



CENTRAL SHENANDOAH HEALTH DISTRICT

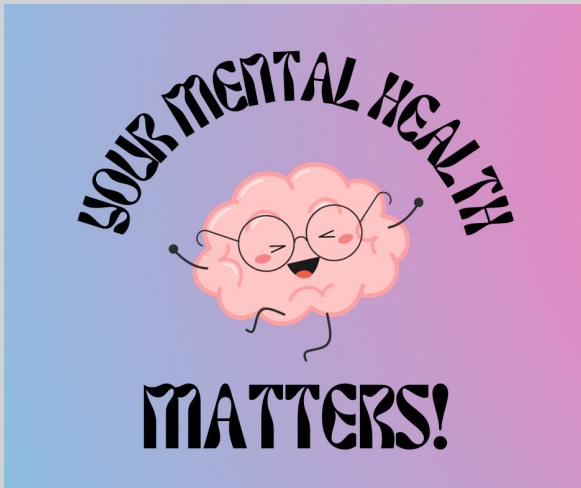
WEEKLY COVID-19 UPDATE & CLINIC INFORMATION

MARCH 18, 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***

A MOMENT FOR MENTAL HEALTH CARE



How Are You Feeling?

We are often asked this, and we say “fine.” But this has been a difficult time lately, and emotions can be complex. You may be feeling sad, worried, or stressed.

Your CSHD family cares about your mental health! We encourage you to:

- Take care of your body
- Make time to unwind
- Connect with others

For more information and resources on how to care for your mental health, visit the CDC's mental health hub [How Right Now](https://www.cdc.gov/mentalhealth). You do not have to figure out your mental health on your own!

If you or a loved one is experiencing emotional distress or a suicidal crisis, please call the National Suicide Prevention Lifeline at 1-800-273-8255 for free and confidential emotional support. Even if you do not need this phone number right now, this is a wonderful resource to save in your contacts!

REQUEST CSHD PUBLIC HEALTH STAFF FOR YOUR NEXT EVENT!

HOSTING A COMMUNITY EVENT?

WE WOULD LOVE TO JOIN!



- Please submit your request for public health staff presence at your upcoming community event by emailing cshdinfo@vdh.virginia.gov
- We can contribute resources, health education, and friendly faces!
- Community events include health fairs, block parties, festivals, and more!

NOTE: While we hope to meet your request, we are unable to provide a guarantee.

CSHD COVID-19 HOTLINE NOW OPEN!

CSHD has opened a COVID-19 hotline to answer questions from community members about COVID-19 and related issues, such as:

- Vaccinations & scheduling appointments
- Testing & symptoms
- Quarantine & isolation guidance
- How to minimize the risk of exposure
- Local and statewide transmission conditions
- Requests for care kits and PPE

As VDH shifts away from individual case investigations, it is important for the Central Shenandoah community to have an accessible tool to ask questions if they are exposed to or test positive for COVID-19.

Call 1-855-949-8378 to be connected!

Our hotline is up and running Monday-Friday from 8:00 a.m. until 4:30 p.m.

**This hotline should be reserved for COVID-19 related requests!
For any other services, please call your local health department.**

COVID-19 TESTING OPTIONS IN CSHD



CENTRAL SHENANDOAH HEALTH DISTRICT

COVID-19 HOTLINE

Speak with CSHD public health staff about COVID-19 testing, vaccines, finding support, and more!

855-949-8378

**MONDAY through FRIDAY
8:00 a.m. - 4:30 p.m.**



LOOKING FOR COVID-19 TESTING?

YOU HAVE OPTIONS!

There are opportunities throughout the health district to get a COVID-19 test, [including at-home rapid test kits available for each household](#). VDH also offers an [online testing site finder](#).

In addition to the resources on the testing locator map, you may find additional testing sites in your area by visiting:

- Retail pharmacies
- [Walgreens Partnership](#)
- [Coronavirus Disease \(COVID-19\) Information for Patients | LabCorp](#); Pixel by LabCorp provides additional events (not sponsored by VDH)
- Your [local health department website](#)
- [At-home test kits are available through some libraries](#)
- Your primary healthcare provider
- At home tests can be ordered through some private companies, including [Quest Diagnostic](#)

DO NOT GO TO THE HOSPITAL OR EMERGENCY ROOM TO GET A COVID-19 TEST!

