Weekly COVID-19 Update

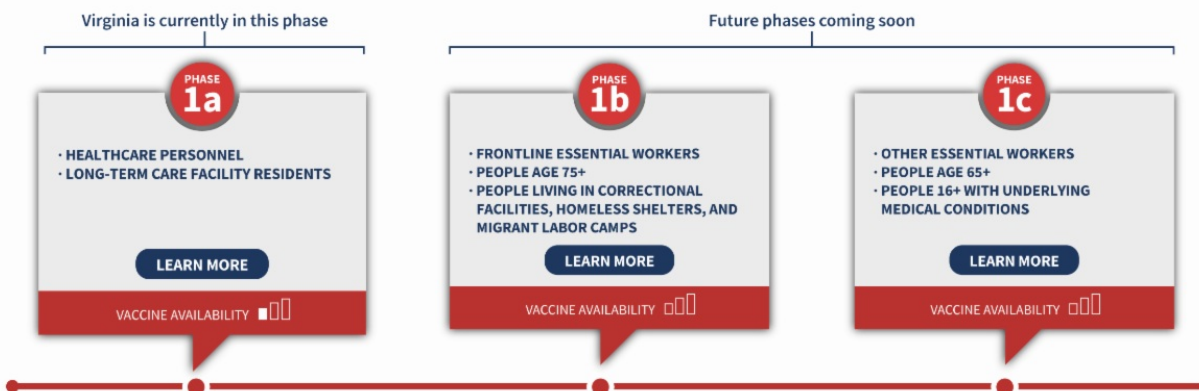**January 11, 2021**

WHAT'S NEW THIS WEEK

District COVID-19 Activity

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.

COVID-19 Vaccine Information

We continued our efforts to vaccinate healthcare personnel in Phase 1a this week. We are expecting to move to Phase 1b in mid-January. Information about the COVID-19 vaccine is changing rapidly and we will keep you up-to-date with the information we have. Stay informed:

- Governor Northam announced the Phase 1b and 1c priority vaccination groups on January 6th. To learn more about the phases, visit:
  - Phase 1a
  - Phase 1b
  - Phase 1c
- We are continuing our vaccination efforts in the district. These numbers only reflect COVID-19 vaccinations performed by the Central Shenandoah Health District and are not a reflection of total COVID-19 vaccines given within the health district and are approximate as of date received. For total COVID-19 vaccine distribution numbers, please visit the VDH COVID-19 Vaccine Dashboard. Numbers for the previous week are still being finalized and will be reported in next week's newsletter. Below are the number of people vaccinated by the health department during the weeks of December 20th and December 27th:
  - Week of December 20th: 200
  - Week of December 27th: 430
- Interested in learning more about COVID-19 vaccine in our area and our local distribution plan? Complete this REDCap survey.
- Complete this Virginia Department of Health Quiz to find out which vaccine priority group you are in and when the vaccine might be available to you.
- Questions about the vaccine? The Virginia Department Health has a helpful Frequently Asked Questions page that is updated regularly.

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.

The COVID-19 vaccine is here, but we still need to focus on flattening the curve.

Watch your distance | Wash your hands | Wear a mask

- 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.
- **Answer the call!** If a Case Investigator or Contact Tracer calls you, you should answer the call. Talking to the health department is an important step in slowing the spread of COVID-19.
- **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.

We are offering COVID-19 testing on **Thursday, January 14 from 8:00am-10:00am at Rockbridge Regional Dispatch (100 Baner Ln, Buena Vista, VA 24416)**. Testing is for those who have COVID-19 symptoms and/or were in close contact to someone with COVID-19. Please share the below flyers on social media.

FREE COVID-19 TESTING

The Central Shenandoah Health District is offering **free drive thru COVID-19 testing** for those:
- With COVID-19 symptoms **and/or**
- Who were in close contact with someone who has COVID-19.
Registration is not required.

Rockbridge Regional Dispatch
Thursday, January 14th | 8:00am-10:00am
100 Baner Lane | Buena Vista, VA 24416

QUESTIONS? Call your local health department!

Pruebas Gratuitas de COVID-19

El departamento de salud ofrece **pruebas gratuitas de COVID-19 auto-servicio**. Pruebas para aquellos:
- Con síntomas de Covid-19 **y/o**
- Contactos cercanos a un caso confirmado de Covid-19.
No se requiere cita.

Rockbridge Regional Dispatch
Jueves el 14 de enero | 8:00am-10:00am
100 Baner Lane | Buena Vista, VA 24416

Preguntas? Llame el departamento de salud!

CSHD Office Hours

Do you have questions about the COVID-19 vaccine and vaccination efforts in our district? Join us for our twice weekly office hours! Please share with your community.
- 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. When asked for attendee ID, press #.

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

CALL IN AT: 1-844-992-4726

ACCESS ID: 132 173 5589
When asked for an attendee ID, press #

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

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	35	56	4,031	90	31
Staunton City	27	25	1,860	51	38
Waynesboro City	14	20	1,451	43	17
Rockbridge	12	16	803	26	7
Lexington City	2	5	683	18	5
Buena Vista City	5	6	586	17	4
Rockingham	56	67	4,638	239	48
Harrisonburg City	50	46	4,833	133	47
Bath	1	3	209	4	0
Highland	0	1	62	0	0
Totals	202	244	19,156	621	197

*As of 10:00am on 1/11

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