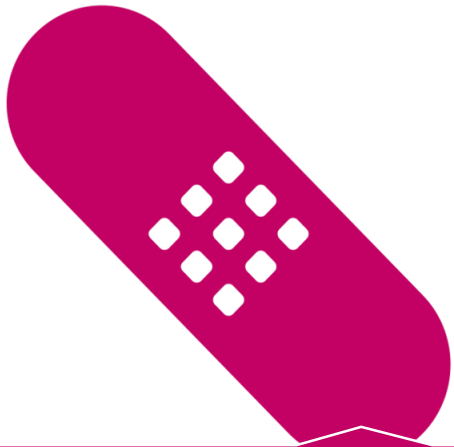
Red & white or no health card?
Register using telephone #

City clinics <https://covid-19.ontario.ca/book-vaccine/>
Or call: 1-888-999-6488
(TTY 1-866-797-0007)

Hospital clinics www.vaccineto.ca
Or call: 1-888-385-1910

Visit <https://covid-19.ontario.ca/book-vaccine/> to find a **pharmacy**
Or call your local pharmacy / website

Mobile & pop-up clinics
Host organizations will promote clinics directly to the target community



Mass Immunization Clinics



Hospitals / Ontario Health Team Immunization Clinics



Pharmacies and Primary Care Providers



Mobile Teams & Pop-up Clinics

Interactive map available online:
toronto.ca/covid19vaccinemap

- **For those with no other means to get to their vaccination appointment**

1. **Toronto Ride** - 416-481-5250; www.torontoride.ca
 2. **iRide** - 1-844-474-3301; www.circleofcare.com/vaccinerides;
 3. **Scarborough Ride** - 416 736-9372; www.schcontario.ca/schc-scarborough-ride--transportation--hemodialysis.html
 4. **Uber Canada**
 5. **TTC**
- Vouchers distributed through a network of partner community agencies

More information: <https://www.toronto.ca/home/covid-19/covid-19-protect-yourself-others/covid-19-vaccines/covid-19-how-to-get-vaccinated/?accordion=transportation-to-clinics>

Second dose extended, but still necessary

WHY IS THE 2ND VACCINE DOSE EXTENDED TO 4 MONTHS?



Data shows the first dose provides strong protection



Extending the 2nd dose allows us to vaccinate more people



Vaccinating more people will reduce the spread of COVID-19



Vaccines can provide protection against COVID-19 variants

Protection is 80% after 1 dose of mRNA vaccine and 90% after the 2nd dose.

How you can help....

- Share your experience with others
- Be positive and respectful, even if they refuse vaccination right now
- Listen to their concerns
- Emphasize the facts
- Balance information on risk and benefits
- Focus on burden of illness or disease
- Know where to get information, if you are not sure of the answers
- Maintain trust so they can approach you again if they have more questions later

And, get vaccinated when it is offered to you

Why it matters



They got their COVID-19 vaccines. Now, in their own languages, they want to tell you how it felt — and why it matters



Ron McLester **Oneida / English**
VP, Truth and Reconciliation at Algonquin College



Onion Ubaldo **Tagalog**
Doctor



Hang Ying Wong **Cantonese**
LTC resident



Kwasi Adu-Basowah **English**
Registered Nurse



Joe Savikataaq **English**
Premier of Nunavut



Vivek Govardhanam **Tamil**
Doctor



Shahid Husain **Urdu**
Infectious Diseases Doctor



Priya Shah **Gujarati**
Doctor

DON'T PLAY

THE TELEPHONE GAME

STOP THE SPREAD OF COVID-19 MISINFORMATION



Public Health Measures

Vaccines are **one** of many tools we have to fight the COVID-19 pandemic. It will take time before we have enough vaccine to get everyone vaccinated.



For now, we still need to wear a mask, keep our distance and wash our hands frequently.

More Than A Disease



Mental Health Support

Mental Health Support during COVID-19

It's okay not to feel okay. Many people may feel sad, worried, scared, confused or angry during COVID-19. These are normal and common responses to unexpected or stressful situations.



Stay connected.
Play a virtual game, check in on a neighbour, have a video conference.



Be active & take care of yourself.
Exercise, eat well, get enough sleep.



Take time to engage virtually or by phone with friends, family or loved ones.



Learn something new. Try a new hobby or take an online course.



Help someone else. Doing good can feel good.



Reach out for help. Talk to someone you trust or seek professional support.

You are not alone

You are not alone. Support is available.

Call 211 if you are having a hard time. Through 211 anyone be connected to free mental health supports, including including kids, seniors, racialized, Indigenous, Black and LGBTQ2S communities.

