



CENTRAL SHENANDOAH HEALTH DISTRICT

MARCH 25 WEEKLY UPDATE

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***

COVID-19 RESOURCE TOOLKIT

We know how important it is to have reliable information about COVID-19 so you can keep yourself and your loved ones safe. As circumstances with COVID-19 continue to evolve, don't forget about all the tools we have in our toolkit!

**FIND COVID-19
TESTING
OPPORTUNITIES
AND AT-HOME
TESTS**



**VISIT THE
ISOLATION &
QUARANTINE
CALCULATOR**



**LEVELS OF
COVID-19
COMMUNITY
TRANSMISSION
MAP**



**ACCESS YOUR
COVID-19
VACCINATION
RECORD**



**FIND A COVID-19
VACCINE FOR
YOURSELF OR A
LOVED ONE**



**VISIT THE
CDC'S MENTAL
HEALTH RESOURCE
HUB**



LOOKING FOR MORE?

CHECK OUT SOME OF OUR FAVORITE SITES FOR
ACCURATE, UP-TO-DATE COVID-19 INFO!

[VDH COVID-19 in Virginia
Page](#)

[CDC COVID-19 Landing
Page](#)

[CSHD COVID-19
Resources Page](#)

**FOR COVID-19 RELATED QUESTIONS OR REQUESTS,
CALL THE CSHD COVID-19 HOTLINE!**



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.

CSHD has opened a COVID-19 hotline to answer questions from community members about COVID-19 and related issues, such as: vaccinations and scheduling appointments, testing and symptoms, quarantine and isolation guidance, transmission conditions, and care kit requests.

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!
Monday-Friday, 8:30 a.m.- 4:30 p.m.***

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

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.*

APRIL 2022 CHANGES IN HEALTH DEPARTMENT CLINIC TIMES



APRIL 2022 HEALTH DEPARTMENT COVID-19 VACCINE CLINICS

Walk-ins are welcome!

To secure your spot, visit vase.vdh.virginia.gov

HARRISONBURG-ROCKINGHAM HEALTH DEPARTMENT

Wednesdays, 2:00 - 6:00 p.m.

Ages 5-11: Pfizer

Ages 12-17 Pfizer

Fridays, 12:30 - 4:30 p.m.

Ages 5+: Pfizer, Moderna,

Johnson & Johnson

LEXINGTON-ROCKBRIDGE HEALTH DEPARTMENT

Fridays, 12:30 - 4:30 p.m.

Ages 5+: Pfizer, Moderna, Johnson & Johnson

WAYNESBORO HEALTH DEPARTMENT

Mondays

9:00 a.m. - 1:00 p.m. - Ages 5+: Pfizer, Moderna, Johnson & Johnson

2:00 p.m. - 6:00 p.m. - Ages 5-11: Pfizer, Ages 12-17 Pfizer

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](#).

