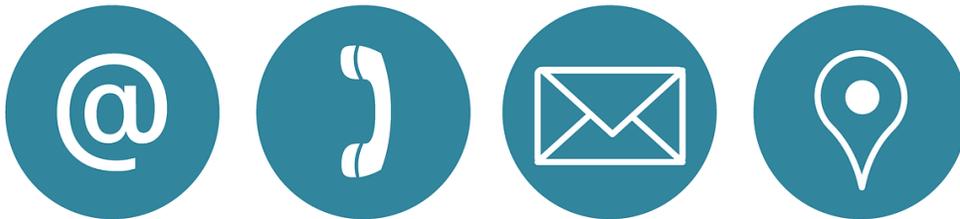


## In this newsletter:

- [Updating your personal information on our website](#)
- [COVID-19 Vaccines & Medical Exemptions](#)
- [COVID-19 Screening App](#)
- [Truth & Reconciliation Day](#)
- [Educational Resources](#)
- [Mental Health Resources](#)

## **UPDATING YOUR PERSONAL INFORMATION**



### **Has your name, OHIP number or contact information recently changed?**

- You can now update your personal information on our [website](#).
- It is important that we have up-to-date information on your medical record so we can deliver seamless and timely care.

## **COVID-19 VACCINES**

The TWFHT continues to offer both Pfizer and Moderna vaccines for both dose 1 and dose 2 at the Bathurst location. Click [here](#) to book your appointment.

- Everyone born in 2009 or earlier is eligible for vaccination.
- Both Pfizer and Moderna mRNA vaccines have been given to millions of people worldwide. They are safe and highly effective at preventing serious complications of COVID, hospitalization and death, including protection against the Delta variant. We would not recommend these vaccines to our valued patients if we did not 100% believe in their safety and effectiveness.

### **Third Dose**

A 3<sup>rd</sup> dose of the COVID-19 vaccine is now approved in Ontario for certain groups. Information on eligibility can be found [here](#).

- The TW FHT will continue to strive to offer COVID-19 vaccines to all of our eligible patients on site.
- Please refer to our website for further information on booking a third dose.

## **MEDICAL EXEMPTIONS TO VACCINATION**

We are receiving increasing numbers of requests for medical exemptions to the COVID-19 vaccine. **IMPORTANT: There are very few approved medical exemptions to COVID-19 vaccination.**

**Medical exemptions will only be considered for the following:**

1. **Severe allergic reaction or anaphylaxis to a previous vaccine**
  - The allergy must have been documented and evaluated by an allergist/immunologist, and the allergist/immunologist must have determined that you are not able to receive a COVID-19 vaccine.
2. Documented and cardiologist confirmed history of **myocarditis or pericarditis** following the first dose of an mRNA COVID-19 vaccine.

3. **Serious adverse event following a previous COVID-19 vaccination**, requiring hospitalization, or resulting in a persistent or significant disability/incapacity.

- This event must have been medically evaluated and documented. The treating specialist must have determined and documented that you are unable to receive any COVID-19 vaccine.

4. **Actively receiving monoclonal antibody therapy OR convalescent plasma therapy for the treatment or prevention of COVID-19.**

### **MEDICAL EXEMPTIONS TO MASKING**

**The TWHFHT will not be providing any mask exemptions.** No medically valid reasons not to wear a mask have been determined.

If you do not meet the above criteria, we will not book appointments to discuss medical exemptions.

We are following the criteria established by our governing body, the College of Physicians and Surgeons of Ontario, and are not able to make any exceptions outside of the criteria listed above.

### **VACCINE PASSPORTS**

Vaccine passports come into effect in Ontario on September 22, 2021.

You can review the details of this policy [here](#).



#### **How can I obtain my vaccine passport?**

- 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.
- The government plans to release an enhanced version of the vaccine passport by October 22<sup>nd</sup>, 2021.

## **What if I was vaccinated out of province?**

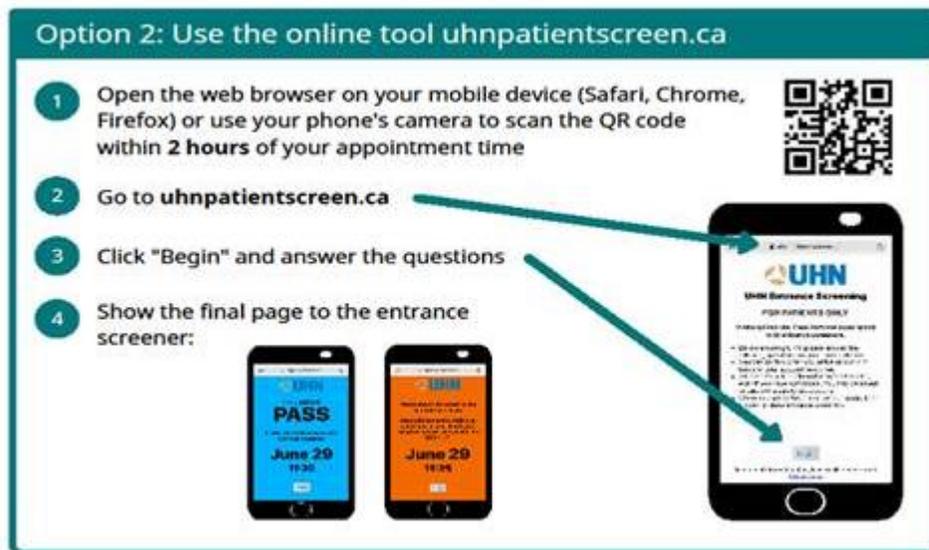
If you received a COVID-19 dose outside of the province, you must submit your proof of vaccination through the [Toronto Public Health Portal](#). We cannot update your vaccination profile on your behalf.

