



# CENTRAL SHENANDOAH HEALTH DISTRICT

WEEKLY COVID-19 UPDATE & CLINIC INFORMATION

**FEBRUARY 25, 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 COVID-19 VACCINE CLINIC AT GLASGOW PUBLIC LIBRARY

#### COVID-19 VACCINE CLINIC

GLASGOW PUBLIC LIBRARY

FRIDAY, MARCH 4 | 4:30 - 7:00 P.M.

##### AVAILABLE VACCINES

Pfizer (Ages 5+)  
Moderna (Ages 18+)  
Johnson & Johnson (Ages 18+)

**First, second, third and booster doses are available!**

##### WALK-INS WELCOME!

Visit [vase.vdh.virginia.gov](https://vase.vdh.virginia.gov) to make an appointment

For questions or assistance, please email [cshdinfo@vdh.virginia.gov](mailto:cshdinfo@vdh.virginia.gov)  
or call 877-829-4682



#### CLÍNICA GRATUITA DE VACUNACIÓN COVID-19

GLASGOW PUBLIC LIBRARY

VIERNES, 4 de MARZO | 4:30 - 7:00 p.m.

##### VACUNAS DISPONIBLES:

Pfizer (mayores de 5 años)  
Moderna (mayores de 18 años)  
Johnson & Johnson (mayores de 18 años)

**¡Están disponibles primera, segunda, tercera dosis,  
y dosis de refuerzo!**

##### ¡LE DAMOS LA BIENVENIDA A PERSONAS SIN CITA!

Visite [vase.vdh.virginia.gov](https://vase.vdh.virginia.gov) para registrar

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



CSHD is hosting a free COVID-19 vaccine clinic at the Glasgow Public Library on Friday, March 4 from 4:30 - 7:00 p.m. Walk-ins are welcome!

Available Vaccines for first, second, third and booster doses:

- Pfizer (Ages 5+)
- Moderna (Ages 18+)

- Johnson & Johnson (18+)

Reserve your spot  
online!

## UPCOMING CLINICS AT DOLLAR GENERAL STORES

COVID-19 VACCINE CLINIC	COVID-19 VACCINE CLINIC	COVID-19 VACCINE CLINIC
<p>March 1, 11:00 a.m. - 1:00 p.m.</p> <p>14804 Spotswood Trail OUTSIDE IN THE PARKING LOT Elkton, VA 22827</p> <p>Pfizer (Ages 5+) 2 shots Moderna (Ages 18+) 2 shots Johnson &amp; Johnson (Ages 18+) 1 shot</p> <p>FIRST, SECOND, THIRD AND BOOSTER DOSES AVAILABLE!</p>	<p>March 1, 4:00 - 6:00 p.m.</p> <p>45 Judy Lane OUTSIDE IN THE PARKING LOT McGaheysville, VA 22840</p> <p>Pfizer (Ages 5+) 2 shots Moderna (Ages 18+) 2 shots Johnson &amp; Johnson (Ages 18+) 1 shot</p> <p>FIRST, SECOND, THIRD AND BOOSTER DOSES AVAILABLE!</p>	<p>March 4, 11:00 a.m. - 1:00 p.m.</p> <p>955 Virginia Ave OUTSIDE IN THE PARKING LOT Goshen, VA 24439</p> <p>Pfizer (Ages 5+) 2 shots Moderna (Ages 18+) 2 shots Johnson &amp; Johnson (Ages 18+) 1 shot</p> <p>FIRST, SECOND, THIRD AND BOOSTER DOSES AVAILABLE!</p>
Walk-ins welcome! Secure your spot with an appointment at <a href="https://vase.vdh.virginia.gov">vase.vdh.virginia.gov</a> Call (877) 829-4692 for questions or help making an appointment.	Walk-ins welcome! Secure your spot with an appointment at <a href="https://vase.vdh.virginia.gov">vase.vdh.virginia.gov</a> Call (877) 829-4692 for questions or help making an appointment.	Walk-ins welcome! Secure your spot with an appointment at <a href="https://vase.vdh.virginia.gov">vase.vdh.virginia.gov</a> Call (877) 829-4692 for questions or help making an appointment.

**ELKTON**  
March 1, 11:00 a.m. - 1:00 p.m.

**MCGAHEYSVILLE**  
March 1, 4:00 - 6:00 p.m.

**GOSHEN**  
March 4, 11:00 a.m. - 1:00 p.m.

Make an  
appointment!

