



CENTRAL SHENANDOAH HEALTH DISTRICT

WEEKLY COVID-19 UPDATE & CLINIC INFORMATION

MARCH 4, 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***

UPDATED MASKING GUIDANCE



The CDC updated their masking guidance this week, [and you can read more about it here.](#)

People with symptoms, a positive test, or exposure to someone with COVID-19 should ALWAYS wear a mask (regardless of Covid-19 Community Level).

In areas where the [COVID-19 Community Level](#) is:

- **Low:** Wear a mask based on your personal preference and [risk of developing severe illness.](#)
- **Medium:** Wear a mask based on your personal preference, your level of risk, and [the risk of the people you live or spend time with.](#)

- **High:** The CDC recommends that everyone, regardless of vaccination status, should wear a mask indoors in public.
 - People at increased risk should wear a mask or respirator that provides them with greater protection, like an N95 or KN95.

Additionally, people with weakened immune systems or who are at [increased risk](#) for severe illness should talk to their healthcare provider about what extra precautions, like masks, they may need.

People may choose to mask at any time.

Some localities, local businesses, and other settings may still require masks. Follow any applicable rules or ordinances. *This guidance does not apply to healthcare facilities, including hospitals or nursing homes.* VDH is working to update documents and other associated materials to align with this guidance.

Read more about masking guidance

COVID-19 TESTING OPTIONS IN CSHD



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 CLINICS AT DOLLAR GENERAL STORES

COVID-19 VACCINE CLINIC

March 9, 11:00 a.m. - 1:00 p.m.

2146 E Midland Trail
OUTSIDE IN THE PARKING LOT
Buena Vista, VA 24416

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 9, 4:00 - 6:00 p.m.

2814 Stuarts Draft Highway
OUTSIDE IN THE PARKING LOT
Stuarts Draft, VA 24477

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.

BUENA VISTA

March 9, 11:00 a.m. - 1:00 p.m.

STUARTS DRAFT

March 9, 4:00 - 6:00 p.m.

COVID-19 VACCINE CLINIC

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

1013 Greenville Ave
OUTSIDE IN THE PARKING LOT
Staunton, VA 24401

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 11, 4:00 - 6:00 p.m.

143 Craig Street
OUTSIDE IN THE PARKING LOT
Craigsville, VA 24430

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.

STAUNTON (GREENVILLE AVE)

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

CRAIGSVILLE


March 11, 4:00 - 6:00 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.similacrecall.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

Do not feed your baby recalled powdered formula. Throw away or return for refund.

Do not use Similac, Alimentum, or EleCare powdered infant formulas if they meet all 3 of these conditions:

- First two digits of the code are 22 through 37, AND
- Code on the container contains "K8," "SH," or "Z2," AND
- Use-by date is 1 APR 2022 or later.

<https://go.usa.gov/xtuHS>



RETIRO DEL MERCADO DE FÓRMULA EN POLVO

No alimentes a tu bebé con fórmula en polvo retirada del mercado. Bótala o devuélvela para que te den un reembolso.

No uses las marcas Similac, Alimentum o EleCare si cumplen con todas las siguientes tres condiciones:

- los primeros dos dígitos son del 22 al 37, Y
- el código en el recipiente tiene "K8", "SH", o "Z2" Y
- la fecha de vencimiento es 4-1-2022 (APR 2022) o después.

<https://go.usa.gov/xtuHb>

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



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

- (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?](#)

