CENTRAL SHENANDOAH HEALTH DISTRICT

WEEKLY COVID-19 UPDATE & CLINIC INFORMATION

FEBRUARY 11, 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**

FREE CHILDREN'S COVID-19 VACCINES AVAILABLE AT YOUR LOCAL HEALTH DEPARTMENT!

Did you know that the Central Shenandoah Health District offers pediatric specific COVID-19 vaccine clinics at our health department offices? Protect your child with a COVID-19 vaccine today!

Lexington Children's COVID-19 Vaccine Clinic
- Every Wednesday, 2:00 - 6:00 p.m.

Harrisonburg-Rockingham Children's COVID-19 Vaccine Clinic
- Every Wednesday, 2:00 - 6:00 p.m.

Waynesboro Children's COVID-19 Vaccine Clinic
- Every Monday, 2:00 - 6:00 p.m.

Bath & Highland County Children's COVID-19 Vaccine Clinic
- ***By appointment only***
- Call (540) 839-7246 for Bath County Health Department
- Call (540) 468-2270 for Highland County Health Department

FREE COVID-19 VACCINATIONS

at the LEXINGTON HEALTH DEPARTMENT
300 White Street, Lexington, VA 24450

CHILDHOOD COVID-19 VACCINATIONS
EVERY WEDNESDAY: 2:00 - 6:00pm
Pfizer (Ages 5-11)
Pfizer (Ages 12-17)

EVERY FRIDAY: 9:00am - 4:30pm
Pfizer (Ages 12+)
Moderna (Ages 18+)
J&J (Ages 18+)

FIRST, SECOND, THIRD AND BOOSTER DOSES AVAILABLE!

WALK-INS WELCOME!
MAKE YOUR APPOINTMENT AT VASE.VDH.VIRGINIA.GOV

Questions? Call the Lexington Health Department at (540) 463-3185

FREE COVID-19 VACCINATIONS

at the HARRISONBURG-ROCKINGHAM HEALTH DEPARTMENT
110 MASON STREET, HARRISONBURG, VA 22802

CHILDHOOD COVID-19 VACCINATIONS
EVERY WEDNESDAY: 2:00 - 6:00pm
Pfizer (Ages 5-11)
Pfizer (Ages 12-17)

EVERY FRIDAY: 9:00am - 4:30pm
Pfizer (Ages 12+)
Moderna (Ages 18+)
J&J (Ages 18+)

FIRST, SECOND, THIRD AND BOOSTER DOSES AVAILABLE!

WALK-INS WELCOME!
MAKE YOUR APPOINTMENT AT VASE.VDH.VIRGINIA.GOV

Questions? Call the Harrisonburg-Rockingham Health Department at 540-574-5100

FREE COVID-19 VACCINATIONS

at the WAYNESBORO HEALTH DEPARTMENT
211 W 12th STREET, WAYNESBORO, VA 22980

EVERY MONDAY 9:00am - 1:00pm
Pfizer (Ages 12+)
Moderna (Ages 18+)
J&J (Ages 18+)

CHILDHOOD COVID-19 VACCINATIONS
EVERY MONDAY: 2:00 - 6:00pm
Pfizer (Ages 5-11)
Pfizer (Ages 12-17)

FIRST, SECOND, THIRD AND BOOSTER DOSES AVAILABLE!

WALK-INS WELCOME!
MAKE YOUR APPOINTMENT AT VASE.VDH.VIRGINIA.GOV

Questions? Call the Waynesboro Health Department at (540) 949-0137

GRATIS VACUNAS DE COVID-19

EL DEPARTAMENTO DE SALUD DE LEXINGTON
300 White Street, Lexington, VA 24450

VACUNAS COVID-19 PARA INFANTILES
TODOS LOS MIÉRCOLES: 2:00 - 6:00PM
Pfizer (Mayores de 5-11 años)
Pfizer (Mayores de 12-17 años)

TODOS LES VIERNES: 9:00am - 4:30pm
Pfizer (Mayores de 12 años)
Moderna (Mayores de 18 años)
J&J (Mayores de 18 años)

ÁN DISPONIBLES PRIMERA, SEGUNDA, TERCERA DOSIS, Y DOSIS DE REFUERZO!

