



# CENTRAL SHENANDOAH HEALTH DISTRICT

WEEKLY COVID-19 UPDATE & CLINIC INFORMATION

*JANUARY 28, 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](https://vase.vdh.virginia.gov)***

### **CSHD LAUNCHES SURVEY TO BETTER SUPPORT OUR COMMUNITY IN ACCESSING THE COVID-19 VACCINE**

The Central Shenandoah Health District is launching a [Rapid Community Assessment \(RCA\)](#) to learn how we can better support our community with accessing Covid-19 vaccines. We invite you to share this survey with your family, friends, and community. This survey has been tailored to gather insight from folks who have not been ready or have not been able to get vaccinated against Covid-19. The survey is available in both English and Spanish.

The online survey will be open until we are able to gather a sufficient number of responses. Please feel free to share the survey link throughout the week to promote community member access. **By early next week, paper forms of the survey will be available at most libraries throughout the health district.** We will communicate with survey distributors when the survey is closed. The results of the survey will be included in a report at the end of our RCA process. This report will be available to the community as soon as it is finalized.

***All responses to this survey will be kept anonymous and personal information will not be collected.***

**CLICK HERE TO TAKE THE  
SURVEY!**

**¡EL CSHD QUIERE ESCUCHAR DE TI!**

**¿Vives en el Distrito de Salud Central de Shenandoah?**  
 - Rockingham, Augusta, Highland, Bath, Rockbridge -  
 - Harrisonburg, Staunton, Buena Vista, Lexington -

**¿No estás listo o no puedes recibir la vacuna COVID-19?**

**¡Haznos saber la mejor manera de ayudarte!**  
 ¡Completa esta encuesta rápida hoy!

¡Echa un vistazo para dar tu opinión!  
<https://redcap.vdh.virginia.gov/redcap/surveys/?s=RKY8LMNNKK>

**CSHD WANTS TO HEAR FROM YOU!**

**Do you live in the Central Shenandoah Health District?**  
 - Rockingham, Augusta, Highland, Bath, Rockbridge -  
 - Harrisonburg, Staunton, Buena Vista, Lexington -

**Not ready or not able to get the COVID-19 vaccine?**

**Let us know the best way to support YOU!**  
 Complete this quick survey today.

Scan the QR code or visit  
<https://redcap.vdh.virginia.gov/redcap/surveys/?s=RKY8LMNNKK>

Here is how you can help distribute our survey:

- Post the survey link on your social media channels using the graphic
- Link the survey to your organizational website
- Include the survey link in any weekly newsletters or updates
- Send the survey link out to your organization's employees and/or client list

The online survey will be open until we are able to gather a sufficient number of responses. Please feel free to share the survey link throughout the week to promote community member access. We will communicate with survey distributors when the survey is closed. The results of the survey will be included in a report at the end of our RCA process. This report will be available to the community as soon as it is finalized.

Thank you for any time and effort you are able to offer in support of gathering this valuable community insight. Please feel free to contact Laura Lee Wight ([laura.wight@vdh.virginia.gov](mailto:laura.wight@vdh.virginia.gov)) or Sade Bowers ([sade.bowers@vdh.virginia.gov](mailto:sade.bowers@vdh.virginia.gov)) with any questions or concerns. Please direct all media requests regarding the RCA to Jordi Shelton ([jordan.shelton@vdh.virginia.gov](mailto:jordan.shelton@vdh.virginia.gov)).

## CENTRAL SHENANDOAH OFFERS ONLINE TESTING APPOINTMENTS!

**COVID-19 TESTING APPOINTMENTS!**

Reserve your spot online!

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 A RAPID, AT-HOME COVID-19 TEST?

Order up to four, free at-home rapid COVID-19 test online at [COVIDTests.gov](https://COVIDTests.gov).

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

[Read more about self-testing.](#)  
[Guidance for insurance reimbursement.](#)

Click here to order your at-home tests!

## UPCOMING TESTING CLINICS

### 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)**



Testing will continue this week at Hillandale Park on Monday and Thursday from 9:00 - 11:00 a.m. Appointments are preferred, and will be honored even if the clinic closes to walk-ins.

[Make your appointment online!](#)

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

Read more about the CDC's Testing Guidance

## 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	Cloth Masks	Surgical Masks	High Filtration Masks (Respirators - N95, KN95, KF94)
<ul style="list-style-type: none"><li>Mask should fit over your nose and mouth and be snug against your face with no gaps</li><li>Don't use masks that are damp, dirty or damaged</li><li>Don't wear masks with exhalation valves, which allow virus particles to escape</li></ul>	<ul style="list-style-type: none"><li>Washable and reusable. Masks should be washed at least once a day or as soon as they become dirty</li><li>Multiple layers of woven, breathable fabric</li></ul>	<ul style="list-style-type: none"><li>Disposable, intended for one time use</li><li>Multiple layers of non-woven material</li><li>Provides protection against large droplets</li></ul>	<ul style="list-style-type: none"><li>Varies by mask type, but reusable up to 5 times with proper care</li><li>Filters up to 95% of particles in the air</li><li>Seals tightly to the face when fitted properly (some facial hair can interfere with this seal)</li><li>Designed and regulated to meet international standards. Check lists of trusted manufacturers from CDC and Project N95 to avoid counterfeit masks</li></ul>

**! 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 not 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](#).

## NEW DATES FOR HEALTH DEPARTMENT COVID-19 VACCINE CLINICS



### HEALTH DEPARTMENT CLINIC UPDATES

**Walk-ins are welcome!**  
To secure your spot, visit [vase.vdh.virginia.gov](https://vase.vdh.virginia.gov)  
First, second, third and booster doses available for all eligible people