Language interpretation is available if you don't speak English.



These are stressful times.
Reach out for help to find
mental health support.
**Call 211, 24 hours a day,
7 days a week.**

Be part of something greater.
Your shot protects others too!



Protected together.

TOGETHER, WE CAN GET OUT OF THE 3RD WAVE



**Take care of
your physical
& mental
wellbeing.**



**Stay home
except for
essential reasons
& exercise.**



**Gather only with
members of
your household.**



**Keep your
distance, wear
your mask, wash
your hands.**



**Get the
COVID-19
vaccine when it is
available to you.**

Questions?



Toronto Public Health COVID-19 Hotline

Have questions?

Call Toronto Public Health

416-338-7600

8:30 am to 8:00 pm

Interpreter service is available in many languages.

TTY 416-392-0658

More information about COVID-19 & vaccines:

toronto.ca/covid19

<http://www.toronto.ca/COVID19Schoolinfo>

How vaccines were developed so fast?

- Scientists & researchers around the world sharing data
- Building on existing research & technology
- Large scale funding allowed for multiple testing and large clinical trials
- Over 280 vaccine products were tested
- All vaccines approved by Health Canada still had to meet all safety, efficacy and quality standards

Vaccine development and approval in Canada

Vaccine development



Scientists develop a potential vaccine



Scientists conduct lab and animal studies before testing on humans



10s of volunteers

Phase I

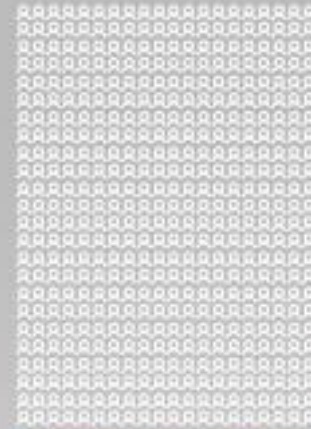
- Is the vaccine safe?
- What is a safe dose?
- Are there any side effects?



100s of volunteers

Phase II

- How well does the vaccine work?
- Is it safe on a larger number of people?
- Safest and most effective dose?



1000s of volunteers

Phase III

- Does the vaccine prevent disease?
- What are the side effects?



