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### **COVID-19 VACCINES FOR 5 to 11 YEAR OLDS**

COVID-19 vaccines will be approved for use for 5 to 11 year olds soon! The TW FHT will be offering this vaccine – we will reach out to you with details in the near future or check our website for updates (Please do not call the clinic as we have no further information at this time.)



**Have questions about the vaccine? We encourage you to access the dedicated resources below:**

- **SickKids: COVID-19 Vaccine Consult Service**
  - By appointment phone service only (youth 12+ yrs or older, a parent/caregiver/legal guardian of a child or youth, an Ontario resident)
  - Registered Nurses available to answer and discuss the COVID-19 Vaccine for children and youth

- Available in multiple languages, using over-the-phone language interpretation
- To book: <https://www.sickkids.ca/en/care-services/support-services/covid-19-vaccine-consult/#book> or call 437-881-3505
- 
- **Kids Health First: Information about COVID-19 Vaccines for Ontario Youth**
  - <https://kidshealthfirst.ca/>
  - Available in Arabic, Chinese (Simplified), English, Filipino, French, Punjabi, Spanish, Urdu
- **Provincial Vaccine Confidence Centre**
  - 1-833-943-3900 Open 7 days/week from 8am-8pm
  - Staffed with Health Specialists and available in over 300 languages
- **VaxFacts Clinic: One-to-One phone consultation with a doctor**
  - Schedule a phone conversation with a doctor to help make an informed decision about the COVID-19 vaccine
  - Book an appointment online at <https://www.shn.ca/VaxFacts/> or call 416-438-2911 ext. 5738

## **GRADE 7 and 8 VACCINES**

- Toronto Public Health is offering publicly funded vaccines to students grade 7 and up to protect from hepatitis B, human papillomavirus and meningococcal disease.
- Students in grades 7-12 can receive these vaccines by appointment only at City-run immunization sites.
- Click [here to book](#).

## **COVID-19: School Information for Parents and Caregivers**



Please visit [Toronto Public Health](#) for information related to COVID-19 and school, including what to do if there is a case of COVID-19 in your child's classroom. This page is updated regularly.

## **VACCINE PASSPORTS**

As of September 22, 2021, vaccine passports AND proof of identity are required to enter certain places or business. [Please click here for detailed information and FAQs.](#)

- **You can download your proof of vaccination on the [provincial website](#) if you have a green photo OHIP card.**
- If you do not have a photo OHIP card or do not have access to the internet, call the provincial booking line at 1-833-943-3900.
- **Unfortunately, we are not able to provide patients with copies of their vaccination records-please follow the steps above to obtain an electronic receipt.**
- See below if you were vaccinated out of province or country.
- Click [here](#) for a tutorial on adding your receipt to Apple Wallet if you have an iphone (until October 22<sup>nd</sup>, when the province will release an app).

## **ADDITIONAL COVID-19 VACCINE INFORMATION:**

### **WHAT IF I WAS VACCINATED OUTSIDE OF ONTARIO/CANADA?**

- If you received a partial or complete COVID-19 vaccine series outside of Ontario or Canada , [contact your local public health unit to have your COVID-19 immunization record documented in COVaxON](#) prior to receiving any additional doses and to receive your vaccination receipt.
- You will be required to show proof of immunization (e.g., an immunization record, proof of vaccination certificate (PVC)) to verify the COVID-19 vaccine product received.

### **WHICH VACCINES ARE AUTHORIZED FOR USE BY HEALTH CANADA?**

- In Canada, as of September 13, 2021, the following four COVID-19 vaccines are authorized for use by Health Canada: **Pfizer-BioNtech** (mRNA), **Moderna** (mRNA), **AstraZeneca/COVISHIELD** (viral vector) and **Janssen/Johnson & Johnson** (viral vector).

## **WHAT IF I WAS VACCINATED WITH A COVID-19 VACCINE NOT AUTHORIZED BY HEALTH CANADA?**

### **If you have proof of immunization:**

- If you have received a complete one or two dose series of a COVID-19 vaccine that is not authorized for use by Health Canada, and you have proof of immunization, you will be offered one additional dose of an mRNA vaccine.
- The minimal interval between the preceding dose and additional dose should be 28 days.
- If you have already received three doses of a non-Health Canada authorized COVID-19 vaccine at the appropriate interval, no additional doses will be offered at this time.

### **If you do not have proof of immunization:**

- As a first step, please try to contact the clinic or location outside of Canada where you received your dose and request proof of immunization.
- If you are unable to obtain proof of immunization, it is recommended to start a new vaccine series with a Health Canada authorized COVID-19 vaccine.
- If the date of previous immunization is not known, it is best to wait for a period of at least 28 days after the administration of any other COVID-19 vaccine before initiating a new Health Canada authorized vaccine series.

## **FLU SHOTS**



**Vaccination against the flu will be very important this fall as the flu will be circulating along with COVID-19.**

Preventing the flu is important not only to protect your health and the health of your loved ones, but also to mitigate impacts on our health care system.