¡LE DAMOS LA BIENVENIDA A PERSONAS SIN CITA!
CÓMO HACER UNA CITA, VISITE VASE.VDH.VIRGINIA.GOV

¿Tiene preguntas sobre la vacuna COVID-19 o necesita ayuda?
¡Enviar un mensaje a cshdinfo@vdh.virginia.gov o llame 877-829-4682!

GRATIS VACUNAS DE COVID-19

EL DEPARTAMENTO DE SALUD DE HARRISONBURG-ROCKINGHAM
110 MASON STREET, HARRISONBURG, VA 22802

VACUNAS COVID-19 PARA INFANTILES
TODOS LOS MIÉRCOLES: 2:00 - 6:00PM
Pfizer (Mayores de 5-11 años)
Pfizer (Mayores de 12-17 años)

TODOS LES VIERNES: 9:00am - 4:30pm
Pfizer (Mayores de 12 años)
Moderna (Mayores de 18 años)
J&J (Mayores de 18 años)

ÁN DISPONIBLES PRIMERA, SEGUNDA, TERCERA DOSIS, Y DOSIS DE REFUERZO!

¡LE DAMOS LA BIENVENIDA A PERSONAS SIN CITA!
CÓMO HACER UNA CITA, VISITE VASE.VDH.VIRGINIA.GOV

¿Tiene preguntas sobre la vacuna COVID-19 o necesita ayuda?
¡Enviar un mensaje a cshdinfo@vdh.virginia.gov o llame 877-829-4682!

GRATIS VACUNAS DE COVID-19

EL DEPARTAMENTO DE SALUD DE WAYNESBORO
211 W 12th STREET, WAYNESBORO, VA 22980

TODOS LOS LUNES: 9:00am - 1:00pm
Pfizer (Mayores de 12 años)
Moderna (Mayores de 18 años)
J&J (Mayores de 18 años)

VACUNAS COVID-19 PARA INFANTILES
TODOS LOS LUNES: 2:00 - 6:00PM
Pfizer (Mayores de 5-11 años)
Pfizer (Mayores de 12-17 años)

ÁN DISPONIBLES PRIMERA, SEGUNDA, TERCERA DOSIS, Y DOSIS DE REFUERZO!

¡LE DAMOS LA BIENVENIDA A PERSONAS SIN CITA!
CÓMO HACER UNA CITA, VISITE VASE.VDH.VIRGINIA.GOV

¿Tiene preguntas sobre la vacuna COVID-19 o necesita ayuda?
¡Enviar un mensaje a cshdinfo@vdh.virginia.gov o llame 877-829-4682!

Wanting more information about COVID-19 vaccines and children?
Check out these resources!

Videos:

