✈ NEW THIS WEEK!

If you are unable to reach the VASE+ page from hyperlinks in this newsletter, please either type or copy/paste the URL into your browser: vase.vdh.virginia.gov

OMICRON VARIANT IS PRESENT IN VIRGINIA

Every Layer 🛡 Protects Us

PREVENT

Vaccinate Mask Distance Wash

YOU

CONTAIN

Test Trace Isolate

PEOPLE YOU LOVE

VDH VIRGINIA DEPARTMENT OF HEALTH ❄ VACCINATE VIRGINIA | Vaccinate.Virginia.gov · 877-VAX-IN-VA (877-829-4682)
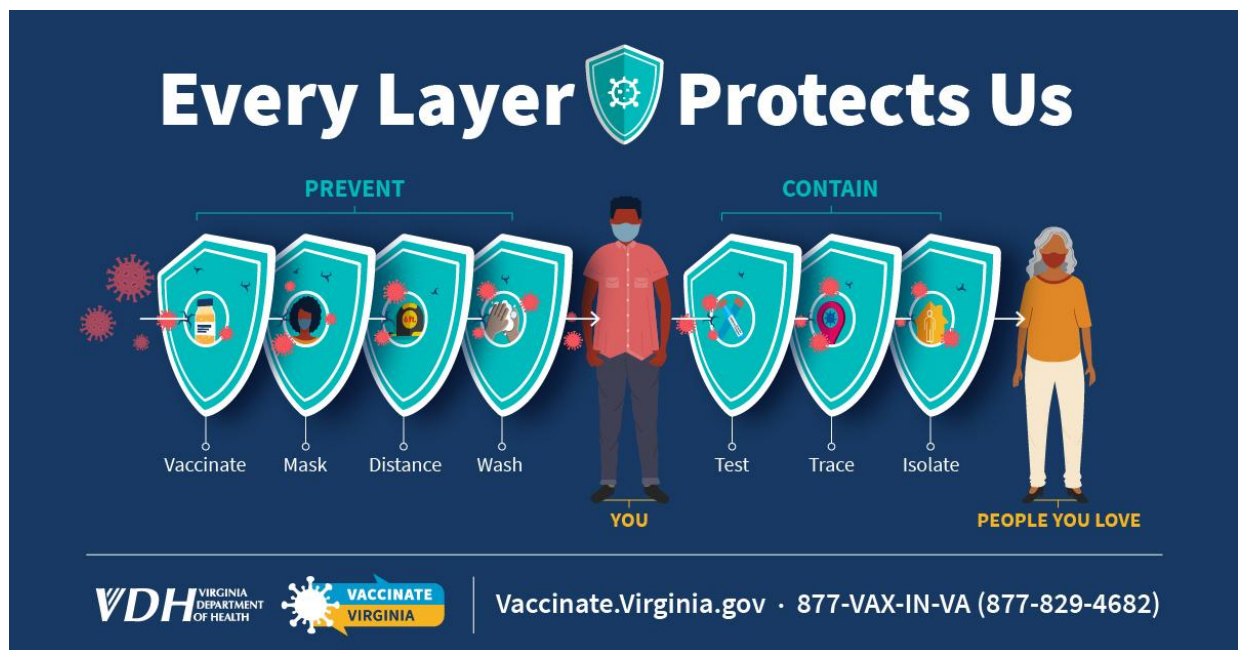
Yesterday, the Virginia Department of Health confirmed the first case of the Omicron variant of COVID-19 in Virginia's Northwest Region, which includes CSHD. ***While it is cause for concern, it is NOT a cause for panic!***

VDH, working with partners at state labs and the CDC, is actively involved in tracking the Omicron variant, and studying it to learn more about its characteristics and potential threats to the public.

Wondering what to do next?

YOU can help to slow the spread!

- Everyone 5 years old and older is eligible for a COVID-19 vaccine, and should receive one. The vaccines are safe, effective and free. If you haven't been vaccinated, now is the time.
- Get boosted if you are 16 years old or older and it's been 6 months since your second shot of Moderna or Pfizer, or 2 months since your shot of Johnson & Johnson.
- Continue to practice prevention measures -- like wearing a mask in public indoor settings and crowded outdoor space, watch your distance, and wash your hands frequently.

A new variant does not change public health guidance! We know what works (vaccination, masking and social distancing), and while we learn more about Omicron, we can continue to layer those mitigation measures.

<div align="center">

Read the Latest from the CDC

</div>

BOOSTER UPDATE! 16 and 17-year-olds are now eligible for COVID-19 boosters!

According to the latest CDC guidance, everyone 16 years and older should get a COVID-19 booster dose. 16 and 17 year-olds are now eligible for a booster dose of the Pfizer vaccine if it's been at least 6 months after your second dose. .

When should you get a booster dose of your COVID-19 vaccine?
If you received the Pfizer or Moderna COVID-19 vaccine, you should get your booster dose 6 months after completing your initial series. If you received the Johnson & Johnson vaccine, you should get your booster dose 2 months after completing your initial series.

The FDA and CDC also authorized mixing and matching different vaccines from the initial series. Read more here.