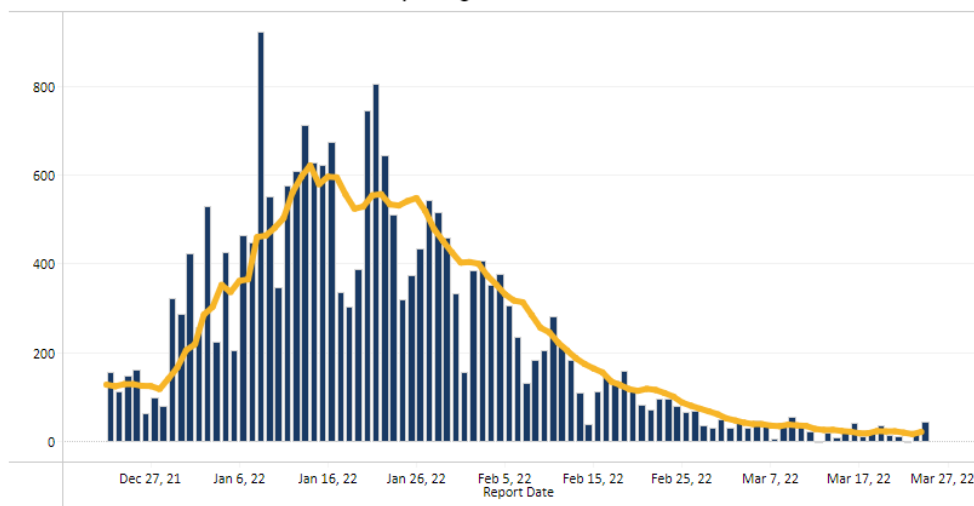
Case Trends

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

Number of cases by the date reported to VDH

■ New Cases

■ New Cases 7 Day Average



COVID-19 Case Data Breakdown

March 25, 2022



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

COVID-19 Vaccination Data Breakdown

March 25, 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	64.9
Harrisonburg City	60.6	55.9	64.2	59.6
Augusta County	60.0	58.2	68.3	66.5
Staunton City	71.2	67.6	78.9	75.6
Waynesboro City	67.4	64.1	78.3	75.2
Rockbridge County	61.9	59.0	69.6	66.4
Lexington City	64.4	59.4	64.7	60.5
Buena Vista City	62.9	59.0	73.5	69.3
Bath County	60.1	54.6	68.0	61.8
Highland County	61.3	58.2	66.6	63.9
Totals:	62.8%	59.2%	70.0%	66.4%

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:

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

This week is National Drug & Alcohol Facts Week!



National Drug & Alcohol Facts Week is an annual health observance that inspires dialogue about the science of drug use and addiction among youth.

This dialogue serves as an opportunity to bring together scientists, students, educators, healthcare providers, and community partners to help advance prevention and awareness efforts surrounding substance misuse in our own communities and nationwide.

Here is what you can do:

Check out the [CSHD Facebook page](#) for daily posts with important drug & alcohol facts.

Educate yourself about substance use and addiction by visiting <https://teens.drugabuse.gov>.

CSHD wishes you a happy and healthy weekend! Regardless of what your weekend plans might look like, we encourage you to take a moment for your mental health.

Our Mental Health Matters

Take a time-out.

Take deep breaths.

Count to 10 slowly.

Get enough sleep.

Do your best.



SOCIAL MEDIA TOOL KIT



COVID-19 VACCINE COMMUNITY CLINIC CALENDARS

Download and share these graphics on your social media channels to spread the word about COVID-19 vaccine clinics happening in the health district! All CSHD clinics operate as "appointments preferred," but walk-in appointments are welcome. Folks can make appointments for CSHD clinics at vase.vdh.virginia.gov.

LEXINGTON, BUENA VISTA & ROCKBRIDGE COUNTY

COVID-19 VACCINE CLINICS COMMUNITY CALENDAR Lexington - Rockbridge - Buena Vista APPOINTMENTS PREFERRED				
MONDAY, MARCH 28	TUESDAY, MARCH 29	WEDNESDAY, MARCH 30	THURSDAY, MARCH 31	FRIDAY, APRIL 1
Radline Medical Center 9:00am-12:00pm Pfizer, Moderna, Johnson & Johnson (Ages 16+) Partner: Radline Medical Associates	Radline Medical Center 9:00am-12:00pm Pfizer, Moderna, Johnson & Johnson (Ages 16+) Partner: Radline Medical Associates	Radline Medical Center 9:00am-12:00pm Pfizer, Moderna, Johnson & Johnson (Ages 16+) Partner: Radline Medical Associates	Radline Medical Center 9:00am-12:00pm Pfizer, Moderna, Johnson & Johnson (Ages 16+) Partner: Radline Medical Associates	Radline Medical Center 9:00am-12:00pm Pfizer, Moderna, Johnson & Johnson (Ages 16+) Partner: Radline Medical Associates
		Dollar General - Buena Vista 10:00am-12:00pm Pfizer, Moderna, Johnson & Johnson (Ages 16+) Partner: Central Shenandoah Health District	Lexington Health Department 10:00am-12:00pm Pfizer, Moderna, Johnson & Johnson (Ages 16+) Partner: Central Shenandoah Health District	
		Lexington Health Department 10:00am-12:00pm Pfizer, Moderna, Johnson & Johnson (Ages 16+) Partner: Central Shenandoah Health District		

CLINICS ARE SUBJECT TO CHANGE!
For the most up-to-date information regarding COVID-19 vaccine clinics, please visit vase.vdh.virginia.gov or call the health district at (540) 251-2445.