(**English**) Top Five Things Parents Want to Know About the COVID-19 Vaccine
(**Spanish**) Top Five Things Parents Want to Know About the COVID-19 Vaccine
(**English**) Getting Vaccinated For COVID As A Family
(**English**) What If I Am Not Sure About Getting My Kid A COVID-19 Vaccine?
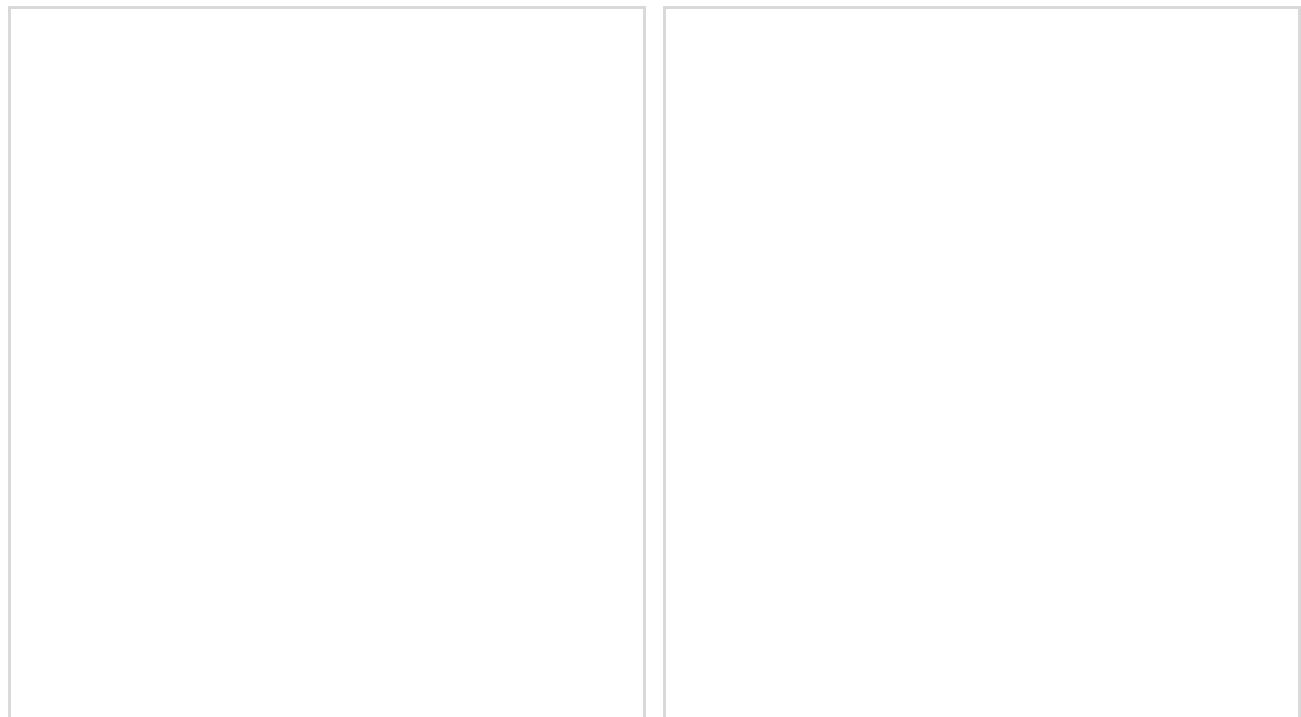
Give your child the power to fight COVID-19.

VACCINATE VIRGINIA

Kids 5 to 11 are now eligible to receive the children's COVID-19 vaccine.

The Pfizer-BioNTech (age 5-11) COVID-19 vaccine is now authorized for use in children 5 to 11. The vaccine is safe and effective in protecting kids against infection. It's been studied and tested through clinical trials — just like the adult vaccine. Your child will need two doses, 21 to 42 days apart, to become fully vaccinated against COVID-19. By becoming fully vaccinated, kids are protected from serious illness, and more. They can also get back to a school year uninterrupted by quarantines, play sports, participate in extracurricular activities, see their friends, travel, and more.

Q Where can children get the vaccine?

Community vaccination centers, family health care providers, pediatrician's offices, school-based clinics, and retail pharmacies all offer the free COVID-19 vaccine. Visit vaccinate.virginia.gov or call (877) VAX-IN-VA (877-829-4682) to find a site near you. Customer service by phone is available Monday through Friday from 8 a.m. to 6 p.m. Eastern time. Parents, caregivers, and family members can also contact their children's health care provider to find an appointment.

Q When can children get the COVID-19 vaccine?

Starting now! The FDA has authorized, and the CDC has recommended, the vaccine for use in 5- to 11-year-olds. However, vaccine availability may vary by site, which could affect how soon children can get their first shot. Parents, caregivers, and family members of children 5 to 11 are encouraged to schedule appointments with their children's health care provider or any pharmacy or vaccination clinic offering the Pfizer-BioNTech (age 5-11) vaccine to ensure availability.

Q Is the kids' vaccine different from the vaccine for ages 12 and up?

The kids' vaccine is specifically formulated for children and given at a lower dose than the vaccine meant for those over 12. The dose for 5- to 11-year-olds is just one-third the adult-size dose. It is important that children 5 to 11 receive the COVID-19 vaccine product indicated for their age group.

Q Given the low risk that COVID-19 poses for children, why not wait to vaccinate my child?

