



Stay Informed this Cold and Flu Season 2023-2024 Resources for Health Care Providers

As the seasons change and viral illnesses rise, we understand the vital role you play in safeguarding public health. To assist you in providing the best care possible, we've created a comprehensive list of resources and updates tailored to the upcoming cold, flu, COVID-19 and RSV season. Visit our [Primary Care Network](#) website and bookmark the page for the latest information on fall/winter illness season advice, guidance and resources.

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COVID-19 Vaccine

Vaccines are available at:

- [Community pharmacies](#)
- Health care providers enrolled in TPH's COVID-19 vaccination program
- Homebound COVID-19 vaccinations

Health care providers enrolled in TPH's COVID-19 vaccination program

- [Eligible health care providers](#) in Toronto can order COVID-19 vaccines [here](#)
- Questions about COVID vaccine and distribution, email COVIDVaccineOrder@toronto.ca

Homebound COVID-19 vaccinations

[New referrals](#) are required and there is an emphasis on ensuring clients are truly homebound as staffing resources are limited this year.



COVID-19 Testing

Free rapid antigen tests are available at some [locations](#) in Toronto.

Toronto Public Libraries will have free antigen testing kits and local pharmacies may also have some.

Publicly funded PCR or rapid molecular testing are available for [selected eligible groups](#).

Refer eligible groups with COVID symptoms to COVID assessment centers and/or [testing locations](#).

COVID-19 Therapeutics

Paxlovid

- Assessment and prescription via primary care and select pharmacies
- [Access to COVID-19 antiviral treatment \(Paxlovid\)](#) | Ontario Health

Remdesivir

- Assessment & prescription via primary care and/or [UHN Connected Care Hub](#)
- Referral to closest Home and Community Care and Support Services (HCCSS) branch for administration
- [Ontario Health Recommendations for Outpatient Use of Intravenous Remdesivir \(Veklury\) in Adults](#) | Ontario Health
- [Access to remdesivir in the community](#) | Ontario Health



Influenza Vaccine

Organizations must apply annually to provide vaccines through the MOH's UIIP unless they receive other publicly funded vaccines (excluding the COVID-19 vaccine).

- [TPH Influenza Information for Health Professionals](#)
- [MOHLTC 2023/2024 Universal Influenza Immunization Program \(UIIP\)](#)



RSV Vaccine

NACI guidelines are still pending.

Arexvy is publicly funded in Ontario for those 60 years and older living in long-term care homes, Elder Care Lodges, and for some retirement home residents.

Arexvy is available to purchase from community pharmacies with a doctor's prescription.

- [Respiratory Syncytial Virus \(RSV\): vaccines in adults 60 years of age and older](#) | Toronto Public Health
- [Recommendations: Clinical Considerations for the Co-administration of RSV, COVID-19 and Influenza Vaccines Among Older Adults in Long-term Care Facilities](#) | Public Health Ontario



Personal Protective Equipment

[PPE Supply Portal](#)



Patient Resources

Some links you may find helpful for patients and families regarding viral illnesses during the cold season.

Influenza resources

[Flu \(influenza\): Get your flu shot](#) | Public Health Agency of Canada

[The flu](#) | Ontario Ministry of Health

[Influenza \(Flu\) Fact Sheet](#) | Toronto Public Health

COVID-19 resources

[COVID-19: What to Do if You Have Symptoms](#) | Toronto Public Health

RSV resources

[Respiratory Syncytial Virus \(in children\)](#) | Ontario Ministry of Health

[Respiratory Syncytial Virus \(RSV\): vaccines in adults 60 years of age and older](#) | Toronto Public Health

Tips for managing symptoms at home

[Respiratory Viruses: Information for Parents & Caregivers](#) | Toronto Public Health

[Cough](#) | [Fever](#) | [Flu](#) | [Viral gastroenteritis](#) | AboutKidsHealth



Mental health support resources for health care professionals

Working on the frontlines takes a toll. Feelings of stress, grief or burnout are all normal responses under these conditions. Ontario Health has created materials to raise awareness about mental health supports tailored to health care workers' needs during this challenging time.

You can use these resources to:

- Connect health care workers with mental health supports
- Increase the visibility and awareness of supports that are available.

Click [here](#) to access the resources.



Ontario Health and Toronto Public Health Resources for Physicians

Click [here](#) to access Ontario Health information on fall/winter illness season supports for physicians.

Toronto Public Health [2023 Vaccine Summary Table](#) (COVID-19, Influenza and RSV)