



COVID-19 Pandemic Response Ottawa City Council Update

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February 24, 2021

Looking Ahead - 2021

Goals

- Minimize hospitalizations and death
- Minimize societal disruption
- Work towards being in the “yellow”

Tools

- Prevent transmission
 - Travel restrictions, workplace behaviours, individual behaviours
- Test and trace, manage outbreaks, treat patients
- Vaccinate
- Support populations



Ottawa: Current Picture Remains Tenuous

- Rate increasing, $R(t) > 1$
 - Hospitalizations no longer declining
- Number of contacts per person is up to 6
- Percent of individuals testing positive up
- Numerous outbreaks, sources not always identifiable
 - Travellers, Hospitals, LTC & Retirement Homes, Workplaces, Shelters



Variants of Concern (VOC)

- Variants of Concern may spread more easily and more quickly
- The public health measures that have worked to date can work with variants if we use them strictly:
 - Wearing a mask
 - Physical distancing
 - **Limiting our contacts**
 - Staying home when sick



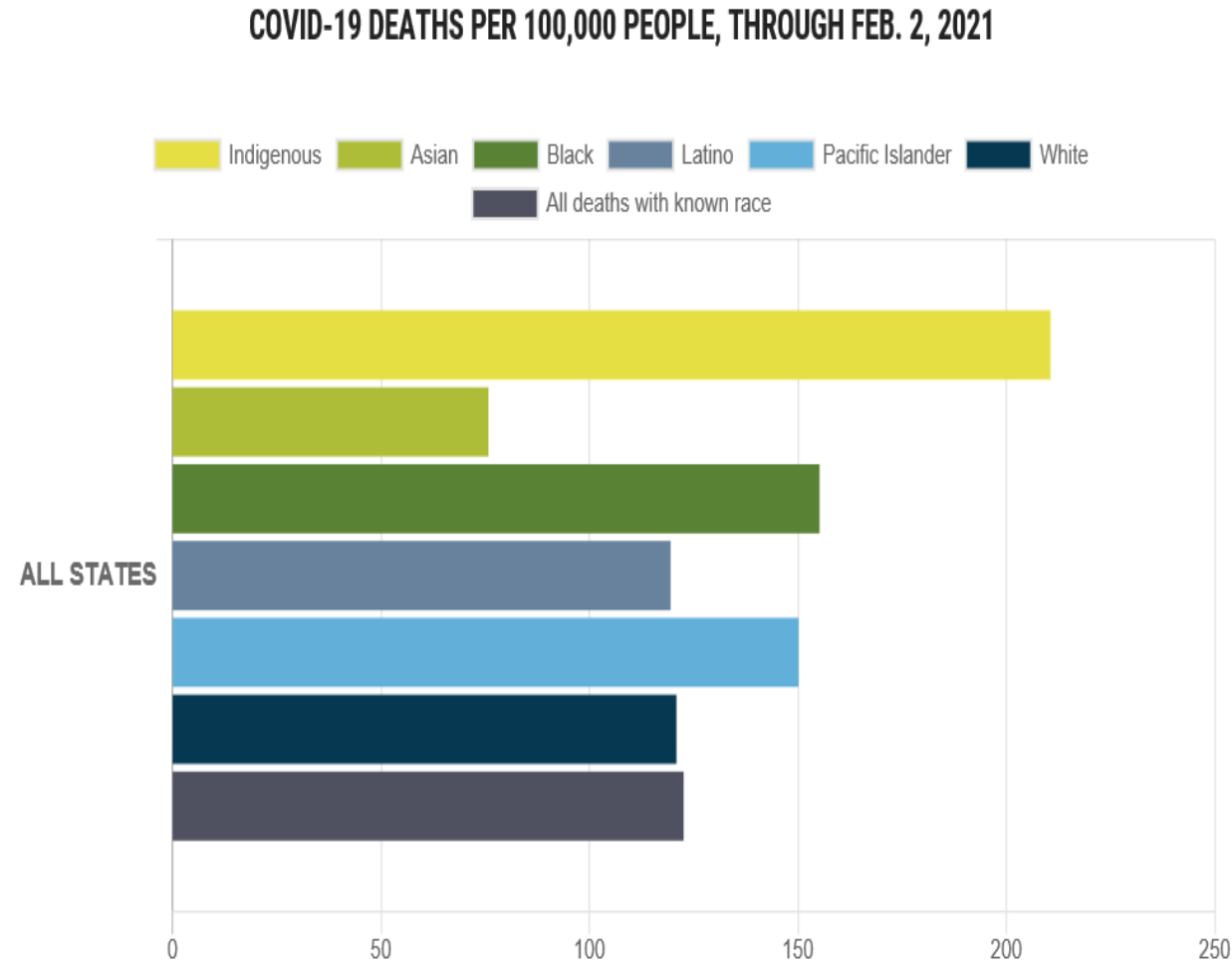
Schools Are Open With Stronger COVID Detection