The risk of children getting severely ill from COVID-19 is lower than in adults, but it is not zero.

According to the American Academy of Pediatrics, children now account for as many as 1 in 4 COVID-19 infections. Children with COVID-19 are at risk of getting sick, becoming hospitalized, or in some cases, dying. Children may also develop long-term illness such as multisystem inflammatory syndrome in children (MIS-C) or "long COVID."

Getting children fully vaccinated helps protect them from becoming seriously ill or developing long-term complications. Vaccination can also help reduce infection in families, schools, and our communities.

ENGLISH: COVID-19 Vaccines for Ages 5-11 FAQ's

Dale a tu hijo la fuerza para combatir el COVID-19.

VACCINATE VIRGINIA

Los niños de 5 a 11 años ahora pueden recibir la vacuna para niños contra el COVID-19.

La vacuna Pfizer-BioNTech (entre 5 y 11 años) contra el COVID-19 ahora está autorizada para niños entre 5 y 11 años. La vacuna es segura y eficaz en la protección de los niños contra la infección. Se ha estudiado y probado con ensayos clínicos, igual como la vacuna para los adultos. Tu hijo necesitará dos dosis, con 21 a 42 días de diferencia, para estar completamente vacunado contra el COVID-19. Con la vacunación completa, los niños quedan protegidos de la enfermedad grave, y más. Además, pueden volver a un año escolar no interrumpido por cuarentenas, hacer deporte, participar en actividades extracurriculares, ver a sus amigos, viajar y más.

P ¿Dónde se pueden vacunar los niños?

Se ofrecen vacunas contra el COVID-19 gratuitas en centros de vacunación comunitarios, proveedores de atención de salud familiar, consultorios de pediatras, clínicas en escuelas y farmacias de venta minorista. Visita vaccinate.virginia.gov o llama al (877) VAX-IN-VA (877-829-4682) para encontrar un centro cerca tuyo. El servicio al cliente por teléfono está disponible de lunes a viernes, de las 8:00 a. m. a las 6 p. m., hora del este. Los padres, cuidadores y familiares también pueden comunicarse con el proveedor de atención de salud de sus hijos para pedir una cita.

P ¿Cuándo se pueden vacunar los niños contra el COVID-19?

¡Desde ahora! La FDA ha autorizado, y los CDC han recomendado, la vacuna para el uso en niños de 5 a 11 años. Sin embargo, la disponibilidad de la vacuna puede variar según el centro, lo que podría afectar cuán pronto los niños pueden recibir la primera vacuna. ASEGURA a los padres, cuidadores y familiares de niños de 5 a 11 años a programar citas con el proveedor de atención de salud de los niños o en cualquier farmacia o clínica de vacunación que ofrezca la vacuna Pfizer-BioNTech (entre 5 y 11 años) para confirmar la disponibilidad.

P ¿La vacuna para niños es distinta a la vacuna para mayores de 12 años?

La vacuna para niños está específicamente formulada para niños y tiene una dosis menor que la vacuna para mayores de 12 años. La dosis para niños entre 5 y 11 años es apenas un tercio de la dosis para adultos. Es importante que los niños entre 5 y 11 años reciban la vacuna contra el COVID-19 indicada para su grupo etario.

P Debido al bajo riesgo que el COVID-19 presenta para los niños, ¿por qué no puedo esperar para vacunar a mi hijo?

El riesgo de que los niños se enfermen gravemente por COVID-19 es más bajo que en adultos, pero no es cero.

Según la Academia Americana de Pediatría, los niños ahora representan 1 entre 4 infecciones por COVID-19. Los niños con COVID-19 están en riesgo de enfermarse, ser hospitalizados o, en algunos casos, morir. Los niños también pueden desarrollar una enfermedad a largo plazo, como el síndrome inflamatorio multisistémico (MIS-C, multisystem inflammatory syndrome) o "COVID prolongado".

Vacunar completamente a los niños permite protegerlos de enfermarse gravemente o desarrollar complicaciones a largo plazo. Las vacunas también permiten reducir las infecciones en las familias, la escuela y nuestras comunidades.