Hospital emergency rooms, urgent care providers and rescue squads are intended for medical emergencies, not routine COVID-19 testing.

**VDH Testing
Finder**

UPCOMING COMMUNITY CLINIC AT GLASGOW PUBLIC LIBRARY

COVID-19 VACCINE CLINIC

GLASGOW PUBLIC LIBRARY

FRIDAY, MARCH 25 | 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 to make an appointment

For questions or assistance, please email cshdinfo@vdh.virginia.gov
or call 855-949-8378



CLÍNICA GRATUITA DE VACUNACIÓN COVID-19

GLASGOW PUBLIC LIBRARY

VIERNES, 25 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!*

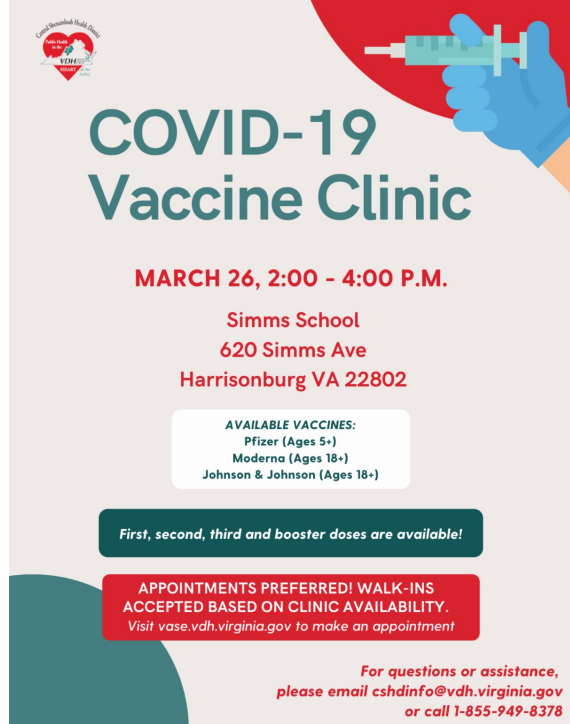
¡LE DAMOS LA BIENVENIDA A PERSONAS SIN CITA!

Visite vase.vdh.virginia.gov para registrar

¿Tiene preguntas sobre la vacuna COVID-19 o necesita ayuda?
¡Enviar un mensaje a cshdinfo@vdh.virginia.gov o llame 855-949-8378



UPCOMING COMMUNITY CLINICS AT SIMMS SCHOOL AND SKYLINE MIDDLE SCHOOL



COVID-19 Vaccine Clinic

MARCH 26, 2:00 - 4:00 P.M.

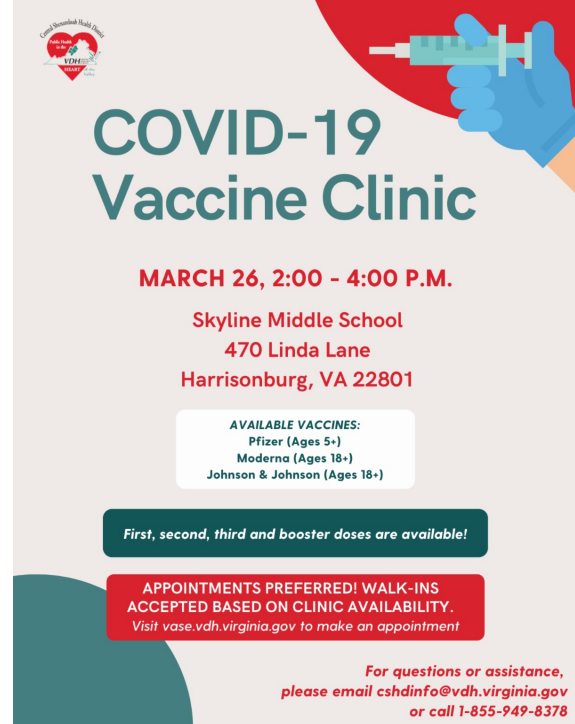
Simms School
620 Simms Ave
Harrisonburg VA 22802

AVAILABLE VACCINES:
Pfizer (Ages 5+)
Moderna (Ages 18+)
Johnson & Johnson (Ages 18+)

First, second, third and booster doses are available!

