



CENTRAL SHENANDOAH HEALTH DISTRICT

WEEKLY COVID-19 UPDATE & CLINIC INFORMATION

JANUARY 22, 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***

Central Shenandoah Health District Offers Online Appointments

Central Shenandoah Health District is now offering appointments for our COVID-19 testing sites! Guarantee your COVID-19 test by making an appointment online. Walk-in appointments are available as supplies last.

Access your test results online! Central Shenandoah will now be providing COVID-19 testing results via an online and secure portal. Results can also be conveniently downloaded and printed from our online portal.

Visit our website for more information and to access all appointments!

**Click here to visit our
website!**

Looking for an at-home, rapid COVID-19 test?

Order up to four, free at-home rapid COVID-19 test online at COVIDTests.gov.

Tests are completely free and there are no shipping costs! Order your tests now so you have them when you need them!

Click here to order your at-home

Central Shenandoah Health District Testing Sites

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

**APPOINTMENTS PREFERRED
WALK-INS AVAILABLE AS SUPPLIES LAST**

Hillandale Park
801 Hillandale Ave
Harrisonburg, VA

Monday & Thursday
9:00 - 11:00 am

**PLEASE DO NOT ARRIVE
BEFORE CLINIC START TIME OF 9:00 A.M.
SO OUR TESTING STAFF CAN SET UP!**

SCHEDULE YOUR APPOINTMENT AT [VASE.VDH.VIRGINIA.GOV](https://vase.vdh.virginia.gov)



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.

**SE PREFERE LA REGISTRACIÓN PREVIA POR INTERNET
SE ACEPTAN PERSONAS SIN CITA PREVIA SEGÚN EL SUMINISTRO DE VACUNAS**

Hillandale Park
801 Hillandale Ave
Harrisonburg, VA

Lunes & Jueves
9:00 - 11:00 am

POR FAVOR, NO LLEGUE ANTES DE LA HORA DE INICIO DE LA CLÍNICA, QUE ES A LAS 9:00 A.M., YA QUE NUESTRO PERSONAL DE PRUEBAS NECESITA TIEMPO PARA ORGANIZARSE

PARA REGISTRARSE, VISITE: [VASE.VDH.VIRGINIA.GOV](https://vase.vdh.virginia.gov)



**For the most up-to-date testing schedule in CSHD,
[please check our website!](https://vase.vdh.virginia.gov)**

**Read more about the CDC's Testing
Guidance**

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

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 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

Health Education Corner

January is National Radon Awareness Month!

National Radon Action Month takes place every January to increase the public's awareness of radon, promote radon testing and mitigation, and advance the use of radon-resistant new construction practices.

If left unchecked, radon (which is colorless and odorless) in the home can lead to dangerous health effects like lung cancer. Test it, fix it, and save a life!

Learn how to get a radon test on the [EPA website!](https://www.epa.gov/radon)



COVID-19 MITIGATION



Continue to keep you + loved ones safe

With the new variants, a rise in cases + hospitalizations due to COVID-19, + 1.6M Virginians still not fully vaccinated, keep these precautions in mind throughout the New Year.

- Get vaccinated**
 - Authorized COVID-19 vaccines can help protect you from COVID-19.
 - Visit vaccinate.virginia.gov to get your 1st, 2nd, or 3rd dose
- Wear a mask**
 - Everyone 2 years or older not fully vaccinated should wear a mask in indoor public places.
 - If you are fully vaccinated, to maximize protection + prevent possibly spreading COVID-19 to others
- Stay 6 feet apart**
 - If possible, maintain 6 feet between others
 - Remember that some people without symptoms may be able to spread virus.
- Test to prevent the spread**
 - Testing can give you information about your risk of spreading COVID-19.
- Wash your hands often**
 - Wash your hands often with soap + water for at least 20 seconds

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/>