BOOSTER UPDATE!

· · · · · · · · · · · · · · ·

Everyone 16+ is eligible for a booster shot!

16 and 17-year-olds are now eligible to receive a booster dose of Pfizer if it's been at least 6 months since their 2nd dose.

<div align="center">

Read more about COVID-19 Booster Guidance

</div>

SELF-TESTING KITS FOR COVID-19 ARE NOW AVAILABLE AT SOME PUBLIC LIBRARIES THROUGHOUT CSHD!

GET YOUR FREE COVID-19 AT-HOME TEST KIT

Participating libraries are now offering **free test kits** for you to use when you **get home.**

🚫 Library cards are not required   🏠 Tests must be done at home

To take the test you will need:

🪪 Valid ID   🌐 Internet connection

Free COVID antigen test kits are available at select library branches throughout CSHD! Click on the branches below to be directed to their website for more information.

- [Highland County Public Library](#) (540) 468-2373
- [Staunton Public Library](#) (540) 332-3902
- [Augusta County Public Libraries](#)
    - Fishersville Main Library (540) 885-3961 or (540) 949-6354
    - Churchville Branch Library (540) 245-5287
    - Stuarts Draft Library Station (540) 569-2683
    - Weyers Cave Library Station (540) 453-4920

To request a test, call the library branch number. Tests are subject to availability. Please call or check the website for the most up-to-date self testing information!

For more information about testing or to find alternate testing sites [visit the VDH Testing Website.](#)

<div style="background:red;color:white;text-align:center;padding:1em">Learn more about self-testing for COVID-19</div>

<div style="background:red;color:white;text-align:center;padding:1em">Read more about free COVID-19 self tests at Virginia libraries</div>

COVID-19 TESTING CLINIC

The Central Shenandoah Health District is offering free drive thru COVID-19 testing for those:

👉 With COVID-19 symptoms, and/or

👉 Who have been exposed to COVID-19

NO PRE-REGISTRATION REQUIRED!

📍 Hillandale Park
801 Hillandale Ave
Harrisonburg, VA

🕐 Monday & Thursday
8:00 -10:00 am

QUESTIONS? CALL YOUR LOCAL HEALTH DEPARTMENT!

CSHD IS VACCINATING EVERYONE 5 AND UP!

FREE COVID-19 VACCINATIONS

Mondays, 12:00 - 6:00 pm
College Square
Old Peeble's/Gordmans

770 North Lee Hwy
Lexington VA 24450

Pfizer (Ages 5+) *2 shots*
Moderna (Ages 18+) *2 shots*
Johnson & Johnson (Ages 18+) *1 shot*

BOOSTERS AVAILABLE!

MAKE YOUR APPOINTMENT AT VASE.VDH.VIRGINIA.GOV

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

There are plenty of opportunities to get your COVID-19 vaccine or booster throughout the Central Shenandoah Health District, including:

- Local and retail pharmacies (like CVS, Wal-Greens, or a local independently owned pharmacy);
- Your family doctor or pediatrician;
- Health department clinics and community vaccination clinics

We have plenty of availability for Monday's clinic at College Square! Make your appointment today!

Monday, December 13, 12:00 to 6:00 p.m.
College Square (Old Peeble's/Gordmans)
Pfizer, Moderna, Johnson & Johnson (Booster doses for eligible persons, first and second doses also available)
Appointments required. To make your appointment, please visit
vase.vdh.virginia.gov.

Read more about COVID-19 Booster Doses

THE FLU SHOT: WHAT YOU NEED TO KNOW

All people 6 months and older should get a flu shot for protection against the flu.

MASK UP, LATHER UP, SLEEVE UP

#FIGHT FLU   CDC

Visit https://getmyflushot.org/ to find a location near you and to learn more about the flu shot. Not only does getting your flu shot help protect you and your loved ones, but it can also help our overwhelmed healthcare providers focus on treating people who are sick with Covid-19.

UPCOMING FLU VACCINE CLINICS AT THE LOCAL HEALTH DEPARTMENT!
Call your local health department to schedule an appointment!

Harrisonburg Rockingham Health Department: Call 540-574-5101
Flu vaccine clinics every Friday, 9:00am-11:00am

Waynesboro Augusta Health Department: Call 540-949-0137
Flu vaccine clinics every Wednesday, 2:00pm-4:00pm

Lexington Rockbridge Health Department: Call 540-463-3185
Flu vaccine clinics every Monday, 1:00pm-4:00pm

You may receive your COVID-19 shot or booster at the same time as your flu shot!

CENTRAL SHENANDOAH HEALTH DISTRICT COVID-19 DATA

NOTE: Last week's case data breakdown contained a spreadsheet error that did not accurately reflect the number of cases in CSHD. This week's data has been corrected.