APPOINTMENTS PREFERRED! WALK-INS ACCEPTED BASED ON CLINIC AVAILABILITY.
Visit vase.vdh.virginia.gov to make an appointment

For questions or assistance,
please email cshdinfo@vdh.virginia.gov
or call 1-855-949-8378



COVID-19 Vaccine Clinic

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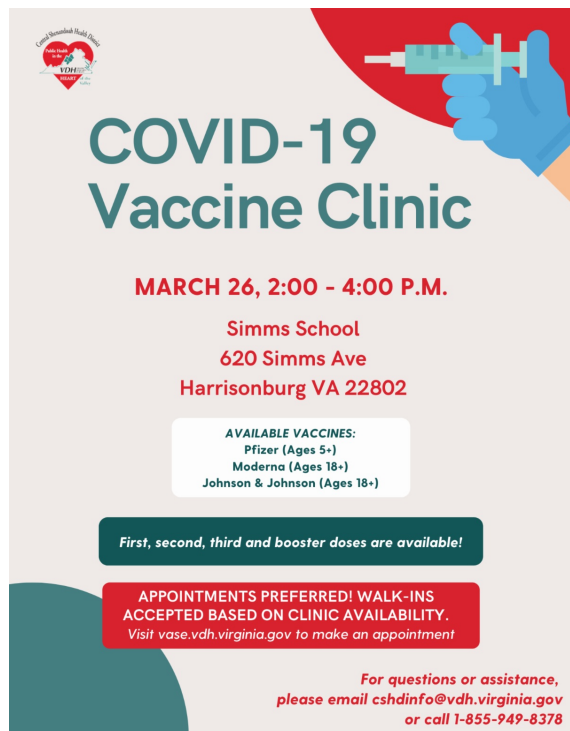
Skyline Middle School
470 Linda Lane
Harrisonburg, VA 22801

AVAILABLE VACCINES:
Pfizer (Ages 5+)
Moderna (Ages 18+)
Johnson & Johnson (Ages 18+)

First, second, third and booster doses are available!

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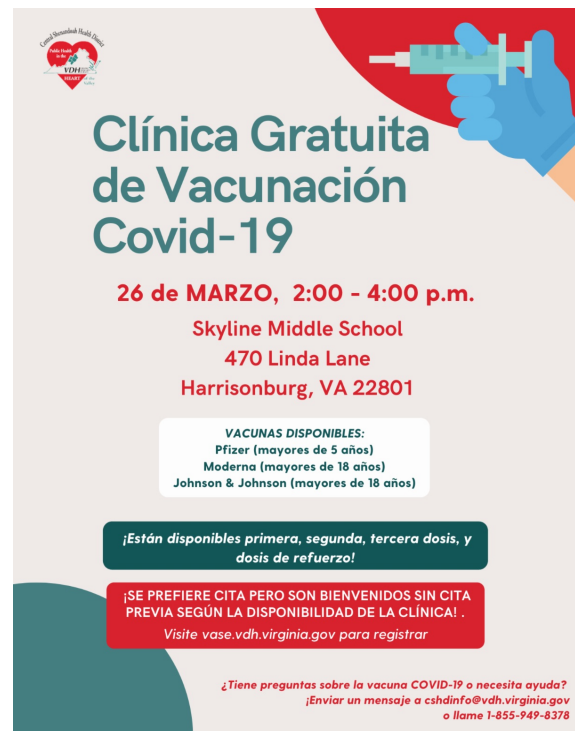
Simms School
620 Simms Ave
Harrisonburg VA 22802

AVAILABLE VACCINES:
Pfizer (Ages 5+)
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For questions or assistance,
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or call 1-855-949-8378



Clínica Gratuita de Vacunación Covid-19

26 de MARZO, 2:00 - 4:00 p.m.

