✈ NEW THIS WEEK!

CSHD IS OFFERING PFIZER, MODERNA, JOHNSON & JOHNSON COVID-19 VACCINE BOOSTERS TO ALL ELIGIBLE PERSONS

For individuals who received a **Pfizer-BioNTech** or **Moderna** COVID-19 vaccine, the following groups are eligible for a booster shot at 6 months or more after their initial series:

- 65 years and older
- Age 18+ who live in long-term care settings
- Age 18+ who have underlying medical conditions
- Age 18+ who work or live in high-risk settings

For people who got the **Johnson & Johnson** COVID-19 vaccine, booster shots are also recommended for those who are 18 and older and who were vaccinated two or more months ago.

Eligible individuals may choose which vaccine to receive as their booster dose. People who received a single Johnson & Johnson primary dose can receive a J&J COVID-19 booster or mRNA COVID-19 booster (Moderna or Pfizer) dose at least 2 months after completing the primary dose. People who received an mRNA primary series (Moderna or Pfizer) can receive the alternative mRNA COVID-19 booster or J&J COVID-19 booster dose at least 6 months after completing the primary series.

Once a booster dose is recommended for you, there is no rush to get your booster right away. The immune system's protection after being vaccinated does not suddenly fall to low levels. If you are fully vaccinated, you still have strong protection against severe illness, hospitalization, and death, including against the Delta variant. Individuals should consider options for booster doses and timing of administration based on personal risks and benefits. Consult your primary care provider for guidance.

CSHD is offering large-scale clinics for booster doses until demand lessens. With such substantial increase in who is eligible for a booster dose, *appointments are preferred*. You can make an appointment by visiting vase.vdh.virginia.gov. Additional assistance is available by calling 877-VAX-IN-VA (877-829-4682).

Looking for an opportunity to get your COVID-19 booster shot this week?

Wednesday, October 27, 12:00 to 6:00 p.m.
Rockingham County Fairgrounds

Pfizer, Moderna, Johnson & Johnson (Booster doses for eligible persons, first and second doses also available)
Appointments preferred. To make your appointment, please visit vase.vdh.virginia.gov.

Thursday, October 28, 12:00 to 6:00 p.m.
James Madison University Convocation Center
Pfizer, Moderna, Johnson & Johnson (Booster doses for eligible persons, first and second doses also available)
Appointments preferred. To make your appointment, please visit vase.vdh.virginia.gov.

This clinic is available to everyone in our community! You do NOT have to be faculty, staff or student at JMU.

FREE COVID-19 VACCINATIONS

Wednesdays, 12:00 - 6:00 pm
Rockingham County Fairgrounds

4808 South Valley Pike
Harrisonburg VA 22801

Pfizer (Ages 12+) *2 shots*
Moderna (Ages 18+) *2 shots*
Johnson & Johnson (Ages 18+) *1 shot*

BOOSTERS AVAILABLE!

MAKE YOUR APPOINTMENT AT VASE.VDH.VIRGINIA.GOV

FREE COVID-19 VACCINATIONS

Thursdays, 12:00 - 6:00 pm
James Madison University Convocation Center

895 University Blvd
Harrisonburg, VA 22807

Pfizer (Ages 12+) *2 shots*
Moderna (Ages 18+) *2 shots*
Johnson & Johnson (Ages 18+) *1 shot*

BOOSTERS AVAILABLE!

MAKE YOUR APPOINTMENT AT VASE.VDH.VIRGINIA.GOV

Read more about COVID-19 Booster Doses

PREPARING FOR FLU SEASON: GET YOUR FLU VACCINE!

We get it to protect ourselves from flu

Why is the flu shot so important every season?
Central Shenandoah Health District, CDC and VDH recommend yearly influenza vaccination, for everyone 6 months and older with rare exceptions, as the first and most important step in protecting yourself and your loved ones from influenza illness. Annual seasonal flu vaccination is the best way to reduce the chances that you will get the flu and lessen the chance that you will spread it to others. When more people get vaccinated against the flu, less flu illness can spread through the community. It's important to get a flu vaccine before the beginning of flu season later this year to make sure you don't get the flu when doctors' offices and hospitals are already crowded with COVID-19 patients. By getting a flu vaccine, you can help keep yourself healthy and give healthcare workers time to focus on COVID-19. It is

possible to catch both the flu and COVID-19 at the same time.