### **FLU SHOTS ARE AVAILABLE:**

#### **Now:**

- For residents in long term care homes and hospitals

#### **Mid-late October:**

- For seniors and individuals at higher risk of flu-related complications, or who are more likely to require hospitalization (for example, people with heart or lung disorders, diabetes or cancer), through retirement homes, health care providers and participating pharmacies

#### **November:**

- For the rest of the public

### **HOW TO GET YOUR FLU SHOT:**

- The TWFHT will have flu vaccine available in the near future. As in previous years, we will be running dedicated flu vaccine clinics. Stay tuned for more information!
- Flu shots will also be offered at participating pharmacies
- Toronto Public Health will be booking appointments [online](#), starting mid-October.

### **Timing of COVID-19 Vaccine with Other Vaccines:**

**COVID-19 vaccines may now be given at the same time as, or any time before or after, other vaccines.**

## **LATIN-HISPANIC CANADIAN HERITAGE MONTH**



October is Latin-Hispanic Canadian Heritage month! This is an opportunity to celebrate the outstanding achievements and contributions of Latin American and Hispanic people in this country.

Visit the [Hispanic Canadian Heritage Council's](#) website for more information and events.

## **ERGONOMICS:**

October also happens to be healthy workplace month!

One component of a healthy work environment is office ergonomics.

Many of us spend long hours sitting at the computer. Applying ergonomic principles to the workplace can reduce injuries and improve productivity and quality of work.

# Sitting at WORK

While it may look harmless, sitting is a serious workplace health and safety issue

**EARS** in line with shoulders

**SHOULDERS** back and relaxed, not rounded or elevated

**BACK** straight and supported, sitting upright or leaning

**THIGHS and HIPS** supported by a well-padded seat, parallel to the floor

**FEET** forward, fully supported by the footrest

**HEAD** level in line with the torso

**FOREARMS, WRISTS and HANDS** relaxed and straight

**ELBOWS** close to the body, bent between 90° and 120°

## Tips

to get you out of your seat

- Try to decrease the amount of time you are sedentary by two to three hours over a 12-hour day.
- Find opportunities to incorporate daily physical activity.
- Use an alarm, app or smart watch to remind yourself to move around for one to three minutes every half hour.
- Stand up when using the phone if possible.
- Stand up and stretch frequently during the course of your day.

## Dangers

of prolonged sitting

- Muscles are more likely to pull, cramp or strain
- Fatigue and tension in the back and neck muscles
- Steady compression on the spinal discs
- Decreased fitness
- Reduced heart and lung efficiency
- Digestive problems

## How employers can help

- Offer a variety of tasks to encourage physical movement.
- Consider providing workstations that allow a worker to do their work both in a sitting and standing work position.
- Support awareness by explaining the health hazards of prolonged sitting and how to improve working positions.
- Try walking or standing meetings.

**50%+**

**More than half of an average person's day is spent being sedentary**  
Sitting • Watching television • Working at a computer

We spend more time  
**Sitting at Work**

	Low Activity Occupations	High Activity Occupations
2000		
1970		

**CCOHS.ca**  
Canadian Centre for Occupational Health and Safety





## Lung Cancer Screening for People at High Risk

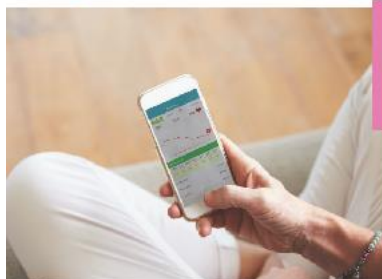
If you are 55 to 74 years old  
and have smoked cigarettes  
for at least 20\* years – you might  
qualify for lung cancer screening.

For more information:  
Call 416-340-4154  
or talk to your doctor

Interested participants can also visit  
[www.TRCP.ca](http://www.TRCP.ca) for more information.  
(Screening program > Lung Screening)

\*Periods of smoking can be added together,  
ie. Does not have to be 20 years in a row





## Using Technology to Manage Your Health

### Topics

- Types of mobile apps and online tools for managing chronic health conditions
- How online tools and resources can help you stay healthy
- How to use, evaluate and find reliable online resources

### Presenters

- **Katie Shea**, UHN Patient Partner
- **Dr. Quynh Pham**, Scientist, University Health Network
- **Po-Lin Cheung-Leung**, Health Information Specialist, Patient Learning & Experience Centres, University Health Network

### Date and time

Thursday,  
October 28, 2021 1:00 p.m. to 2:00 p.m.

### How to participate



Watch the livestream on YouTube. Go to <https://bit.ly/UHNHealthTalk-Oct2021> or use your smartphone's camera or 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](mailto:pfep@uhn.ca) or call 416 603 6290

[www.uhnpatienteducation.ca](http://www.uhnpatienteducation.ca)

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Patient Education



Toronto General  
Toronto Western  
Princess Margaret  
Toronto Rehabilitation Institute

### Contact us



Phone: 416 603 5888



Website: [twfht.ca](http://twfht.ca)



### Location

Bathurst Site: 440 Bathurst Street, 3<sup>rd</sup> Floor