Skyline Middle School
470 Linda Lane
Harrisonburg, VA 22801

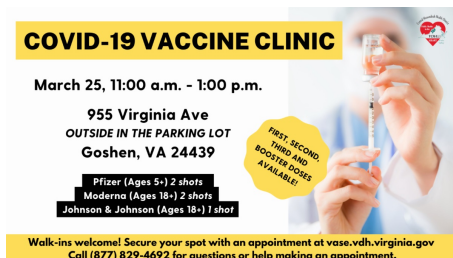
VACUNAS DISPONIBLES:
Pfizer (mayores de 5 años)
Moderna (mayores de 18 años)
Johnson & Johnson (mayores de 18 años)

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

¡SE PREFIERE CITA PERO SON BIENVENIDOS SIN CITA PREVIA SEGÚN LA DISPONIBILIDAD DE LA CLÍNICA! .
Visite vase.vdh.virginia.gov para registrar

¿Tiene preguntas sobre la vacuna COVID-19 o necesita ayuda?
¡Enviar un mensaje a cshdinfo@vdh.virginia.gov o llame 1-855-949-8378

UPCOMING CLINICS AT DOLLAR GENERAL STORES



COVID-19 VACCINE CLINIC

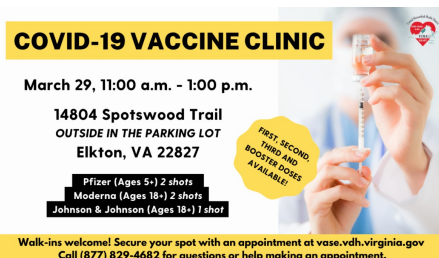
March 25, 11:00 a.m. - 1:00 p.m.

955 Virginia Ave
OUTSIDE IN THE PARKING LOT
Goshen, VA 24439

AVAILABLE VACCINES:
Pfizer (Ages 5+) 2 shots
Moderna (Ages 18+) 2 shots
Johnson & Johnson (Ages 18+) 1 shot

FIRST, SECOND, THIRD AND BOOSTER DOSES AVAILABLE!

Walk-ins welcome! Secure your spot with an appointment at vase.vdh.virginia.gov
Call (877) 829-4692 for questions or help making an appointment.



COVID-19 VACCINE CLINIC

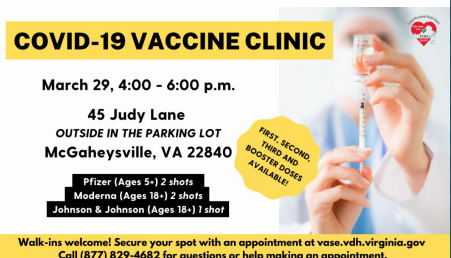
March 29, 11:00 a.m. - 1:00 p.m.

14804 Spotswood Trail
OUTSIDE IN THE PARKING LOT
Elkton, VA 22827

AVAILABLE VACCINES:
Pfizer (Ages 5+) 2 shots
Moderna (Ages 18+) 2 shots
Johnson & Johnson (Ages 18+) 1 shot

FIRST, SECOND, THIRD AND BOOSTER DOSES AVAILABLE!

Walk-ins welcome! Secure your spot with an appointment at vase.vdh.virginia.gov
Call (877) 829-4682 for questions or help making an appointment.



COVID-19 VACCINE CLINIC

March 29, 4:00 - 6:00 p.m.

45 Judy Lane
OUTSIDE IN THE PARKING LOT
McGaheysville, VA 22840

AVAILABLE VACCINES:
Pfizer (Ages 5+) 2 shots
Moderna (Ages 18+) 2 shots
Johnson & Johnson (Ages 18+) 1 shot

FIRST, SECOND, THIRD AND BOOSTER DOSES AVAILABLE!

Walk-ins welcome! Secure your spot with an appointment at vase.vdh.virginia.gov
Call (877) 829-4682 for questions or help making an appointment.

GOSHEN
March 25, 11:00 a.m. - 1:00 p.m.

ELKTON
March 29, 11:00 a.m. - 1:00 p.m.

MCGAHEYSVILLE
March 29, 4:00 - 6:00 p.m.

Make an
appointment!

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
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