Manufacturer submits application to Health Canada for review

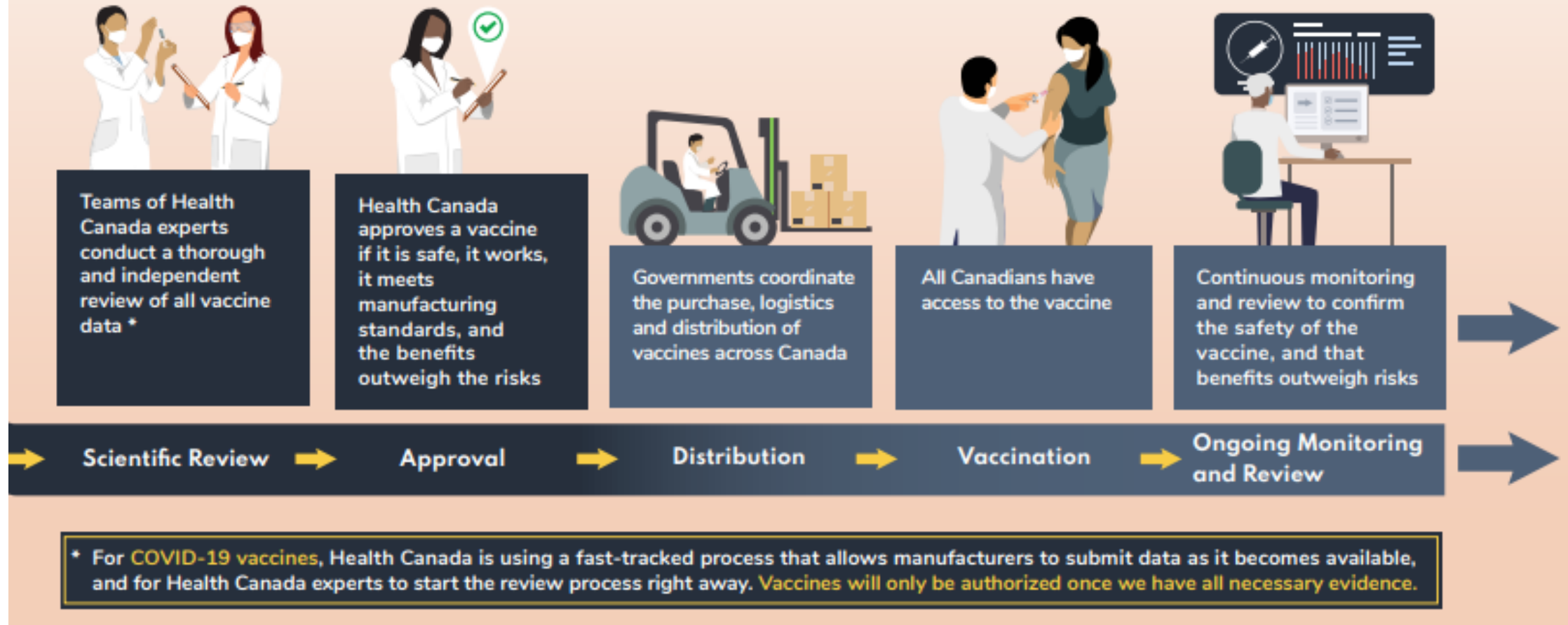
Exploratory →

Preclinical →

Clinical Trials →

Application →

Review and approval of vaccines



Vaccine ingredients

Pfizer-BioNTech	Moderna	AstraZeneca / COVISHIELD	Janssen
<ul style="list-style-type: none"> ▪ active ingredient: mRNA 	<ul style="list-style-type: none"> ▪ active ingredient: mRNA 	<ul style="list-style-type: none"> ▪ active ingredient: ChAdOx1-S recombinant 	<ul style="list-style-type: none"> ▪ active ingredient: Ad26.COV2.S recombinant
<ul style="list-style-type: none"> ▪ lipids, cholesterol ▪ polyethylene glycol [PEG-2000] 	<ul style="list-style-type: none"> ▪ lipids, cholesterol ▪ polyethylene glycol [PEG-2000] 	<ul style="list-style-type: none"> ▪ amino acid: L-Histidine, L-Histidine hydrochloride monohydrate ▪ emulsifier: polysorbate 80 	<ul style="list-style-type: none"> ▪ emulsifier: 2-hydroxypropyl-β-cyclodextrin, polysorbate-80
<ul style="list-style-type: none"> ▪ salts: potassium chloride, monobasic potassium phosphate, sodium chloride, dibasic sodium phosphate dehydrate ▪ sugars: sucrose 	<ul style="list-style-type: none"> ▪ salts: acetic acid, sodium acetate, ▪ sugars: sucrose ▪ buffers: tromethamin, tromethamin hydrochloride 	<ul style="list-style-type: none"> ▪ salts: sodium chloride, disodium edetate dihydrate (EDTA), magnesium chloride hexahydrate ▪ sugars: sucrose ▪ alcohol: ethanol 	<ul style="list-style-type: none"> ▪ buffers: citric acid monohydrate, hydrochloric acid, sodium hydroxide, trisodium citrate dehydrate ▪ salts: sodium chloride ▪ alcohol: ethanol

VACCINES OFFER PROTECTION AGAINST NEW VARIANTS



Vaccines have been used successfully in countries with variants



Vaccines can provide protection even when viruses change



Protection offered by vaccines is important as variants can spread more easily



Booster doses may be used in the future for specific variants

Mass immunization clinic locations



- North Toronto Memorial Community Centre (200 Eglinton Avenue West)
- Mitchell Field Community Centre (89 Church Avenue)
- The Hangar (75 Carl Hall Road)
- Metro Toronto Convention Centre (255 Front Street West)
- Scarborough Town Centre (300 Borough Drive)
- Carmine Stefano Community Centre (3100 Weston Road)
- Toronto Congress Centre (650 Dixon Road)
- Malvern Community Recreation Centre (30 Sewells Road)
- Cloverdale Mall (250 The East Mall)

Interactive map available online:
toronto.ca/covid19vaccinemap

Community Immunity

WHAT IS HERD IMMUNITY?



Herd immunity protects our community from infection when many people are vaccinated.



It is another way to protect others by reducing COVID-19 spread.



It also protects people who can't get vaccinated like newborn babies.



Until we have herd immunity, we need to wear our mask & keep a distance from people we don't live with.

What to expect after receiving your 1st dose of the COVID-19 vaccine



You may experience mild side effects that go away in 1-3 days



It takes 2 weeks after each dose for the vaccine to take effect



The clinic where you received your 1st dose will make your 2nd dose appointment



Keep your distance, wear a mask and wash your hands until more people are vaccinated



Need help getting to a city-run clinic for your vaccination appointment?



If you cannot drive yourself or take transit, ask family or friends



If ride sharing, sit in the back seat with the windows open & wear a mask



If you cannot access or afford transportation you may be eligible for supports



Plan ahead - find more information, maps and pictures of city-run clinics at toronto.ca/COVID19