CENTRAL SHENANDOAH HEALTH DISTRICT

WEEKLY COVID-19 UPDATE & CLINIC INFORMATION

JANUARY 14, 2022

✈ 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

EVERYONE 12 AND OLDER CAN GET THEIR BOOOSTER!

Kids 12–15 are now eligible to get their boosters—the best form of protection against Omicron.

Everyone 12 years old and older is now eligible to receive a COVID-19 booster shot 5 months after their second Pfizer or Moderna shot, and 2 months after their Johnson & Johnson shot.

CSHD is offering booster shots to all eligible individuals! Make an appointment at vase.vdh.virginia.gov.

Read the Latest from CDC

WINTER WEATHER UPDATES FOR JANUARY 16-17 SNOW

All CSHD COVID-19 testing and vaccine clinics for Monday, January 17 have been cancelled due to forecasted snow.

Please check our Facebook page and website for the most up-to-date information regarding clinic cancellations!

Stay safe and warm!

TESTING SCHEDULE CHANGES FOR JANUARY 2022

Testing for Monday, January 17 is CANCELLED for snow!

Central Shenandoah Health District will continue to offer drive-thru PCR testing at JMU U-Park on Thursday, January 20 from **9:00 a.m. through 11:00 a.m.**

Please **do not** arrive at the testing site before the start time of 9:00 a.m. to avoid overcrowding as staff prepare the clinic.

For the most up-to-date testing schedule in CSHD, please check our website!

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Read more about the CDC's Testing Guidance

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MAKE SURE YOUR MASK IS WORKING FOR YOU!

What Mask Should I Wear?

Along with getting vaccinated and boosted, experts recommend upgrading your mask if you want optimal protection.

No Protection — **Some Protection** — **Most Protection**

No Mask or Improper Use
- Mask should fit over your nose and mouth and be snug against your face with no gaps
- Don't use masks that are damp, dirty or damaged
- Don't wear masks with exhalation valves, which allow virus particles to escape

Cloth Masks
- Washable and reusable. Masks should be washed at least once a day or as soon as they become dirty
- Multiple layers of woven, breathable fabric

Surgical Masks
- Disposable, intended for one time use
- Multiple layers of non-woven material
- Provides protection against large droplets

High Filtration Masks
(Respirators – N95, KN95, KF94)
- Varies by mask type, but reusable up to 5 times with proper care
- Filters up to 95% of particles in the air
- Seals tightly to the face when fitted properly (some facial hair can interfere with this seal)
- Designed and regulated to meet international standards. Check lists of trusted manufacturers from CDC and Project N95 to avoid counterfeit masks

If you don't have access to a high filtration respirator mask, double up. Single layer masks, such as bandanas and gaiters, are less effective, so wear a cloth mask with multiple layers or wear a cloth mask over a surgical mask. Be sure your mask fits properly—nose wires improve fit.

As we experience another surge in COVID-19 cases throughout the health district, it is important to choose the right masks, and make sure you're wearing them correctly! Masking up in public spaces lowers your chances of contracting and spreading COVID-19. Along with vaccination, masking is one of the most important tools to ending the pandemic.

Masks should always cover the nose and mouth, while laying flat against your face. A mask should <u>not</u> be worn if:
- It's wet or dirty.
- The fit is loose, or you can see gaps around the nose or mouth.
- It's made of a material that makes breathing difficult, like vinyl.\

Read more about the [CDC's masking recommendations.](#)

OFFICES CLOSED ON MONDAY, JANUARY 17 FOR MARTIN LUTHER KING JR. DAY

CSHD offices will be closed on Monday, January 17 for Martin Luther King Jr. Day

There is no COVID-19 vaccine clinic at the Waynesboro Health Department on Monday, January 17

Please visit vase.vdh.virginia.gov to find a new appointment, or call 877-VAX-IN-VA (829-4682)

NEW DATES FOR HEALTH DEPARTMENT COVID-19 VACCINE CLINICS

CSHD has updated our COVID-19 vaccine clinic schedule for 2022!

These clinics will accept walk-ins or appointments can be made at: https://vase.vdh.virginia.gov

There are plenty of opportunities to get your COVID-19

HEALTH DEPARTMENT CLINIC UPDATES

Walk-ins are welcome!
To secure your spot, visit vase.vdh.virginia.gov
First, second, third and booster doses available for all eligible people

HARRISONBURG-ROCKINGHAM HEALTH DEPARTMENT

Wednesdays, 2:00 - 6:00 p.m.
Ages 5-11: Pfizer

Fridays, 9:00 a.m. - 4:30 p.m.
(Lunch Break 12:30 - 1:30 p.m.)
Ages 12+: Pfizer, Moderna, Johnson & Johnson

LEXINGTON-ROCKBRIDGE HEALTH DEPARTMENT

Wednesdays, 2:00 - 6:00 p.m.
Ages 5-11: Pfizer

Fridays, 9:00 a.m. - 4:30 p.m.
(Lunch Break 12:30 - 1:30 p.m.)
Ages 12+: Pfizer, Moderna, Johnson & Johnson