- Reinforcing guidance to support schools to remain open as essential to children, youth, families and communities
- Actively screening youth and adults in schools
- Requiring testing and isolation for **single symptoms**
- Providing rapid testing where community transmission or other risk exists
- Promoting children and youth's well-being



Using Vaccine to Prevent the Most Death Possible

- Following Provincial Framework, guided by local Vaccine Sequence Strategy Task Force
- Goal: Protect people most at risk
 - LTCHs, RHs, First Nations, Inuit and Métis communities, seniors in congregate care, people over 80, chronic home care recipients
 - Helps everyone when hospitals are not under pressure

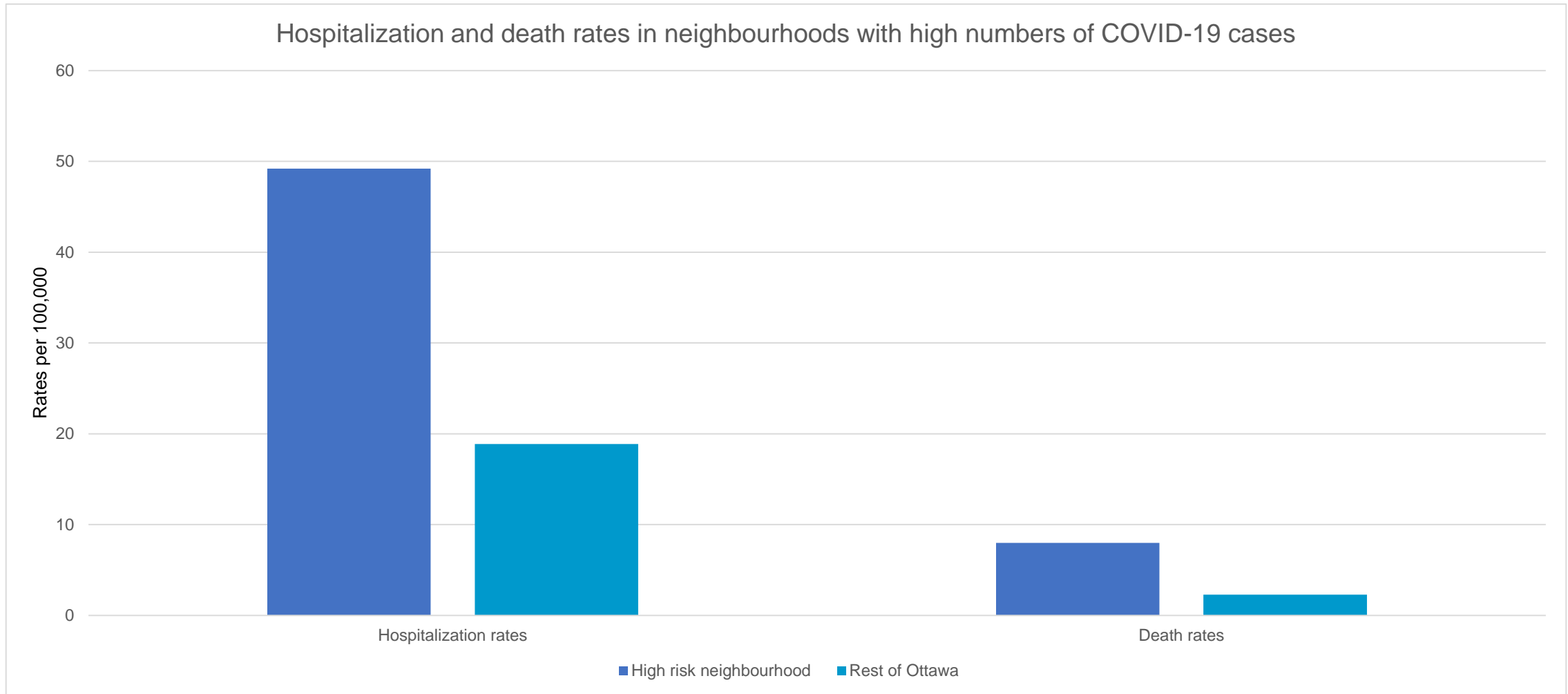


Hospitalization, Death Burden in Specific Populations: Age is the Most Important Risk Factor

