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

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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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

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!

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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