

# COVID-19 Update

For more information:  
[Canada.ca/coronavirus](https://Canada.ca/coronavirus)

Information for Indigenous communities:  
[Canada.ca/coronavirus-info-indigenous](https://Canada.ca/coronavirus-info-indigenous)



## INDIGENOUS SERVICES CANADA – Ontario Region – July 8, 2021

The heaviness of the last couple months is still being felt by all of us. We continue to mourn the loss of children who did not return to their homes nor communities, and we brace ourselves in anticipation of future discoveries of a similar nature. As we lean on each other to bear the weight of injustice and work towards reconciliation, we must also do what we can to seize opportunities for optimism.

We can take relief in the fact that slowly but surely, case numbers of COVID-19 are going down regionally and across Canada. We can also feel optimistic about the growing number of people who are vaccinated with their first and second doses of protection against the virus. While we celebrate these successes, we must remain mindful that the threat posed by COVID-19 is not over. Case numbers are declining, but new infections are still being reported every day. There are clusters of outbreaks still occurring in communities across Ontario, and elsewhere in Canada. Variants of Concern remain a reason to stay vigilant, particularly because children younger than 12 years of age cannot be vaccinated yet.

The best way to protect our communities, our loved ones, and the momentum towards normalcy is to encourage maximum uptake of vaccines — especially second doses — as well as to continue to follow public health guidelines. Vaccine-related resources are below to help answer questions and boost awareness.

### Updated travel requirements as of July 5, 2021

The Government of Canada is taking a cautious approach at the border to reduce the risk of the importation and spread of COVID-19 and its variants related to travel.

Starting July 5, 2021, fully vaccinated travellers who are permitted to enter Canada may be exempted from the federal requirements to quarantine, including the government-authorized hotel for air travellers, and to complete a day-8 test.

Many resources are available to help with travel preparation in the months ahead.

- [Travelling between provinces/territories](#)
- [Who can travel to Canada – Citizens, persons registered under Canada's Indian Act, permanent residents, foreign nationals and refugees](#)
- [Entering Canada requirements checklist](#) (via flight, car or private boat)
- [Information on exemptions for fully vaccinated travellers](#)
- [Pre-entry test requirements](#)
- [Boarding flights to and within Canada](#)

### COVID-19 Public Service Announcements (PSA)

Nine new [PSA audio clips](#) about vaccines, variants and public health measures are now available in English and French. Video clips of each PSA can be found on the [OneHealth Portal](#). These can be shared on the radio or online. There is also an animation about COVID-19 vaccines and how to keep your community safe. [English](#) / [French](#).

Guests on the announcement include:

- Dr. Shannon McDonald, Acting Chief Medical Officer at the First Nations Health Authority in BC
- Marcia Anderson, Public Health Physician at Indigenous Services Canada, Manitoba region
- Jessica Jackman, Public Health Physician at Indigenous Services Canada, Atlantic region
- Marie-Elaine Delvin, Nurse practitioner and Senior Nurse Consultant

### COVID-19 Vaccines for Ontario

- **204,594** Daily doses administered
- **16,126,179** Total doses administered
- **6,069,647** People fully vaccinated
- \* All data reflects total from 6 p.m. the previous day

The national toll-free [Hope for Wellness Help Line](#) provides telephone crisis intervention counselling support for First Nations and Inuit, 24 hours a day, seven days a week, as well as further assistance. Telephone counselling is available in English and French and, upon request, in Ojibway, Cree, and Inuktitut by dialing 1-855-242-3310. This is an invaluable resource for help managing stress, anxiety and fatigue.

### What does “fully vaccinated” really mean?

COVID-19 vaccines add a valuable layer of protection against the virus. When individuals are vaccinated, there is a decreased chance of serious illness, hospitalization and death from COVID-19. As more people are vaccinated and cases decline, it is likely that restrictive public health measures may be eased. The [Public Health Agency of Canada has developed advice](#) for what unvaccinated, partially vaccinated and fully vaccinated individuals can do.

Individuals are still required to follow their region’s public health policies and advice. Fully vaccinated Canadians should also continue to follow the COVID-19 health and safety protocols and avoid close contact with anyone who has COVID-19 or is symptomatic.

### Life After Vaccination

More people getting vaccinated means fewer people are getting sick. By receiving both doses of the COVID-19 vaccine, communities are safer and certain measures can be lifted so groups can gather safely.

Case numbers across Canada are going down, though some communities are seeing a spike in cases and are taking precautions to protect high-risk contacts. The best way to protect the vulnerable is to encourage community members to receive both doses of the vaccine, and to continue following public health measures. This includes:

- Limiting physical interactions with people who do not live in the same household and maintaining social distancing of two metres;
- Wearing a mask indoors and outdoors when physical distancing is a challenge;
- Avoiding non-essential travel; and
- Staying home when feeling sick.

The Public Health Agency of Canada developed a [resource that outlines the next steps over summer and fall](#) that will take place as case numbers go down and the number of vaccinated people go down.

### Health Canada updates Pfizer-BioNTech and Moderna COVID-19 labels to include information on myocarditis and pericarditis

Health Canada has [updated the Pfizer-BioNTech and Moderna COVID-19 vaccine labels](#) to describe very rare reports of myocarditis and pericarditis following vaccination. The information added includes the signs and symptoms of these events and when to seek medical attention.

Myocarditis is an inflammation of the heart and pericarditis is an inflammation of the tissue surrounding the heart. Cases of myocarditis and/or pericarditis following immunization with COVID-19 vaccines have been reported in a small number of people in Canada and internationally. These reports are very rare. Health Canada and other international regulators are continuing to investigate the relationship between the COVID-19 vaccines and these events.

Health Canada reassures Canadians that COVID-19 vaccines continue to be safe and effective at protecting them against COVID-19. The benefits of COVID-19 vaccines continue to outweigh their potential risks, as scientific evidence shows that they reduce deaths and hospitalizations due to COVID-19. The Government of Canada encourages people to get vaccinated and to complete their vaccine series as soon as they are eligible. For further information on COVID-19 vaccines in Canada, please visit Health Canada’s [COVID-19 vaccines and treatments portal](#).

### COVID-19 Cases

\*As of July 7, 2021, @ 4:30 p.m.

- **2,481** confirmed in-community
- **84** active cases on reserve
- **25** deaths
- **2,372** resolved (95.6%)



Please feel free to contact the FNIHB Ontario COVID-19 generic inbox: [sac.covid-19fnihbontario.isc@canada.ca](mailto:sac.covid-19fnihbontario.isc@canada.ca) if you or your community members have any information needs.