STAUNTON, WAYNESBORO & AUGUSTA COUNTY

COVID-19 VACCINE CLINICS COMMUNITY CALENDAR Staunton - Augusta - Waynesboro APPOINTMENTS PREFERRED			
MONDAY, MARCH 28	TUESDAY, MARCH 29	WEDNESDAY, MARCH 30	THURSDAY, MARCH 31
Waynesboro Health Department 9:00am-12:00pm Pfizer, Moderna, Johnson & Johnson (Ages 16+) Partner: CSHD	Augusta Health Fitness Center 10:00am-12:00pm Pfizer, Moderna, Johnson & Johnson (Ages 16+) Partner: Augusta Health	Dollar General - Staunton South 10:00am-12:00pm Pfizer, Moderna, Johnson & Johnson (Ages 16+) Partner: CSHD	Augusta Health Fitness Center 10:00am-12:00pm Pfizer, Moderna, Johnson & Johnson (Ages 16+) Partner: Augusta Health
Waynesboro Health Department 2:00pm-4:00pm Pfizer (Ages 16+) Partner: CSHD			

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HARRISONBURG & ROCKINGHAM COUNTY

COVID-19 VACCINE CLINICS COMMUNITY CALENDAR Harrisonburg - Rockingham County APPOINTMENTS PREFERRED				
TUESDAY, MARCH 29	WEDNESDAY, MARCH 30	THURSDAY, MARCH 31	FRIDAY, APRIL 1	SATURDAY, APRIL 2
HCHC - Shenandoah 10:00am-12:00pm Pfizer, Moderna, Johnson & Johnson (Ages 16+) Partner: Healthy Communities Health Center	HCHC - Shenandoah 10:00am-12:00pm Pfizer, Moderna, Johnson & Johnson (Ages 16+) Partner: Healthy Communities Health Center	HCHC - Shenandoah 10:00am-12:00pm Pfizer, Moderna, Johnson & Johnson (Ages 16+) Partner: Healthy Communities Health Center	HCHC - Shenandoah 10:00am-12:00pm Pfizer, Moderna, Johnson & Johnson (Ages 16+) Partner: Healthy Communities Health Center	HCHC - Shenandoah 10:00am-12:00pm Pfizer, Moderna, Johnson & Johnson (Ages 16+) Partner: Healthy Communities Health Center
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Clínicas Gratuitas de Vacunación COVID-19 Lexington - Rockbridge - Buena Vista ¡Cita preferida!				
LUNES, 27 de MARZO	MARTES, 28 de MARZO	MÉRCOLES, 29 de MARZO	JUEVES, 30 de MARZO	VIERNES, 31 de MARZO
Radline Medical Center 9:00am-12:00pm Pfizer, Moderna, Johnson & Johnson (Ages 16+) Socio: Radline Medical Associates	Radline Medical Center 9:00am-12:00pm Pfizer, Moderna, Johnson & Johnson (Ages 16+) Socio: Radline Medical Associates	Radline Medical Center 9:00am-12:00pm Pfizer, Moderna, Johnson & Johnson (Ages 16+) Socio: Radline Medical Associates	Radline Medical Center 9:00am-12:00pm Pfizer, Moderna, Johnson & Johnson (Ages 16+) Socio: Radline Medical Associates	Radline Medical Center 9:00am-12:00pm Pfizer, Moderna, Johnson & Johnson (Ages 16+) Socio: Radline Medical Associates
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¡El horario está sujeto a cambios!
Para la información más reciente sobre las clínicas de vacunación COVID-19, visite vase.vdh.virginia.gov o llame al distrito de salud al (540) 251-2445.