Age	Ottawa Risk of Hospitalization Compared to 0-39	Ottawa Risk of Death Compared to 0-39
0-39 years	1	1
40-49 years	3	4
50-59 years	6	39
60-69 years	10	201
70-79 years	15	451
80-89 years	38	2752
90+ years	73	9021

Based on cumulative data retrieved from PHO COVID-19 Data Tool on 23/2/2021

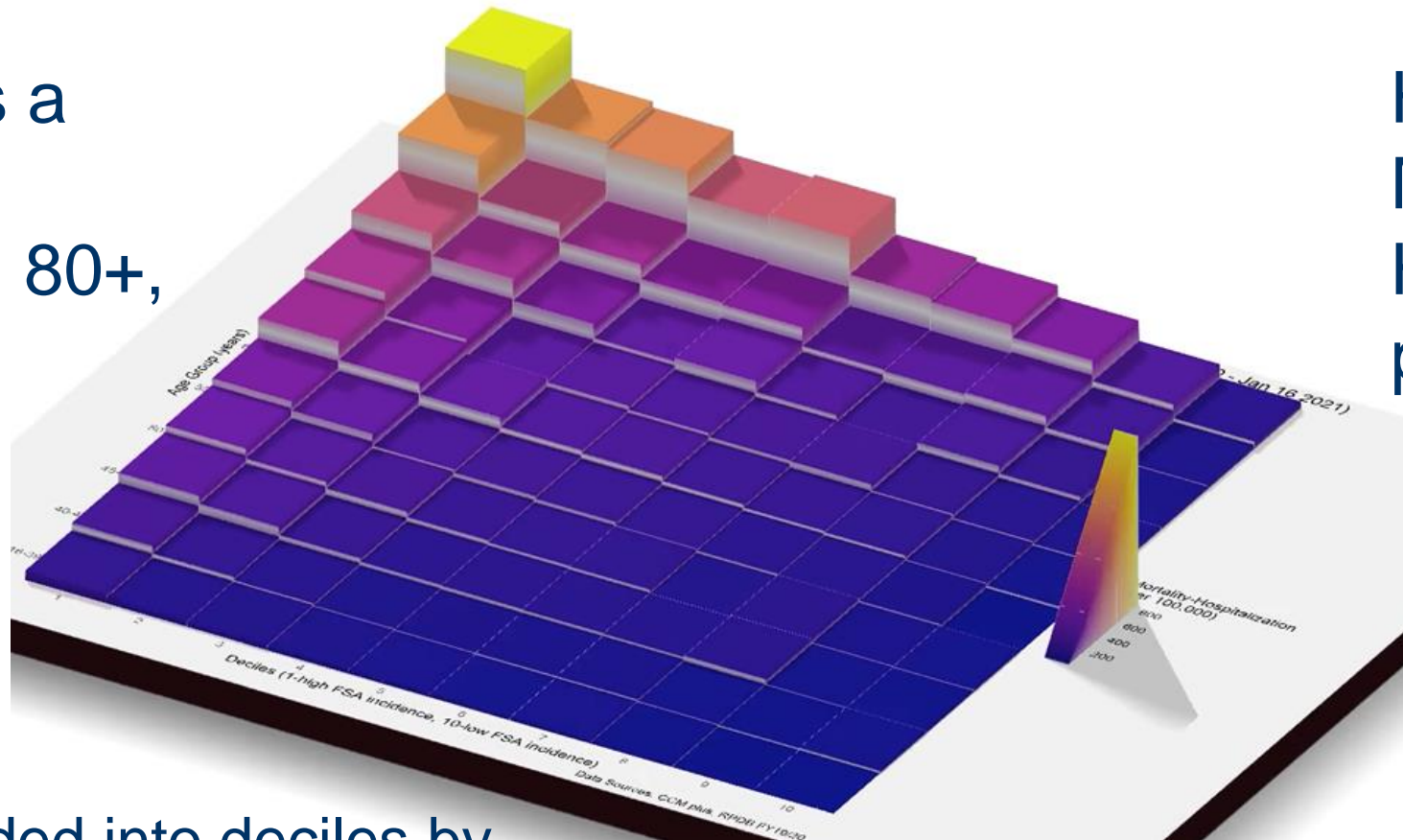
Hospitalizations and Deaths in Neighbourhoods With High Rates: September 26, 2020 to February 21, 2021



This graph includes only people with COVID-19 from the community, and excludes those in institutions (health care facilities, long term care and retirement homes)

“Levelling the Playing Field” of Risk With Vaccination by Age and Neighbourhood

Each row is a 5-year age group, from 80+, downwards



Height reflects Mortality and Hospitalization per 100,000

Population divided into deciles by Forward Sortation Areas with highest to lowest COVID-19 rates

Community Input Continues to Guide Response

- Engage Ottawa Survey and telephone polling informed vaccine communication priorities and identified barriers
 - 85% of residents intend to get the vaccine
 - 64% of residents feel they have enough information to decide whether or not to get vaccinated
- Continuing to find new ways to support communities with multilingual needs
 - (e.g. *WhatsApp* mobile line in Somali and Arabic).
- Continuing to engage, receive, and implement feedback from community health centres and physicians



WhatsApp - Somali
613-229-3373



WhatsApp - Arabic
613-229-3359

Mental Health and Wellness Ongoing Priority

**We know this isn't easy.
It's OK to Not be OK.**

Step 1



Try to unplug from media and find a balance.

