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COVID-19 VACCINE

The Ontario government has announced it aims to expand the eligibility for the COVID-19 vaccine to everyone over the age of 18 by the end of May, **depending on supply**.

- The eligibility criteria will expand week by week, with a focus on prioritizing front-line workers and individuals with at-risk health conditions.
- Vaccines are currently offered through city vaccination clinics, hospital vaccination clinics, mobile pop-up sites, some pharmacies and workplaces.

WHEN AND HOW CAN I BOOK A VACCINE APPOINTMENT?

The City of Toronto has developed a comprehensive list that clearly outlines who is eligible and how to book an appointment.

Click [here](#) for the list. This list is updated multiple times per day.

If you have any trouble navigating the online booking system, you can call the provincial registry at **1-833-943-3900**.

- Due to the volume of calls, you may have trouble getting through right away
- Unfortunately, our reception team is not able to book vaccine appointments, so please keep trying, and if possible, ask someone to book online on your behalf

Vaccine Hunters

www.vaccinehunters.ca

This is a very helpful community that helps eligible Canadians find vaccines, particularly at mobile pop-up sites.

You can follow them on [Twitter](#), [Facebook](#) or [Discord](#)

Questions about the safety of the COVID-19 Vaccine?

We understand there are hesitations about the vaccine for some, and this is a concern for us as healthcare providers.

Please review these [resources](#) about vaccine safety.

Everyone at the FHT supports vaccination with ANY vaccine!

Vaccines at the FHT

Pop-up Vaccine Clinics

The FHT may soon be offering pop-up vaccine clinics for priority groups, depending on supply and direction from the Ministry of Health.

- We will e-mail or call patients who fall into this category
- Our staff will not have prior knowledge of these pop-ups, so please do not call to inquire. If you fall into the appropriate category, be assured we will contact you directly.

Second Doses

- The TW FHT follows the Ministry of Health's mandates for administration of COVID-19 vaccines, including when to give second doses.
- If you have received your first dose at the TW FHT, we will be contacting you via e-mail for details about your second dose.
- If you received your first dose elsewhere, please let us know by filling out this [form](#) so that we can update your medical records, as well as call you with options for second doses.
- If you have not received your first dose yet, please keep checking Toronto's [COVID-19 vaccine eligibility site](#).

We are looking forward to everyone being vaccinated soon!

LOOKING FOR QUICK AND EASY ACCESS TO YOUR TEST RESULTS AND APPOINTMENT DETAILS?



- **myUHN** is a secure website for patients of UHN.
- The website lets you safely see your UHN hospital appointments and results as soon as they are ready.
 - Note, while you will be able to see all Ontario health-care related results, you will only be able to see UHN hospital appointments.
- To register, go to <http://www.myUHN.ca/> You will need a registration code to sign up. Ask for a registration code when you check in for your next appointment or call myUHN Support at 416-340-3777
- For more information about what you will see on your patient portal, click [here](#)

ANTI-RACISM

Last year, we shared with you UHN's commitment to promoting the advancement of racial equity by identifying preventing, and eliminating systemic racism in service, employment and learning environments.

- UHN has since launched a long overdue **Anti-Racism and Anti-Black Racism policy**. You can review the policy [here](#)
- We have a long way to go and are shocked and saddened by the increasingly violent acts of racism experienced towards our Asian communities during the pandemic. UHN denounces anti-Asian racism and all racism and stands in solidarity with the Asian community.

You can find community resources to understand and confront anti-racism on our [website](#), including:

[Resource Guide: Responding to Anti-Asian Racism](#)

Mental Health Awareness Month

May is Mental Health Awareness month!

The pandemic has caused stress and uncertainty for so many of us. Please know that mental health support is available, free of cost, and we encourage you to reach out, whatever you are going through.



Wellness Together Canada

- Available 24/7
- <https://wellnesstogether.ca/en-CA>
- Access free, live counseling:
1-866-585-0445

You can also visit [CMHA](#) for additional resources and mental health toolkits.

For children and parents:

Mothercraft offers a number of virtual supports, both group and individual. Check out their flyers with links to register!

<div style="text-align: center; border: 1px solid blue; padding: 5px; margin-bottom: 10px;">  </div> <h3 style="text-align: center; color: #0056b3;">One-on-One Check In</h3> <p>With Drop-In closed, we want you to know that we are still here if you would like to talk to someone.</p> <p>Join us for a one-on-one 30 minute Zoom session with a Family Support Worker!</p> <p><i>Please register 24 hours before the program.</i></p> <p>Monday – 12:00 pm Tuesday – 9:00 or 9:30 am or 12:00 pm Wednesday – 9:00 or 9:30 am or 12:00 pm Wednesday – 4:30 pm Thursday – 12:00 pm Friday – 9:00 or 9:30 am or 12:00 pm</p> <p>It's super simple: Click here to register</p> <div style="text-align: center; border: 1px solid blue; padding: 5px; margin-top: 10px;">  </div>	<div style="text-align: center; border: 1px solid blue; padding: 5px; margin-bottom: 10px;">  </div> <h3 style="text-align: center; color: #0056b3;">Parent and Caregiver Connect</h3> <p>We know how difficult this pandemic has been on parents and caregivers over the last year!</p> <p>Join our Family Support Workers, other parents and caregivers in a safe and judgement free space to discuss a variety of topics on child development.</p> <p>This group will provide parents and caregivers the opportunity to share their experiences and learn from one another.</p> <div style="text-align: center; margin: 10px 0;">  </div> <p style="text-align: center; color: #0056b3;"><u>Our Family Support Workers are experts! Ask us about:</u></p> <ul style="list-style-type: none"> ▪ Services in the city (even during COVID-19) ▪ Your child's growth and development ▪ Strategies to manage challenging behaviours ▪ Or connect with us if you have any other questions <div style="text-align: center; margin: 10px 0;">  </div> <p style="text-align: center; color: #0056b3;">Click here to register</p> <p>Login information for each session will be emailed on the morning of the program.</p> <div style="text-align: center; border: 1px solid blue; padding: 5px; margin-top: 10px;">  </div>
<p>When: Every Monday beginning May 3rd, 2021</p> <p>Time: 2:00 – 3:00 pm</p> <p>Who: Parents and caregivers of children 0-6 years old.</p> <p>Where: Zoom platform</p> <p>Everyone is welcome!</p>	

HEALTH TALK:

Keeping Your Eyes Healthy

A free online session for patients, families, staff and community members

Topics

- Common eye conditions and how they are treated
- Ways to keep your eyes healthy
- Resources at UHN and in the community that can help you learn more about eye conditions and eye health



Presenters

- Dr. Marisa Sit, Ophthalmologist, Toronto Western Hospital, University Health Network
- UHN Patient Partner

Date and time

Thursday, May 27, 1:00 p.m. – 2:00 p.m.

How to participate

Watch the livestream on YouTube.

Go to <https://bit.ly/UHNHealthTalk-May2021> or use your smartphone's camera/QR code reader app to scan the code.

Submit your questions on Sli.do at <http://sli.do/UHNHealthTalk>.



To register Go to <http://bit.ly/UHNHealthTalk-Register> or call 416 603 6290

For more information Email pfep@uhn.ca or call 416 603 6290

www.uhnpatienteducation.ca

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