## WIC HEALTH ALERT: POWDER FORMULA RECALL

**WIC Health Alert:** The Centers for Disease Control and Prevention (CDC) and the U.S. Food and Drug Administration are investigating consumer complaints of Cronobacter sakazakii infections in infants in several states who were fed powdered infant formula. Please see the graphic below for instructions on what powdered infant formula should not be consumed.

You can visit <https://www.similacreall.com/us/en/home.html> to see if the formula you have should not be consumed by your baby. Please also call your local WIC office for support.

RECALLED POWDERED FORMULA	RETIRO DEL MERCADO DE FÓRMULA EN POLVO
<p>Do not feed your baby recalled powdered formula. Throw away or return for refund.</p> <p>Do not use Similac, Alimentum, or EleCare powdered infant formulas if they meet all 3 of these conditions:</p> <ul style="list-style-type: none"> <li>• First two digits of the code are 22 through 37, AND</li> <li>• Code on the container contains "K8," "SH," or "Z2," AND</li> <li>• Use-by date is 1 APR 2022 or later.</li> </ul> <p><a href="https://go.usa.gov/xtuH5">https://go.usa.gov/xtuH5</a></p>	<p>No alimentes a tu bebé con fórmula en polvo retirada del mercado. Bótala o devuélvela para que te den un reembolso.</p> <p>No uses las marcas Similac, Alimentum o EleCare si cumplen con todas las siguientes tres condiciones:</p> <ul style="list-style-type: none"> <li>• los primeros dos dígitos son del 22 al 37, Y</li> <li>• el código en el recipiente tiene "K8", "SH", o "Z2" Y</li> <li>• la fecha de vencimiento es 4-1-2022 (APR 2022) o después.</li> </ul> <p><a href="https://go.usa.gov/xtuH5">https://go.usa.gov/xtuH5</a></p>

Check to see if your formula has been  
recalled

## 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+)

**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+)

**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)

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

**¡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 cshinfo@vdh.virginia.gov o llame 877-829-4682!



**GRATIS VACUNAS DE COVID-19**

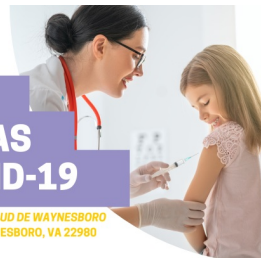
EL DEPARTAMENTO DE SALUD DE HARRISONBURG-ROCKINGHAM  
110 MASON STREET, HARRISONBURG, VA 22802

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

**¡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 cshinfo@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)

**¡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 cshinfo@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.

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](https://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.

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

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](https://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.

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

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

Make an appointment!

## 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 REGISTRO PREVIAMENTE 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

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

**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**

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!](https://vase.vdh.virginia.gov)