SPANISH: COVID-19 Vaccines for Ages 5-11 FAQ's

Make an appointment!

COVID-19 VACCINES & PREGNANCY

WE❤COVID | BCAC | UNIDOSUS

THE CONVERSATION
BETWEEN US, ABOUT US℠

5 THINGS TO KNOW ABOUT PREGNANCY, FERTILITY AND THE COVID VACCINE

COVID-19 vaccines are safe and effective for pregnant women, and provide protection for both mother and baby! Newborn babies born to pregnant people who receive the COVID-19 vaccine are

also protected. You can learn more about COVID-19 vaccines and pregnancy by watching the videos below!

ENGLISH: The Conversation: 5 Things to Know About the COVID Vaccine and Pregnancy
SPANISH: 5 Cosas Que Debes Saber Sobre La Vacuna Contra COVID y El Embarazo

Read more from "The Conversation"

LAST CALL FOR SURVEY RESPONSES!

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

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

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

** SURVEY ENDS FRIDAY, FEBRUARY 11th **

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

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

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

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

** La encuesta termina el viernes, 11 de Febrero **

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

==CSHD COVID-19 SURVEY CLOSES AT 5 PM ON FEBRUARY 11==

On January 24th, CSHD launched a Rapid Community Assessment (RCA) to learn how we can better support our community with accessing Covid-19 vaccines. A quick, anonymous survey has been available, both online and at libraries, as the first phase for gathering this valuable community insight. The questions are tailored to gather responses from folks who have not been ready or have not been able to get vaccinated against Covid-19. The survey can be completed in English or Spanish.

==PLEASE SHARE THIS SURVEY WITH PEOPLE YOU KNOW WHO ARE NOT VACCINATED!==

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

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.

CLICK HERE TO TAKE THE SURVEY!

LOOKING FOR A RAPID, AT-HOME 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!

Read more about self-testing.
Guidance for insurance reimbursement.

UPCOMING TESTING CLINICS

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 testing at Hillandale Park!](#)

CSHD is now offering testing every week day at the Augusta County Government Center in Verona! Testing operates from 8:00 a.m. - 4:00 p.m. Appointments are preferred, and can be made below.

[Make your appointment online for testing Augusta County Government Center](#)

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

Read more about the CDC's Testing Guidance

HEALTH DEPARTMENT COVID-19 VACCINE CLINICS

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

ALL CHILDHOOD COVID-19 VACCINE CLINICS

HEALTH DEPARTMENT COVID-19 VACCINE CLINICS

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
Ages 12-17 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
Ages 12-17 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
Ages 12-17 Pfizer

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^	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
213	221	73.0	1,324