A person's immune protection from vaccination declines over time, so an annual vaccination is needed to get the "optimal" or best protection against the flu. Additionally, flu viruses are constantly changing, so the vaccine composition is reviewed each year and updated as needed based on which influenza viruses are making people sick.
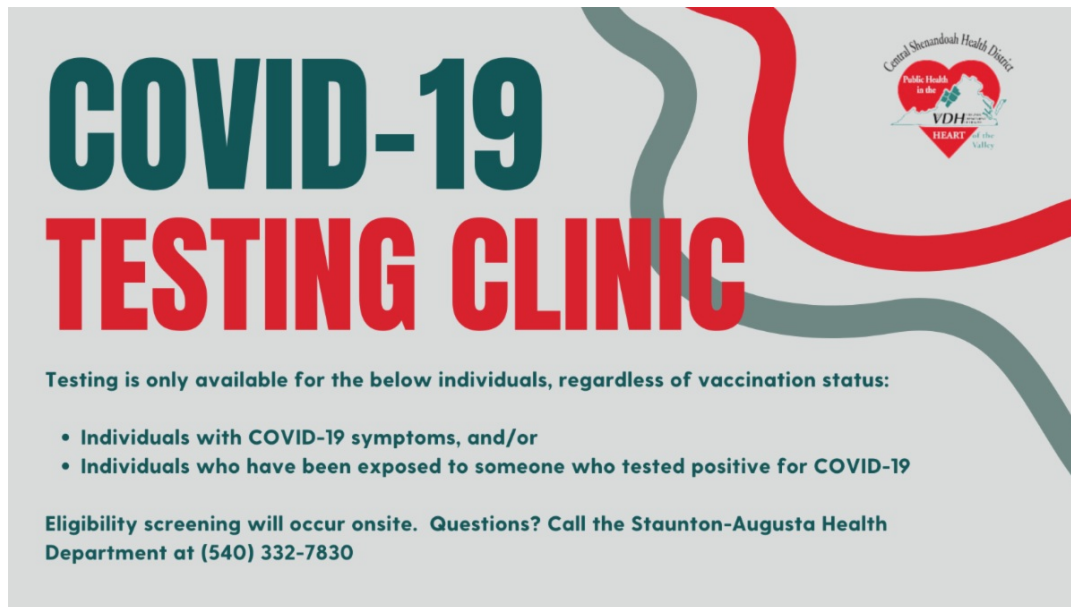
Can you get your flu vaccine and COVID-19 vaccine at the same time?
Yes. COVID-19 vaccines and other vaccines may now be administered without regard to timing. This includes getting a COVID-19 vaccine and other vaccines on the same day, as well as co-administration within 14 days.

I'm ready to get mine! Where can I find a flu vaccine near me?
You can get a flu shot from your healthcare provider or just about any pharmacy. Some public providers offer the flu vaccine for free. Visit the VDH website to find out where you can get your flu shot. You can also visit http://flushot.healthmap.org/ for flu shot clinics near you.

CONTINUED COVID-19 TESTING CLINICS IN CSHD

The Central Shenandoah Health District continues to offer free, drive-thru COVID-19 testing clinics each week throughout the district. Testing is available for individuals, regardless of vaccination status, who have symptoms of COVID-19 and/or have been exposed to someone with a confirmed case of COVID-19. Eligibility will occur onsite.

NEXT WEEK IS THE LAST WEEK OF TESTING AT AUGUSTA COUNTY GOVERNMENT CENTER
You can find a testing center near you on the VDH Testing Sites Website

Monday, October 25 from 8:00 am - 10:00 am at Hillandale Park, Harrisonburg
Tuesday, October 26 from 8:00 am - 10:00 am at Augusta County Government Center
Thursday, October 28 from 8:00 am - 10:00 am at Hillandale Park, Harrisonburg
Friday, October 29 from 8:00 am - 10:00 am at Augusta County Government Center

PCR tests available. A health department employee will call with results once available. Individuals should isolate until they receive a negative test. Call the Staunton-Augusta Health Department for questions or assistance: (540) 332-7830.