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

Read more about the CDC's Testing Guidance

Order at-home tests through  
USPS

## HEALTH DEPARTMENT COVID-19 VACCINE CLINICS



### HEALTH DEPARTMENT COVID-19 VACCINE CLINICS

#### **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**

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

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

### **ALL CHILDHOOD COVID-19 VACCINE CLINICS NOW OFFER PFIZER FOR AGES 12-17!**

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<sup>^</sup>  
**79**

7-Day Average Number of  
Daily New Cases Reported  
**99**

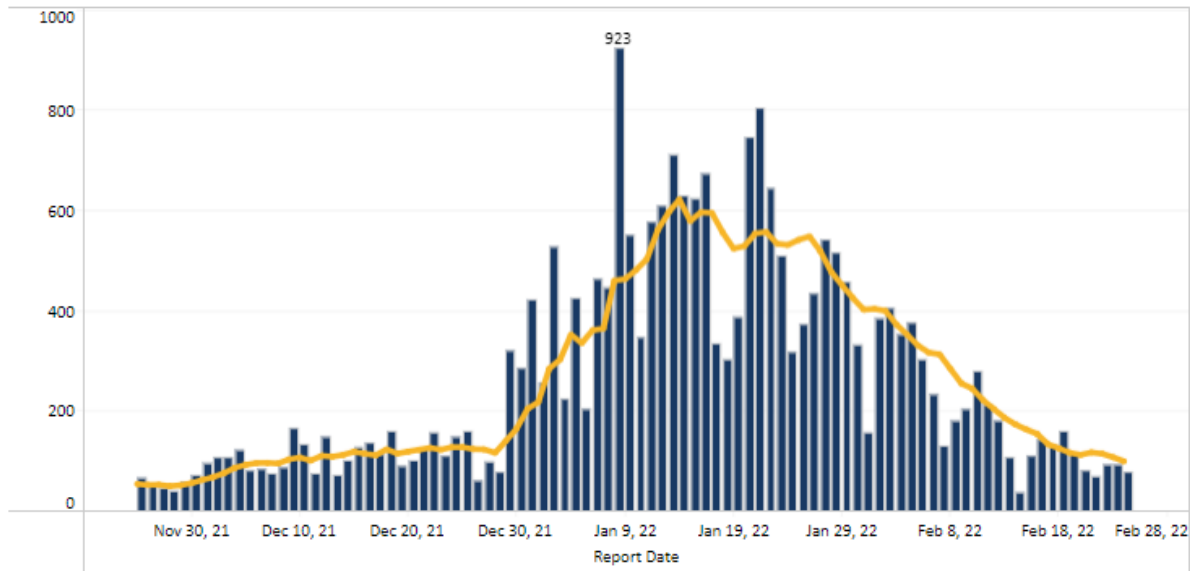
7-Day Average Number of  
New Daily Cases Reported,  
Rate per 100,000 Population  
**32.8**

Total Number of New Cases  
per 100,000 Population within  
last 14 days  
**537.0**

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	14	14,299	820	215
Harrisonburg City	19	13,141	373	146
Augusta County	17	18,640	388	195
Staunton City	9	5,509	124	103
Waynesboro City	2	5,243	123	59
Rockbridge County	9	3,191	95	74
Lexington City	3	2,795	40	39
Buena Vista City	4	1,974	40	39
Bath County	0	871	21	18
Highland County	4	355	6	5
<b>Totals:</b>	<b>81</b>	<b>66,018</b>	<b>2030</b>	<b>893</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:

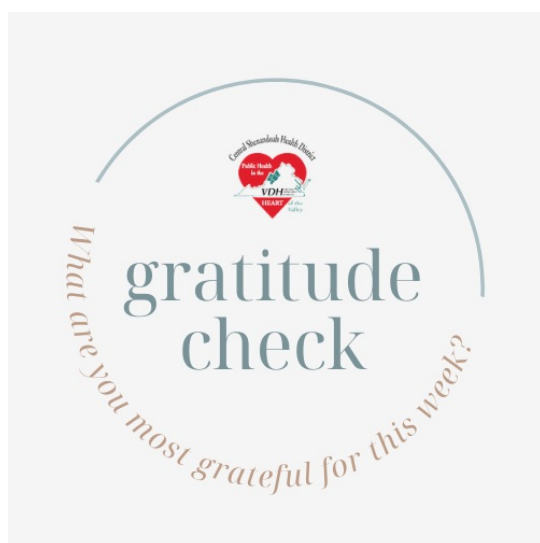
	Percentage of Population receiving one dose	Percentage of Population fully vaccinated	Percentage of Adults receiving one dose	Percentage of Adults fully vaccinated
Rockingham County	58.4	55.5	67.6	64.5
Harrisonburg City	60.1	55.3	63.8	59.2
Augusta County	59.8	57.9	68.1	66.2
Staunton City	70.9	67.1	78.6	75.1
Waynesboro City	67.0	63.5	78.0	74.8
Rockbridge County	61.7	58.7	69.5	66.2
Lexington City	64.0	58.9	64.5	60.1
Buena Vista City	62.7	58.3	73.3	68.5
Bath County	59.9	54.5	67.8	61.6
Highland County	61.3	57.6	66.6	63.4
<b>Totals:</b>	<b>62.6</b>	<b>58.7</b>	<b>69.8</b>	<b>66.0</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



### Gratitude Check!

With so many new developments in the world, both COVID-19 and otherwise, CSHD encourages our newsletter readers to take a moment for gratitude. Your mental and physical health will thank you for doing so! To get you started, what are 3 things you are grateful for today or this week?

To explore the power of gratitude and tips for how to practice gratitude, please visit [CDC's How Right Now](#).

P.S. CSHD is grateful for YOU!

## 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>

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