**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

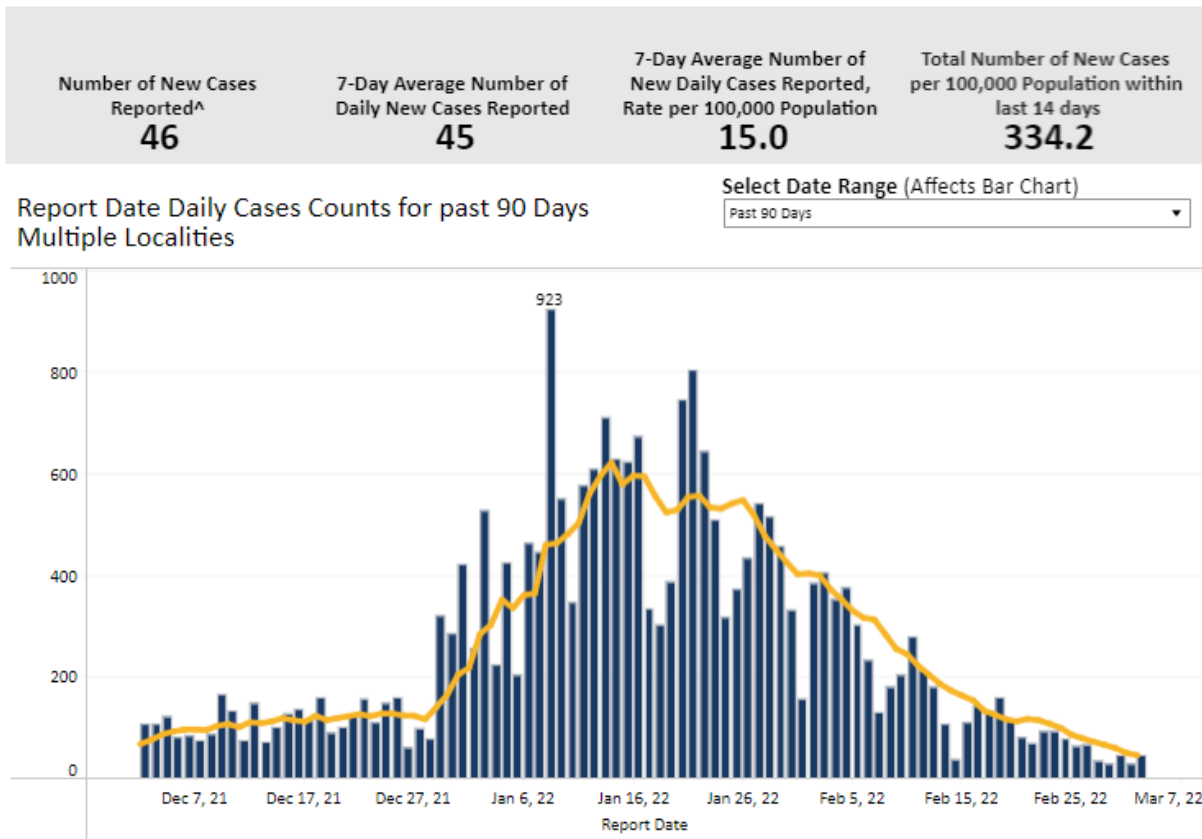
CENTRAL SHENANDOAH HEALTH DISTRICT

COVID-19 DATA

NOTE: 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.



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	8	14,359	826	222
Harrisonburg City	6	13,166	375	151
Augusta County	16	18,754	391	200
Staunton City	4	5,540	127	104
Waynesboro City	4	5,274	123	60
Rockbridge County	2	3,206	96	75
Lexington City	3	2,814	40	39
Buena Vista City	2	1,985	40	39
Bath County	1	878	21	19
Highland County	0	358	7	7
Totals:	46	66,334	2046	916

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	58.5	55.6	67.7	64.7
Harrisonburg City	60.3	55.5	64.0	59.3
Augusta County	59.9	58.0	68.1	66.3
Staunton City	71.0	67.3	78.7	75.3
Waynesboro City	67.1	63.7	78.1	74.9
Rockbridge County	61.8	58.8	69.5	66.2
Lexington City	64.2	59.1	64.6	60.3
Buena Vista City	62.7	58.7	73.3	68.9
Bath County	60.1	54.5	67.9	61.7
Highland County	61.3	58.0	66.6	63.7
Totals:	62.7	58.9	69.9	66.1

Data Sources - Find out more!

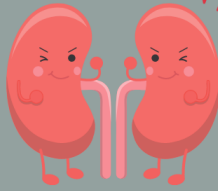
The Virginia Department of Health maintains a COVID-19 dashboard containing case, vaccination and transmission data. To find out more about this data and how it is collected, click the link below!

Visit the VDH COVID-19 Data
Dashboard

Health Education Corner

March is National Kidney Month!

NATIONAL KIDNEY MONTH



TAKE CARE OF YOUR KIDNEYS AND
YOUR KIDNEYS WILL TAKE CARE OF YOU!

Did you know that your kidneys, each just the size of a computer mouse, filter all the blood in your body every 30 minutes? But, that's not all! Your kidneys also:

- Work hard to remove wastes, toxins, and excess fluid
- Help control blood pressure
- Stimulate production of red blood cells
- Keep your bones healthy
- Regulate blood chemicals that are essential to life

Healthy kidneys are critical for a healthy you. Check out [this video](#) from the National Kidney Foundation to learn how to keep your kidneys healthy.

You can also learn more by visiting CDC's [Chronic Kidney Disease Initiative](#) 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. 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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FOR MORE INFORMATION ABOUT COVID-19, VISIT:

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