Report Date Daily Cases Counts for past 90 Days
Multiple Localities

Select Date Range (Affects Bar Chart)
Past 90 Days
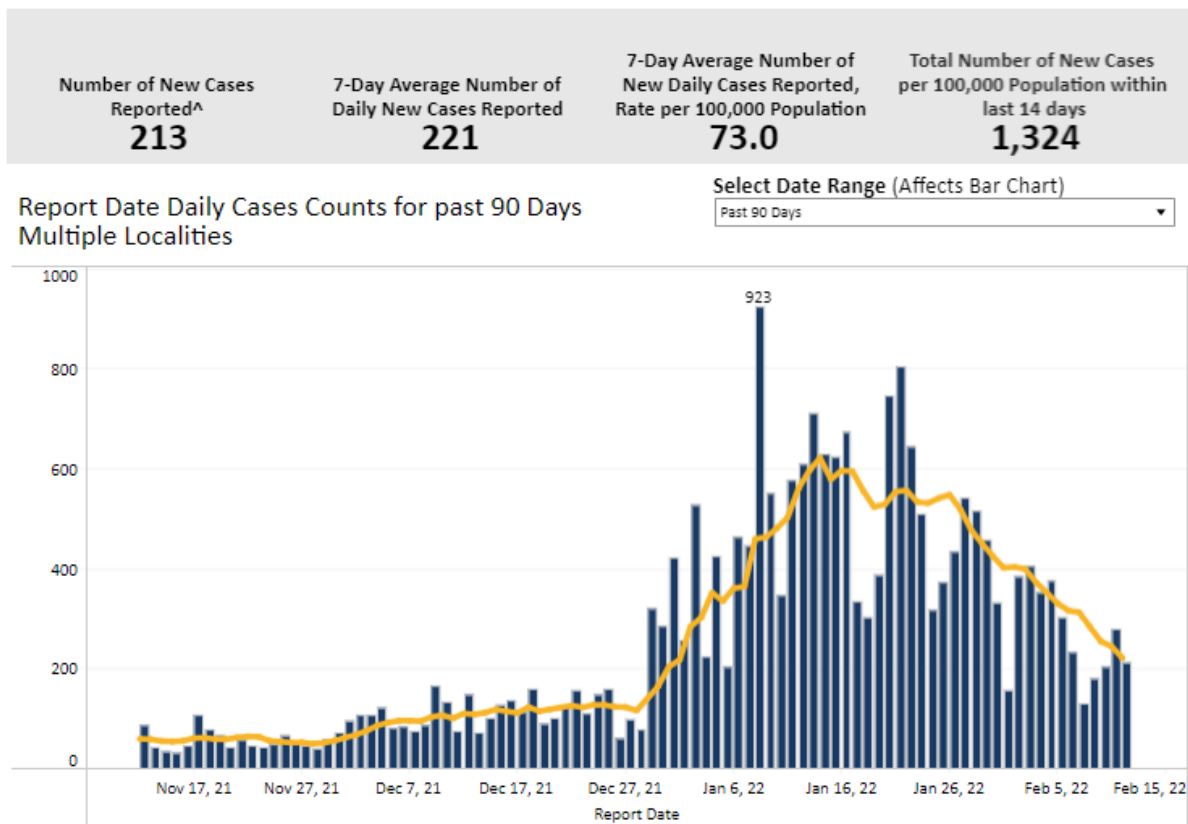
Case Data Breakdown

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	37	14,050	809	202
Harrisonburg City	43	12,906	368	130
Augusta County	69	18,211	378	176
Staunton City	13	5,363	120	98
Waynesboro City	11	5,157	119	58
Rockbridge County	11	3,086	95	73
Lexington City	14	2,738	40	39
Buena Vista City	6	1,908	37	39
Bath County	4	845	20	17
Highland County	0	341	5	5
Totals:	*208*	*64,605*	*1991*	*837*

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	58.2	55.2	67.5	64.3
Harrisonburg City	59.8	54.8	63.5	58.8
Augusta County	59.7	57.6	68.0	66.0
Staunton City	70.5	66.6	78.3	74.8
Waynesboro City	66.8	63.1	77.8	74.4
Rockbridge County	61.6	58.4	69.4	65.9
Lexington City	63.7	58.4	64.1	59.6
Buena Vista City	62.3	57.7	72.9	67.9
Bath County	59.9	54.3	67.8	61.4
Highland County	61.3	57.3	66.5	63.2
Totals:	*62.4*	*58.3*	*69.6*	*65.6*

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

AMERICAN HEART MONTH

PHYSICAL ACTIVITY

HEART-HEALTHY DIET

TRACK HEART HEALTH

QUALITY SLEEP

QUIT SMOKING & VAPING

HEALTHY WEIGHT

PROTECT YOUR HEART

With Valentine's Day around the corner, let's talk about heart health!

Every February, American Heart Month is celebrated by motivating Americans to adopt healthy lifestyles to prevent heart disease. Focusing on your heart health, and encouraging others to do the same, has never been more important as heart disease is the leading cause of death in the United States. Additionally, medical conditions such as heart disease can make you more likely to get severely ill from Covid-19.

Act now with these tips:
Increase your physical activity - moving more can help reduce your risk factors for heart disease!

Eat a heart healthy diet - a diet low in sodium and saturated fat is key!

Get quality sleep and reduce your stress - most adults need 7 to 8 hours of sleep each night.

CSHD, let's work together to prevent heart disease in our community! Learn more about protecting your heart by visiting NIH's webpage

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

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.