## **Copies of vaccine receipts**

Unfortunately, we are not able to provide patients with copies of their vaccination records-please follow the steps above to obtain an electronic receipt.

## **COVID-19 SCREENING QUESTIONS**

Did you know you can save time by completing your COVID-19 screening questions on a UHN app prior to your medical appointment?



You can complete the screening questions **up to 2 hours before** your appointment.

For your safety and the safety of others, you will be placed in a separate room if you fail screening.

## **SEPTEMBER 30<sup>TH</sup>, 2021-TRUTH & RECONCILIATION DAY**

The Government of Canada dedicated this day to honour, reflect, and commemorate the approximate 150,000 children who were victims of the First Nation Residential School System. The discovery of over 1,100 unmarked children's graves over the course of this summer has undoubtedly left our community and country in shock.

Dedicating this day is one of the 96 recommendations of the Truth & Reconciliation Commission of Canada. This day is meant to recognize the significant impact that these schools have had on First Nation families and their culture.

It is a day to commemorate them, and a promise to do better. Without learning the truth and history of the First Nations Peoples, we cannot have reconciliation.

## PATIENT EDUCATION RESOURCES

UHN Patient & Family Learning Centres

# Instant Access to Free Health E-Books!

Follow these easy steps:

### Smart Phones / Tablets



1. Download and open the free [Libby app](#)



2. Find our library -- **University Health Network**

3. Enter your cell phone number\* to receive the verification code

4. Sign up using campaign code: **uhnfall21** (valid until Sept. 30)

### Computers / Laptops



1. Go to: [uhnpatient.overdrive.com](http://uhnpatient.overdrive.com)

2. Enter your cell phone number\* to receive the verification code by text message

3. Sign up using campaign code: **uhnfall21** (valid until Sept. 30)

4. Read/listen to e-books on the browser

\* If you live outside of Ontario, contact us to get access:  
email: [twpfl@uhn.ca](mailto:twpfl@uhn.ca) phone: 416-603-6277

[uhnpatient.overdrive.com](http://uhnpatient.overdrive.com)





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



## Dementia

### Topics

- What is dementia
- The different causes of dementia
- Strategies for slowing down cognitive decline
- How to support someone with dementia
- Resources at UHN and in the community

### Presenters

- **Dr. Carmela Tartaglia**, Cognitive Neurologist, Memory Clinic, Toronto Western Hospital
- **Eleanor Bettelli**, UHN Caregiver Guest Speaker

### Date and time

Wednesday,  
September 29, 2021      1:00 p.m. to 2:00 p.m.

### How to participate



Watch the livestream on YouTube. Go to <https://bit.ly/UHNHealthTalk-Sept2021> 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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for posting on SEPT 29 2021



Patient Education



**UHN**

Toronto General  
Toronto Western  
Princess Margaret  
Toronto Rehab  
Michael Baker Institute

ASK THE EXPERTS  
Q&A SESSION

# COVID-19 Vaccines, Fertility & Reproductive Health

EVERYTHING YOU NEED TO KNOW ABOUT  
COVID-19, VACCINES, AND THEIR IMPACT ON  
REPRODUCTIVE HEALTH.



**Dr. Modupe Tunde-Byass**  
*OBGYN and President of the  
Black Physicians of Canada*



**Dr. Melanie Kirby-Allen**  
*Division of Haematology/  
Oncology at SickKids*

**September  
25, 2021**

**11 am -12:30 pm**

Join this Q&A session led by a member of SCAGO's own COVID-19 response team, OBGYN Dr. Tunde-Byass. She will be supported by Dr. Kirby-Allen in answering all your questions related to fertility, reproductive health, and COVID-19.

Prepare your questions in advance and also send them to [covid19@sicklecellanemia.ca](mailto:covid19@sicklecellanemia.ca).

**Register: [covid19andfertility.eventbrite.ca](https://covid19andfertility.eventbrite.ca)**

Brought to you by:

**SCAGO**  
Sickle Cell Awareness Group of Ontario

In collaboration with:

 **BLACK  
HEALTH  
ALLIANCE**

## **MENTAL HEALTH RESOURCES**

COVID has led to mental health challenges for many people. The past 18 months have been very challenging and we continue to live with COVID-19. We are here to help if you require support.

Wellness Together Canada is a free and easily accessible resource for Canadians.

### **Wellness Together Canada**

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



[Click here for additional mental health resources specific to your situation or community.](#)

#### **Contact us**

- 📞 Phone: 416 603 5888
- 🌐 Website: twfht.ca

#### **Location**

- 📍 Bathurst Site: 440 Bathurst Street, 3<sup>rd</sup> Floor  
Garrison Creek Site: 928 St. Clair Avenue West