



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](#).



What is a social bubble?

A social bubble (also known as a pod) is a small group of people who agree to socialize only with each other and stick to the same COVID-19 prevention measures, both when the bubble is socializing together and in daily life. Members of the social bubble include people you live with (e.g., family members, roommates) and can include people who you do not live with.

Advantages of a social bubble

- Our mental and emotional health are important during the pandemic. Feeling connected to others can help reduce stress and anxiety. A small, tight circle of contacts within a social bubble, in addition to staying connected virtually, can help.
- Before joining a social bubble, consider if you are at risk for getting very sick from COVID-19.
- While a social bubble can give you more in-person interactions, it doesn't mean socializing with everyone you know. Bubbles need to be kept small to be effective in protecting people inside the bubble, especially if there is a lot of COVID-19 activity in your community.
- You may have to choose which social activities are most important to you. The more social situations your bubble chooses to participate in (for example, in-person school or work activities, religious organization activities, recreational sports, etc.), the greater your chances are of being exposed to COVID-19.
- Even with extra steps to try and stay safe, meeting with others in your social bubble does increase your risk for getting COVID-19. It's important that everyone in your small group stays at least 6 feet apart, wears a mask (even when outdoors if less than 6 feet apart) and practices good hand hygiene.

The day of your last exposure to someone with COVID-19 counts as Day 0.

Keep your bubble as safe as possible

- Before you form your social bubble, communicate clearly about expectations, rules, and how with other potential members. Once the bubble is established, ensure that open communication is continued.
- Be upfront about expectations and only interact with those whom you trust will follow the guidelines.
- Don't include anyone who doesn't take precautions seriously.
- Keep your bubble small and consistent, continue to keep physical distance.
- Set the ground rules that everyone in your bubble wears a mask, stays home whenever possible, and practices good hand hygiene.
- Keep your bubble to the same people; every additional person adds more risk.
- Follow any additional guidelines set by your local health department.

What happens if someone in my bubble is exposed to COVID-19 or gets sick?

- Communicate openly with bubble members if something happens that might put others at risk of exposure.
- If one person in the group tests positive for COVID-19, that person will need to be isolated for at least 10 days and everyone else who had close contact with that person will need to quarantine (stay home).
- For those who need to quarantine, staying home for 14 days after the last exposure to the person who tested positive is sufficient.
- If exposed persons are not able to stay home for the full 14 days and do not have symptoms, quarantine can end:
 - After Day 10 without testing or
 - After Day 7 with a negative PCR or antigen test performed on or after Day 5.
- If close contacts and quarantine early, they still need to monitor for symptoms and follow other recommendations (e.g., wear a mask, watch their distance, wash hands often) for the full 14-day period.

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

CSDH 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.

CENTRAL SHENANDOAH HEALTH DISTRICT
COVID-19 VACCINE OFFICE HOURS
Do you have questions about the COVID-19 vaccine? Join our health educators for weekly office hours! These are 45 minute Q&A sessions for the general public to ask questions about the COVID-19 vaccine.
WHEN: Mondays at 7:00pm AND Wednesdays at 7:00pm
HOW: Join by phone or computer via Webex
CALL IN AT: 1-844-992-4726
ACCESS CODE: 132 173 5589
Dial the number above and enter the access code when prompted. Please mute upon entry and unmute when you have a question.
QUESTIONS? Email cshdinfo@vdh.virginia.gov

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!

WHEN TO WEAR A MASK

Do I wear a mask?	Yes	No
At home with people who live in your household		✗
Running errands (e.g., grocery shopping)	✓	
Visiting the doctor's office or pharmacy	✓	
Dining at a restaurant (when not eating)	✓	
Driving in a personal vehicle with people who live in your household		✗
Riding in someone else's personal vehicle	✓	
Taking public transportation	✓	

Using a mask combined with social distancing can help slow the spread of COVID-19.



cdc.gov/coronavirus

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 anxious, angry, sad, or overwhelmed.


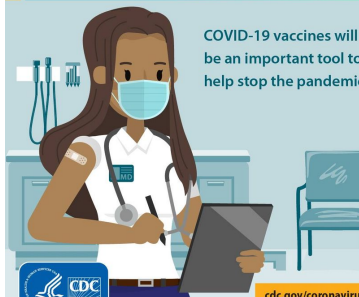


cdc.gov/coronavirus

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

CORONAVIRUS DISEASE 2019 (COVID-19)

COVID-19 vaccines will be an important tool to help stop the pandemic.



cdc.gov/coronavirus

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

FOR MORE INFORMATION ABOUT COVID-19, VISIT:
<https://www.vdh.virginia.gov/coronavirus/covid-19-in-virginia/>