Case Trends

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

Report Date Daily Cases Counts for past 90 Days Multiple Localities

Select Date Range (Affects Bar Chart)

Past 90 Days ▼
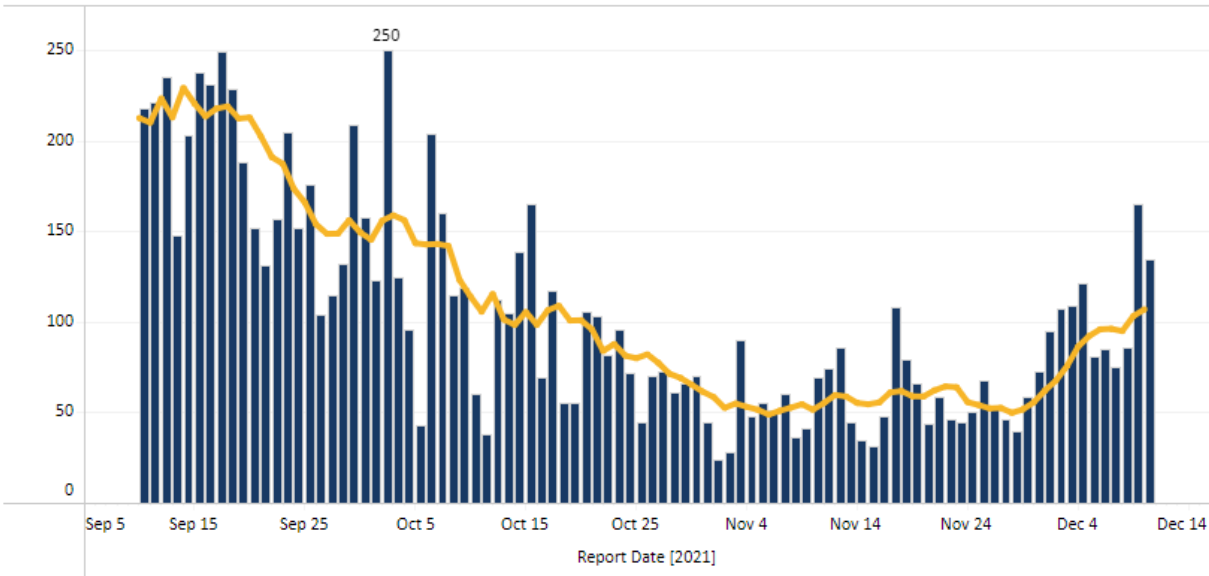
Case Data Breakdown

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	30	10,083	624	174
Harrisonburg City	14	8,633	274	114
Augusta County	33	11,010	317	140
Staunton City	10	3,649	104	85
Waynesboro City	7	3,854	104	53
Rockbridge County	5	2,328	80	66
Lexington City	3	1,650	38	37
Buena Vista City	3	1,455	34	31
Bath County	2	530	20	15
Highland County	1	204	2	4
Totals:	*108*	*43,396*	*1597*	*719*

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	56.3	51.7	65.7	60.9
Harrisonburg City	56.7	50.6	61.1	55.5
Augusta County	58.7	54.5	67.0	62.8
Staunton City	68.8	62.7	77.4	71.1
Waynesboro City	64.3	58.2	76.4	70.4
Rockbridge County	60.0	55.3	67.8	62.9
Lexington City	59.0	52.6	60.8	55.3
Buena Vista City	58.2	52.5	68.2	62.1
Bath County	57.8	51.1	65.7	58.6
Highland County	58.6	55.2	65.9	62.6
Totals:	*59.8*	*54.4*	*67.6*	*62.2*

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

Health Education Corner
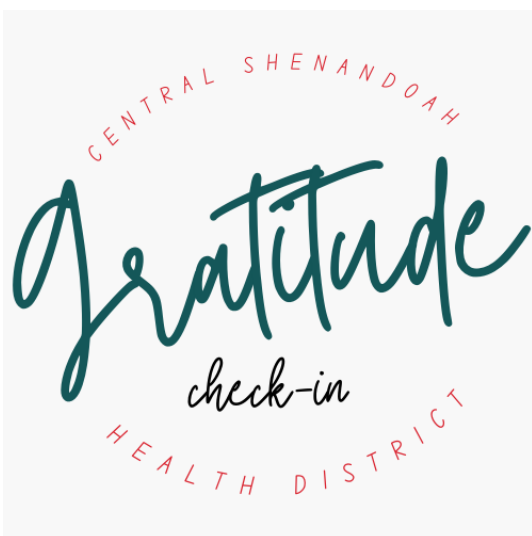
With so many new developments in the COVID-19 world, CSHD encourages our newsletter readers to take a moment for gratitude.

Your mental and physical health will thank you for doing so! To get you started, what are 3 things you are grateful for today?

To explore the power of gratitude and tips for how to practice gratitude, please visit CDC's How Right Now.

P.S. - CSHD is grateful for YOU!

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.

<div style="text-align:center">

Read more about COVID-19 Mitigation Best Practices

</div>

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 5+ 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.**

<div style="text-align:center">

View the COVID-19 Community Calendars

</div>

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

If this email was forwarded to you and you want to receive this information from the health department, you can subscribe to receive our weekly email by clicking the button below!

<div style="text-align:center">

Subscribe here!

</div>

The PDF version of this newsletter can be found on our website.

You can Unsubscribe to our emails by selecting "Unsubscribe" below the newsletter.