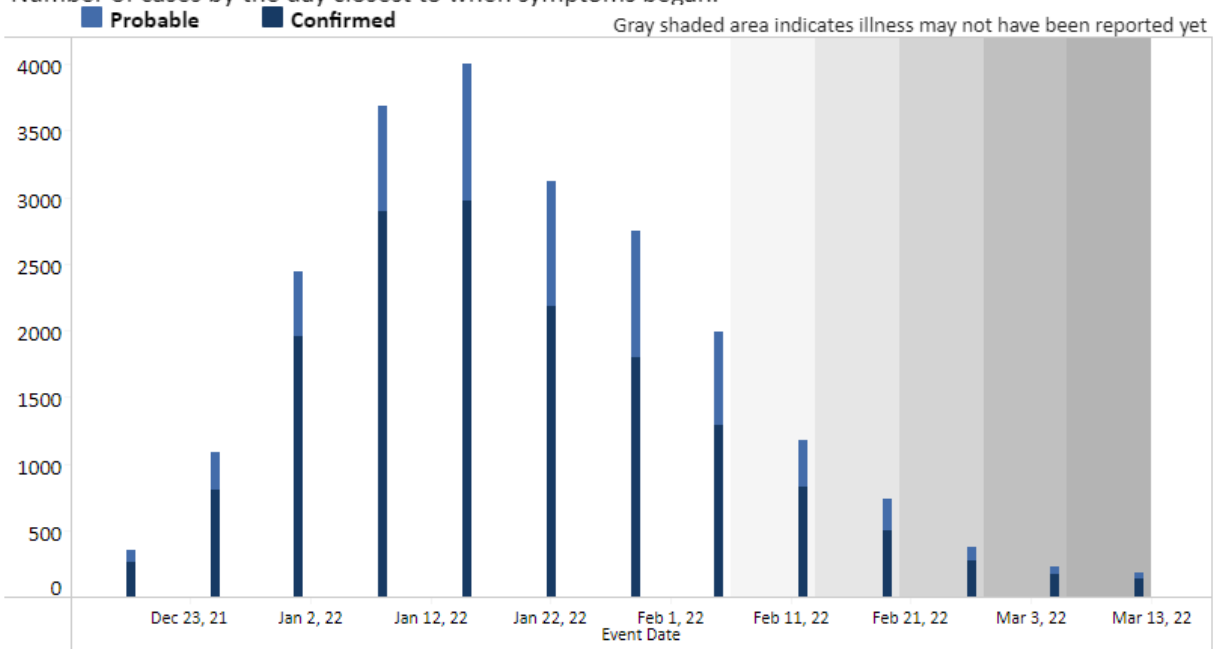
Note: On March 10, 2022, VDH made changes to simplify and streamline some of the COVID-19 dashboards. More information about the changes are in the [News Release](#) and on the [Website Change Log](#).

Case Trends

The chart below illustrates the rate of cases throughout the Central Shenandoah Health District over the last 90 days.

Number of Cases by Date of Illness for Central Shenandoah District for the past 13 weeks

Number of cases by the day closest to when symptoms began.



* Includes people with either a positive molecular/PCR test (Confirmed), positive antigen test (Probable) or symptomatic with known exposure to COVID-19 (Probable).

** Hospitalization of a case is captured at the time VDH performs case investigation. This underrepresents the total number of hospitalizations in Virginia

† VDH adopted the updated CDC COVID-19 2021 Surveillance Case Definition on September 1, 2021 which is found here: --

<https://ndc.services.cdc.gov/case-definitions/coronavirus-disease-2019-2021/>

Source: Cases - Virginia Electronic Disease Surveillance System (VEDSS), data entered by 5:00 PM the prior day.

COVID-19 Case Data Breakdown

March 18, 2022



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:

COVID-19 Vaccination Data Breakdown

March 18, 2022

	Percentage of Population receiving one dose	Percentage of Population fully vaccinated	Percentage of Adults receiving one dose	Percentage of Adults fully vaccinated
Rockingham County	58.6	55.8	67.8	64.8
Harrisonburg City	60.5	55.8	64.1	59.5
Augusta County	60.0	58.2	68.2	66.4
Staunton City	71.2	67.6	78.8	75.5
Waynesboro City	67.3	64.0	78.3	75.2
Rockbridge County	61.9	58.9	69.6	66.3
Lexington City	64.3	59.3	64.7	60.4
Buena Vista City	62.9	58.9	73.4	69.1
Bath County	60.1	54.5	68.0	61.7
Highland County	61.5	58.1	66.8	63.9
Totals:	62.8%	59.1%	70.0%	66.3%

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

March is National Nutrition Month!



Do you want to fuel your body with healthier foods, but you're not sure where to start?

National Nutrition Month is the perfect time to take advantage of the many resources available to help you eat right!

Visit eatright.org to start your journey towards a healthier you. Your body will thank 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. 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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Subscribe here!

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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/>