**HARRISONBURG-ROCKINGHAM HEALTH DEPARTMENT**

<b>Wednesdays, 2:00 - 6:00 p.m.</b> Ages 5-11: Pfizer	<b>Fridays, 9:00 a.m. - 4:30 p.m.</b> (Lunch Break 12:30 - 1:30 p.m.) Ages 12+: Pfizer, Moderna, Johnson & Johnson
--	--

**LEXINGTON-ROCKBRIDGE HEALTH DEPARTMENT**

<b>Wednesdays, 2:00 - 6:00 p.m.</b> Ages 5-11: Pfizer	<b>Fridays, 9:00 a.m. - 4:30 p.m.</b> (Lunch Break 12:30 - 1:30 p.m.) Ages 12+: Pfizer, Moderna, Johnson & Johnson
--	--

**WAYNESBORO HEALTH DEPARTMENT**

<b>Mondays, 9:00 a.m. - 1:00 p.m.</b> Ages 12+: Pfizer, Moderna, Johnson & Johnson	<b>Mondays, 2:00 - 6:00 p.m.</b> 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

## 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^

542

7-Day Average Number of Daily New Cases Reported

518

7-Day Average Number of New Daily Cases Reported, Rate per 100,000 Population

172.1

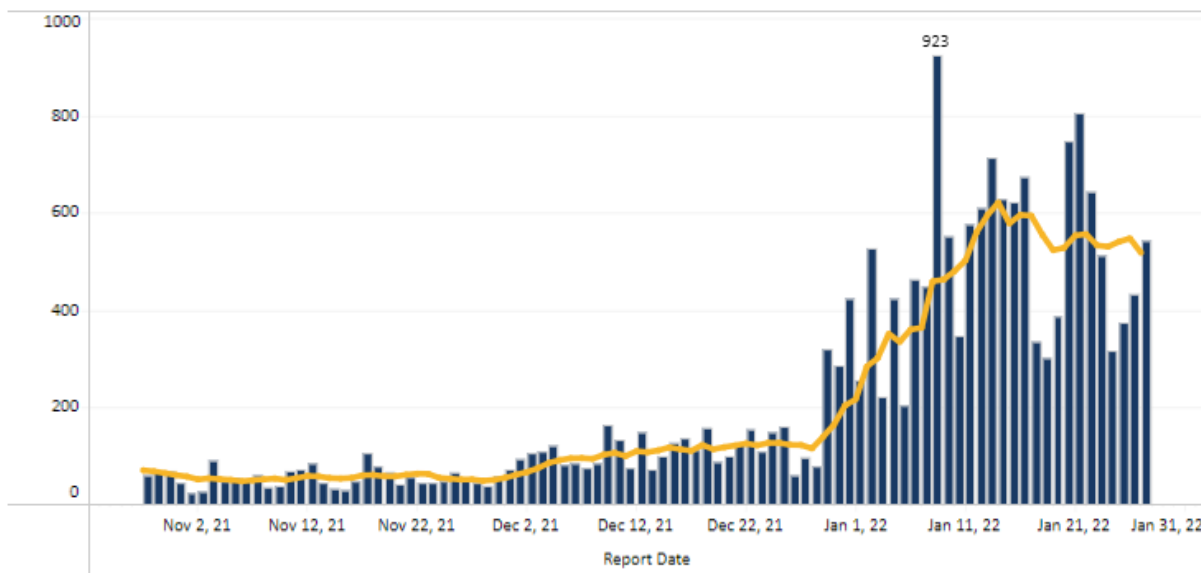
Total Number of New Cases per 100,000 Population within last 14 days

2,433

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	92	13,289	789	191
Harrisonburg City	106	11,952	360	120
Augusta County	174	16,683	370	156
Staunton City	34	5,040	116	91
Waynesboro City	28	4,918	115	55
Rockbridge County	17	2,866	92	73
Lexington City	43	2,450	39	38
Buena Vista City	12	1,794	36	36
Bath County	9	772	20	15
Highland County	4	314	5	5
<b>Totals:</b>	<b>519</b>	<b>60,078</b>	<b>1942</b>	<b>780</b>

## 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	58.0	53.2	67.2	61.8
Harrisonburg City	59.3	52.7	63.3	56.6
Augusta County	60.1	55.9	68.2	63.6
Staunton City	70.6	64.2	78.8	72.1
Waynesboro City	66.4	60.2	78.4	71.7
Rockbridge County	61.6	56.9	69.1	63.8
Lexington City	61.5	54.1	63.1	56.2
Buena Vista City	60.4	54.2	70.4	63.4
Bath County	59.3	52.6	67.2	59.6
Highland County	59.7	55.8	66.8	63.0
<b>Totals:</b>	<b>61.7</b>	<b>56.0</b>	<b>69.3</b>	<b>63.2</b>

### 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

**EPA**

### What is radon?

Radon is a cancer-causing radioactive gas.

You can't see radon. And you can't smell it or taste it. But it may be a problem in your home.

**Test your home for radon today.**

[www.epa.gov/radon](http://www.epa.gov/radon)

The graphic features a light blue background with stylized clouds. At the bottom, there are four colorful houses (pink, yellow, purple, and blue) and a green tree. The EPA logo is in the top right 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!](#)

# 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](https://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>

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!

Subscribe  
here!

The PDF version of this newsletter can be found on our [website](#).

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

FOR MORE INFORMATION ABOUT COVID-19, VISIT:

<https://www.vdh.virginia.gov/coronavirus/covid-19-in-virginia/>