Clínicas Gratuitas de Vacunación COVID-19 Staunton - Augusta - Waynesboro ¡Cita preferida!			
LUNES, 27 de MARZO	MÉRCOLES, 29 de MARZO	MÉRCOLES, 29 de MARZO	VIERNES, 31 de MARZO
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Clínicas Gratuitas de Vacunación COVID-19 Harrisonburg - Rockingham ¡Cita preferida!				
MARTES, 27 de MARZO	MÉRCOLES, 28 de MARZO	JUEVES, 29 de MARZO	VIERNES, 30 de MARZO	SÁBADO, 31 de ABRIL
HCHC - Shenandoah 10:00am-12:00pm Pfizer, Moderna, Johnson & Johnson (Ages 16+) Socio: Healthy Communities Health Center	HCHC - Shenandoah 10:00am-12:00pm Pfizer, Moderna, Johnson & Johnson (Ages 16+) Socio: Healthy Communities Health Center	HCHC - Shenandoah 10:00am-12:00pm Pfizer, Moderna, Johnson & Johnson (Ages 16+) Socio: Healthy Communities Health Center	HCHC - Shenandoah 10:00am-12:00pm Pfizer, Moderna, Johnson & Johnson (Ages 16+) Socio: Healthy Communities Health Center	HCHC - Shenandoah 10:00am-12:00pm Pfizer, Moderna, Johnson & Johnson (Ages 16+) Socio: Healthy Communities Health Center
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SOCIAL MEDIA SHAREABLES - UPCOMING COVID-19 VACCINE CLINICS

Let your communities know about the upcoming vaccine clinics in the health district! Walk-ins are welcome, but those wishing to make an appointment ahead of time may do so at vase.vdh.virginia.gov or by calling our COVID-19 hotline at 855-949-8378.

SIMMS SCHOOL - 3/26

SKYLINE MIDDLE SCHOOL - 3/26

FREE! COVID-19 Vaccine Clinic



MARCH 26, 2:00 - 4:00 p.m.

Simms School
620 Simms Ave, Harrisonburg VA 22802

First, second, third and booster doses are available!

AVAILABLE VACCINES

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

WALK-INS WELCOME!
MAKE AN APPOINTMENT AT VASE.VDH.VIRGINIA.GOV
OR CALL 1-855-949-8378



FREE! COVID-19 Vaccine Clinic



MARCH 26, 2:00 - 4:00 p.m.

Skyline Middle School
470 Linda Lane, Harrisonburg, VA 22801

First, second, third and booster doses are available!

AVAILABLE VACCINES

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

WALK-INS WELCOME!
MAKE AN APPOINTMENT AT VASE.VDH.VIRGINIA.GOV
OR CALL 1-855-949-8378



Clínica Gratuita de Vacunación Covid-19



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

Simms School
620 Simms Ave, Harrisonburg VA 22802

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

VACUNAS DISPONIBLES:

Pfizer (mayores de 12 años)
Moderna (mayores de 18 años)
Johnson & Johnson (mayores de 18 años)

¡LE DAMOS LA BIENVENIDA A PERSONAS SIN CITAS!
VISITE VASE.VDH.VIRGINIA.GOV
O LLAME 1-855-949-8378 PARA REGISTRAR



Clínica Gratuita de Vacunación Covid-19



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

Skyline Middle School
470 Linda Lane, Harrisonburg, VA 22801

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O LLAME 1-855-949-8378 PARA REGISTRAR



CDC Self-Testing Toolkit

From the CDC, this toolkit covers basic self-testing facts, recommendations on when to take self-test, how to locate a

DON'T DELAY: TEST SOON AND TREAT EARLY
| COVID-19 |

If you are at high risk of getting very sick from COVID-19, and test positive, treatment may be available.



Get tested as soon as possible after your symptoms start.

Contact your healthcare provider right away if your result is positive.



Don't delay. Treatment must be started early to work.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

self-test, how to use, how to decipher results, FAQs, + print resources.

Self-tests for COVID-19 give rapid results and can be taken anywhere, regardless of your vaccination status or whether or not you have symptoms.

**Visit the Self-Testing
Toolkit**

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/>