WAYNESBORO HEALTH DEPARTMENT

Mondays, 9:00 a.m. - 1:00 p.m.
Ages 12+: Pfizer, Moderna, Johnson & Johnson

Mondays, 2:00 - 6:00 p.m.
Ages 5-11: Pfizer

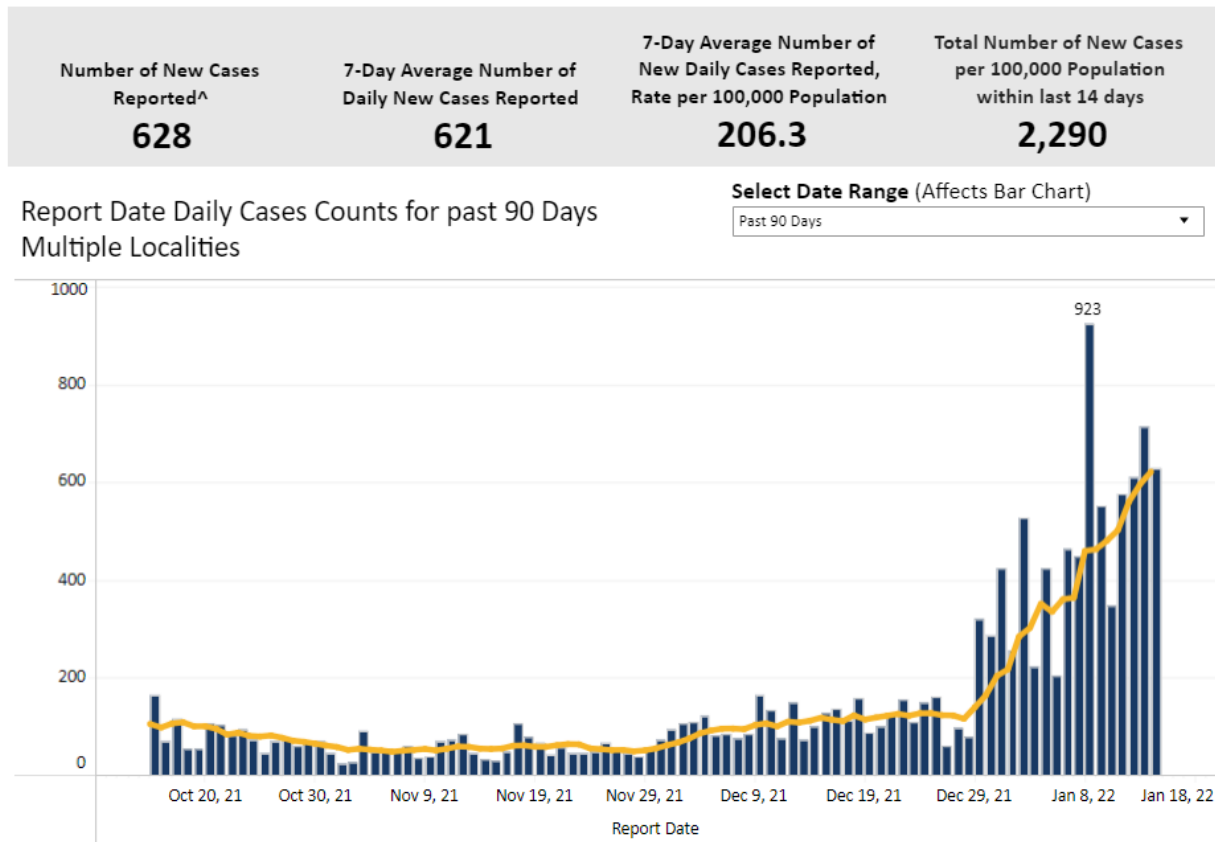vaccine or booster throughout the Central Shenandoah Health District, including:

- 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

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.

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
628	621	206.3	2,290

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	120	12,062	738	189
Harrisonburg City	127	10,596	335	118
Augusta County	211	14,498	361	152
Staunton City	51	4,502	114	89
Waynesboro City	38	4,474	113	55
Rockbridge County	22	2,654	91	72
Lexington City	28	2,004	39	38
Buena Vista City	13	1,649	36	34
Bath County	9	670	20	15
Highland County	2	276	4	4
Totals:	**621**	**53,385**	**1851**	**766**

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	57.8	53.0	67.0	61.7
Harrisonburg City	58.9	52.5	62.9	56.5
Augusta County	59.9	55.7	68.0	63.5
Staunton City	70.4	64.0	78.7	72.0
Waynesboro City	66.1	60.0	78.1	71.5
Rockbridge County	61.4	56.6	68.9	63.6
Lexington City	61.0	53.9	62.6	56.0
Buena Vista City	60.0	53.9	70.0	63.2
Bath County	59.0	52.2	66.8	59.3
Highland County	59.5	55.6	66.5	62.8
Totals:	**61.4**	**55.7**	**69.0**	**63.0**

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

January is National Blood Donor Month!

January is National Blood Donor Month and we are currently experiencing an emergency blood shortage. YOU may be able to help! Lifesaving blood donations are essential for hospital patients in need of urgent medical care. Anyone who is eligible to donate blood is encouraged to share their good health.

Click here to learn about blood donations, donor eligibility, and to find a blood drive near you. Please share with your family, friends, and community!

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

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.

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