CSHD COVID-19 Weekly Update
Week of January 4th

CASES ARE RISING, ACT NOW!

Wear a mask | Stay 6 feet apart | Avoid crowds

District COVID-19 Activity

Happy New Year! Our district continues to see an increased surge in COVID-19 activity, similar to what we are seeing statewide and nationwide. Within our region (Northwest), we are seeing high burden of disease. Our region is experiencing substantial community transmission. To learn more about the VDH Pandemic Metrics, click here.

Vaccine Information

We started vaccinating EMS personnel and other health care workers in our district this week! Check out the picture from one of our first events. Information about the COVID-19 vaccine is changing rapidly and we will keep you up-to-date with the information we have. Stay informed:
- Check out the VDH COVID-19 Vaccine Website!
- If you have received the vaccine, download V-safe! The CDC's voluntary tool to check in with people who have been vaccinated to help identify potential side effects.

Emerging COVID-19 Variants

Scientists are working to learn more about these variants to better understand how easily they might be transmitted and whether currently authorized vaccines will protect people against them. Currently, there is no evidence that these variants cause more severe illness or increased risk of death. For more information, visit the CDC's website.

Prevention Reminders

The COVID-19 vaccine is coming, but we still need to focus on flattening the curve.
- All people in Virginia should **stay home as much as possible** and **practice social distancing** to reduce the risk of being exposed to COVID-19.
- **Wear a face mask to protect yourself** from COVID-19.
- **Get your flu shot:** it is not too late to get your flu shot to protect you from the seasonal influenza.
- **Download COVIDWISE,** Virginia's free exposure notification app.
- **Who is in your Social Bubble or Pod**? As COVID-19 continues to spread in our community, it is important to think about who is in your social bubble and who might be in their bubble. Check out this new VDH document for more information.

Testing Events

The Health Department is not hosting any testing events this week. Click here for COVID-19 testing options in the area.

COVID-19 Vaccine Health Education

CSHD Office Hours

Do you have questions about COVID-19? Join us for our twice weekly office hours starting **January 6th**! The flyer with more information will be sent out shortly.
- Every Monday at 7:00pm
- Every Wednesday at 7:00pm

Dial **1-844-992-4726** and enter the access code **132 173 5589** when prompted.

Facts and Faith Fridays

Join the Governor's Office of Diversity, Equity, and Inclusion and the Office of health Equity at VDH on **January 8th at 2:45pm** for a COVID-19 vaccine discussion featuring Dr. Anthony Fauci! Click here to register.

COVID-19 Data Breakdown

As reported to VDH, by date of lab report. May differ from other sources, due to reporting lags. Negative numbers indicate data corrections, since March 2020. More data can be found here.

	Daily case count*	New cases, 7-day avg	Total cases	Total hospitalizations	Total deaths
Augusta	141	77	3,639	81	29
Staunton City	20	25	1,685	51	32
Waynesboro City	25	22	1,312	38	13
Rockbridge	13	19	692	22	6
Lexington City	8	10	645	17	4
Buena Vista City	6	9	542	16	4
Rockingham	39	69	4,171	229	58
Harrisonburg City	22	33	4,514	129	44
Bath	2	7	189	3	0
Highland	0	0	57	0	0
Totals	276	271	17,446	586	180

*As of 10:00am on 1/4

Social Media Toolkit

Download the images below and share them on your social media pages!

Masks are most likely to slow the spread of COVID-19 when they are widely used in public. Wear a mask when you are around people not living in your household, especially when social

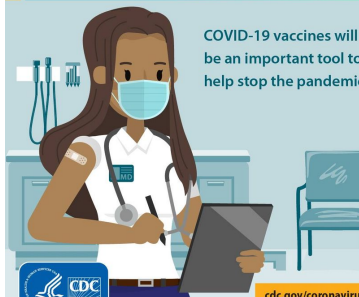Everyone reacts differently to stressful situations like COVID-19. You may feel anxiousness, anger, sadness, or overwhelmed. Find ways to reduce your stress to help yourself and the people you care

Your best protection from COVID-19 will be a combination of getting a COVID-19 vaccine, wearing a mask, staying at least 6 feet away from others, avoiding crowds, and washing your hands often. No one

distancing is difficult to maintain. To learn more, visit: https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html

about.

Learn the common signs of stress. Make time to unwind and do activities you enjoy.
Talk with family and friends by phone, text, or email.
If you or a loved one is feeling overwhelmed, get support 24/7 by calling or texting 1-800-985-5990.

Learn more about stress and coping during the COVID-19 outbreak: https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html

tool alone is going to stop the pandemic.

To learn about the benefits of COVID-19 vaccination, visit: https://www.cdc.gov/coronavirus/2019-ncov/vaccines/about-vaccines/vaccine-benefits.html

Questions about the COVID-19 vaccine? Stay up-to-date with the latest COVID-19 vaccine information for Virginians by following the Virginia Department of Health! The Virginia Department of Health is working hard to bring the vaccine to all Virginians.

For more information, visit: https://www.vdh.virginia.gov/covid-19-vaccine/

COVID-19 vaccines are one of many important tools to help us stop this pandemic. Help slow the spread:

Get vaccinated when it's available.
Wear a mask over your nose AND mouth.
Stay 6 feet from others and avoid crowds.

For more information on the COVID-19 vaccine, visit: https://www.vdh.virginia.gov/coronavirus/vaccination/

Wear your mask proudly! The vaccine is here, but we still need to work to slow the spread of COVID-19. You can help prevent the spread of COVID-19 by following simple daily precautions like wearing a mask that covers your mouth and nose.

For more information, visit: https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html

Social Media Engagement

Support local! Post a picture of your employees getting take out from a local restaurant. It is important to support our communities during these times. Pair it with a message about supporting local businesses in safe ways, like using contactless delivery or curbside pick-up.

Post a picture of your employees wearing masks. Pair it with a message about why they wear masks.

Share a post from one of the below organizations!The below organizations will have the most up-to-date information about COVID-19 and the vaccine. We want our community members to get all COVID-19 information from reliable sources.

Questions or comments about our new newsletter? Send them to cshdinfo@vdh.virginia.gov