CENTRAL SHENANDOAH HEALTH DISTRICT
Weekly COVID-19 Update

March 29, 2021

WHAT'S NEW THIS WEEK

COVID-19 Vaccine Information

CSHD Expands Vaccination Efforts: This week CSHD is vaccinating all groups in Phase 1b. This includes those:

- Aged 65+
- Aged 16-64 with high risk health conditions
- Phase 1b essential workers

Invitations for these clinics will come through email or phone call. We will post all extra appointments on our website at 12:00pm the day before a clinic. Please review the specific clinic eligibility requirements before you register for an appointment. If you do not meet the specific clinic eligibility requirements, your appointment will be cancelled.

For other vaccine opportunities within the Central Shenandoah Health District, please visit Augusta Health's website.

Virginia Statewide COVID-19 Vaccine Pre-Registration System: All Virginians, regardless of phase phase eligibility, can pre-register for the COVID-19 vaccine at **vaccinate.virginia.gov** or by calling the **Virginia COVID-19 Vaccine Information Call Center 1-877-VAX-IN-VA (1-877-829-4682)**.

Become a VDH Community Ambassador: VDH is kicking off a grassroots effort to build a network of volunteer Community Ambassadors, and we need your help to get this idea off the ground. As an Ambassador, you'll help share COVID-19 updates and materials from top experts and sources. We need people like you who can spare a few minutes each week to help keep Virginians safe.

Sign up to become a VDH Community Ambassador!

CSHD Vaccination Numbers: We are publishing our daily vaccination numbers on Facebook and on our website everyday at 12:00pm. 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.

Reminder: Back to School Immunizations

COVID-19 disrupted well-child visits for many children over the last year. This means that children may have fallen behind on routine, important immunizations. It is important that children are up-to-date on immunizations, especially as children return to in-person learning. If your child missed a well-child visit last year, please contact their healthcare provider and schedule an appointment.

You can read more about the Advisory Committee on Immunization Practices' (ACIP) recommendations here.

Amended Executive Order 72

Executive Order 72 has been further amended. Effective April 1:

- Limits on social gatherings will increase from 10 to 50 for indoor gatherings, and from 25 to 100 for outdoors gatherings.

- Limits for entertainment and public amusement venues will remain at 30% occupancy, but cap for indoor venues will increase from 250 to 500 persons and the cap for outdoor gatherings will be removed.
- The number of spectators allowed at recreational sporting events will increase from 25 to 100 indoors, and from 250 to 500 outdoors, and remain limited at 30% capacity.
- Graduation and commencements will be limited to 500 persons indoors and 5,000 persons outdoors.

For more information, click here.

District COVID-19 Activity

Cases have been increasing in our region (Northwest) for the last 14 days and cases are considered to be increasing. It is important to take preventative measures like avoiding crowded areas, wearing a mask, and washing your hands. You can explore individual locality metrics here. To learn more about the VDH Pandemic Metrics, click here.

Unsubscribe from Our Emails

If you no longer want to receive email updates from us, you can unsubscribe from our mailing list by clicking "Unsubscribe" at the bottom of any of our newsletters.

PREVENTION REMINDERS

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.
- **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 VDH document for more information.

OUR PHONES
ARE IN THE COVID FIGHT
SAVE LIVES, GET COVIDWISE.
COVIDWISE.ORG
VDH VIRGINIA DEPARTMENT OF HEALTH

COVID-19 HEALTH EDUCATION

CSHD COVID-19 Community Call-In

Do you have questions about the COVID-19 vaccine and vaccination efforts in our district? Join us for our weekly COVID-19 Community Call-In! Please share with your community. This will replace our twice weekly "Office Hours."

Spanish language call:
- Every Wednesday from 6:00pm-6:45pm

English language call:
- Every Wednesday from 7:00pm-7:45pm

Dial **1-844-992-4726** and enter the access code **132 173 5589** when prompted. When asked for attendee ID, press #. To unmute yourself during the call press *6.

CENTRAL SHENANDOAH HEALTH DISTRICT

WEEKLY COVID-19 COMMUNITY CALL-IN

Do you have questions about the COVID-19 vaccine? Join our health educators for a weekly call! This is a 45-minute Q&A session to ask questions about the COVID-19 vaccine.

WHEN (English): Wednesdays from 7:00pm-7:45pm
WHEN (Spanish): Wednesdays from 6:00pm-6:45pm
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.

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. Note: The daily case count only reflects the cases reported 3/29/2021. For daily case counts throughout the week, please visit the VDH website.

	Daily case count*	New cases, 7-day avg	Total cases	Total hospitalizations	Total deaths
Augusta	8	8	5,388	152	66
Staunton City	0	3	2,526	80	66
Waynesboro City	4	5	2,245	71	34
Rockbridge	0	2	1,455	43	44
Lexington City	3	1	1,153	22	31
Buena Vista City	0	1	866	20	19
Rockingham	14	12	6,341	356	103
Harrisonburg City	4	11	6,145	177	95
Bath	0	0	251	7	10
Highland	0	1	106	1	1
Totals	32	44	26,466	929	469
*As of 10:00am on 3/29					

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here!

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