Read more about COVID-19 testing guidance

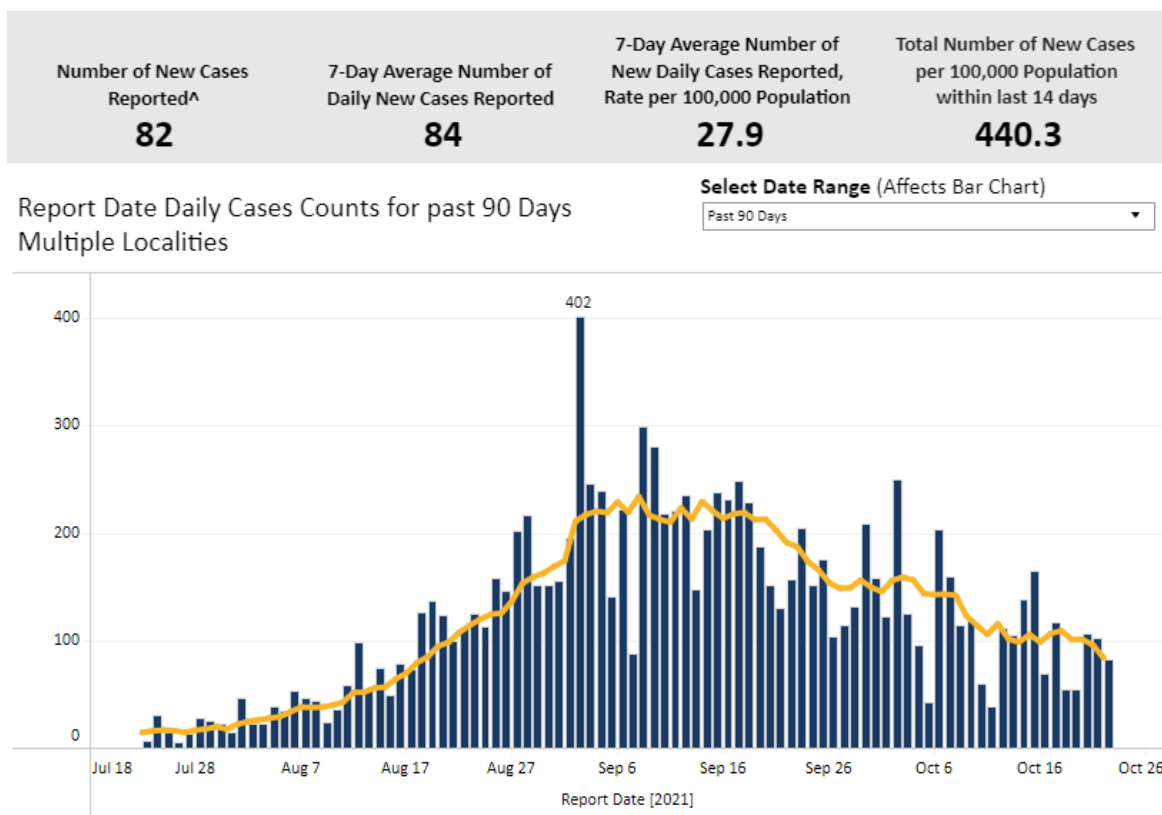## UPCOMING WEBINARS OPEN TO ALL HEALTHCARE PROFESSIONALS AND STAFF

- **Wednesday, November 3rd at 6:00 PM:** Join VDH for a Webinar on Understanding COVID-19 Vaccine: What the Evidence Tells Us - This free event has been approved for Continuing Medical Education (CME) credit /Continuing Education (CE) credit for physicians, nurses, and pharmacists.
    - Panelists: Richard Wenzel, MD, MSc; Chris Ghaemmaghami, MD, FACEP; Kelly Goode, PharmD, BCPS, FCCP. Moderator: Wendy Klein, MD, MACP.
    - Dial In: +1-408-418-9388, Meeting Number: 132 936 7287, Webinar Link: Click Here to Join
    - Please share details of this panel event with members of your professional organizations.

CENTRAL SHENANDOAH HEALTH DISTRICT
COVID-19 DATA

Case Trends

The chart below illustrates the rate of cases throughout the Central Shenandoah Health District over the last 90 days.

Number of New Cases Reported^	7-Day Average Number of Daily New Cases Reported	7-Day Average Number of New Daily Cases Reported, Rate per 100,000 Population	Total Number of New Cases per 100,000 Population within last 14 days
82	84	27.9	440.3

Report Date Daily Cases Counts for past 90 Days Multiple Localities

Select Date Range (Affects Bar Chart)
Past 90 Days

Case 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.