Step 3



Take care of your body. Stay active.

Step 2



Physical distancing does not mean being alone.

Step 4



You are not alone.

In a CRISIS? Call the **Mental Health Crisis Line** 24 hours a day / 7 days a week, English and French at **613-722-6914**.

For resources and supports:
**OttawaPublicHealth.ca/
CovidMentalHealth**

- OPH is partnering in, collaborating and leading various initiatives:
 - Overdose Prevention Taskforce, Suicide Prevention Ottawa, CHEO, businesses...and many more
- Supporting Ottawa Black Mental Health Coalition
 - Series of events to identify system changes that will improve the mental health and well-being of Black residents

Communications Support Informed Decisions

OPH website is one-stop shop for all updates

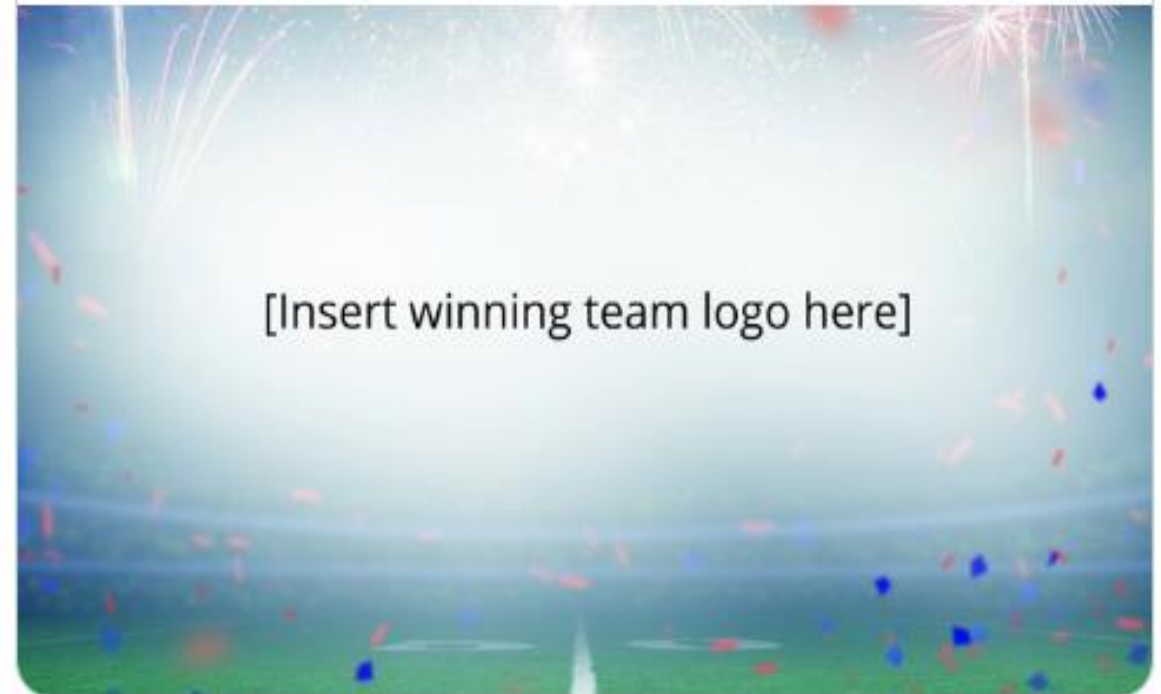
- Mental health resources
- COVID-19 testing sites
- Vaccine access
- Actively countering mis-information

 **Ottawa Public Health**  @OttawaHealth · Feb 7

WHAT AN AMAZING #SuperBowlLV!! Congratulations to the (*Bruce, make sure to put the winning team's name here)

Thanks to everyone who stayed home & watched the game w/members of their household. We know this wasn't the usual way to enjoy the game, & we thank you for your efforts.

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#SteadyAsSheGoes

- Limit close contacts to household members
- Wear a mask
- Keep 2-meters distance
- Wash hands
- Don't delay in getting tested!
- Know the storm will end