	7-Day Average Number of Daily New Cases Reported	Total Cases	Total Hospitalizations	Total Deaths
Rockingham County	19	9,283	580	150
Harrisonburg City	9	8,192	251	103
Augusta County	27	10,070	293	121
Staunton City	6	3,366	99	81
Waynesboro City	7	3,598	97	44
Rockbridge County	6	2,086	72	57
Lexington City	2	1,554	34	35
Buena Vista City	3	1,282	30	24
Bath County	3	475	18	14
Highland County	1	176	2	3
Totals:	**83**	**40,082**	**1476**	**632**

Vaccination Rates

You are considered to be fully vaccinated 2 weeks after your second dose in a 2-dose series or 2 weeks after a single-dose vaccine.

In the Central Shenandoah Health District, vaccination percentages are broken down by locality and city below:

	Percentage of Population receiving one dose	Percentage of Population fully vaccinated	Percentage of Adults receiving one dose	Percentage of Adults fully vaccinated
Rockingham County	52.5	48.5	63.0	58.4
Harrisonburg City	52.2	47.6	58.5	53.5
Augusta County	55.4	51.9	64.5	60.5
Staunton City	64.4	59.2	74.9	69.2
Waynesboro City	60.3	55.3	73.9	68.1
Rockbridge County	56.8	52.8	65.0	60.7
Lexington City	53.6	49.5	58.4	53.8
Buena Vista City	54.7	49.8	65.2	59.6
Bath County	54.7	49.0	62.6	56.1
Highland County	56.0	53.6	63.5	60.8
Totals:	**56.1**	**51.7**	**65.0**	**60.1**

Data Sources - Find out more!

The Virginia Department of Health maintains a COVID-19 dashboard containing case, vaccination and transmission data. To find out more about this data and how it is collected, click the link below!

Visit the VDH COVID-19 Data Dashboard

COVID-19 MITIGATION

Vaccination is our number one line of defense in defeating COVID-19. All COVID-19 vaccines approved and authorized in the United States are safe, effective and free. **The Central Shenandoah Health District encourages everyone who is eligible to receive the COVID-19 vaccine do so as soon as possible!**

In addition to vaccination, layering other public health mitigation measures can keep you and your family safe! This

can include:

- **Masking up in areas of high transmission,** even if you have already been vaccinated. Currently, the majority of localities throughout the state are in a state of substantial to high transmission. Read more about transmission here.
- **Practice physical distancing (also known as social distancing),** and stay 6 feet apart from others. It is a way to slow the spread of COVID-19 by reducing close contact between people. The closer you are to other people who are not fully vaccinated and the more time you spend with those people, the higher the risk of COVID-19 spread.
- **Wash your hands often with soap and water for at least 20 seconds.** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, rubbing your hands together for at least 30 seconds until they are dry.

Read more about COVID-19 Mitigation Best Practices

Health Education Corner

Breast Cancer Prevention Checklist

☑ Learn your family history of breast cancer.

☑ Tell your doctor about your family history.

☑ Ask if you should work with a genetic counselor.

☑ Build healthy habits to lower your risk.

CDC · BRING YOUR brave.

Let's talk about Breast Cancer Awareness Month!

We have had so much going on with the Covid-19 pandemic, but don't forget to take care of yourselves and your family members when it comes to breast cancer prevention! Each year in the United States, about 255,000 cases of breast cancer are diagnosed in women and about 2,300 in men. Check out this prevention list for some ideas on what you can be doing to take care of your breast health!

To learn more about Breast Cancer, visit https://www.cdc.gov/cancer/breast/index.htm

Need help finding a free or low-cost breast cancer screening? Visit https://www.cdc.gov/cancer/nbccedp/screenings.htm#map_state for help.

COVID-19 VACCINE CLINICS

Click the button below for a full list of COVID-19 vaccine clinics happening in the Central Shenandoah Health District. The clinics are separated by region. Please note that the Pfizer vaccine is approved for ages 12+ and the Moderna and Johnson & Johnson vaccines are approved for ages 18+. These schedules are subject to change

You can register for these clinics at vase.vdh.virginia.gov.

View the COVID-19 Community Calendars

We also continue to partner with organizations throughout the district to provide access to COVID-19 vaccines. Visit the websites below for COVID-19 vaccine clinics operated by our community partners!

- Augusta Health: https://vaccinate.augustahealth.com/vaccine-appointments/
- Carilion Rockbridge Community Hospital: https://www.carilionclinic.org/covid-19-vaccine#latest-updates
- Health Community Health Centers: https://www.hburgchc.org/covid-19-2/
- Rockbridge Area Health Center: https://www.rockahc.org/coronavirus-covid-19-updates/
- Sentra Rockingham Memorial Hospital: https://www.sentara.com/harrisonburg-virginia/covid-19-information.aspx

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