

CENTRAL SHENANDOAH HEALTH DISTRICT WEEKLY COVID-19 UPDATE

Week of: November 23rd

What's New:

- **District COVID-19 Activity:** Our district is still seeing a surge in COVID-19 activity, similar to what we are seeing statewide and nationwide. This surge is largely due to outbreaks in congregate living facilities as well as multiple community based outbreaks linked to large, social gatherings. Within our region (Northwest), we are seeing moderate to high burden of disease. We are approaching substantial community transmission. Find out more at:
<https://www.vdh.virginia.gov/coronavirus/key-measures/pandemic-metrics>
- **VDH Long-Term Care Holiday Guidance:** The Virginia Department of Health has release holiday considerations for long-term care facility (LTCF) residents and their families. Residents and their families should consider all options before leaving the facility, as gatherings present a risk for those at the gathering and others living in LTCFs. Visits to the facilities, outdoors if weather permits, or by the use of technology are safer alternatives to leaving LTCFs. This document provides information on deciding to leave LTCFs for a holiday gathering and ways to mitigate risk:
https://www.vdh.virginia.gov/content/uploads/sites/182/2020/11/Copy-of-Considerations_LTC-Residents-Leaving-for-Holiday_FINAL.pdf
- **CDC Thanksgiving Guidance:** As COVID-19 spreads rapidly throughout the US, the Centers for Disease Control and Prevention have advised against any travel for Thanksgiving. The safest way to celebrate Thanksgiving is to celebrate at home with the people you live with or virtually with others. Take precautions if you do choose to travel or attend a gathering:
 - **Travel:** Check travel restrictions before you go. Always wear a mask in public settings. Stay at least 6ft apart from others. Wash your hands.
 - **At a gathering:** Wear a mask. Stay at least 6ft apart from others. Wash your hands. Limit your time inside. Limit the number of guests. Have a conversation with guests ahead of time to set expectations.

Testing Snap Shot:

The Central Shenandoah Health District will be conducting several free COVID-19 drive thru testing events this week:

- **Nov 23** 10a-12p, Rockbridge Regional Dispatch, *Buena Vista*
- **Nov 23** 2p-5p, Rockingham County Fairgrounds, *Harrisonburg*
- **Nov 24** 9a-12p, Kate Collins Middle School (Lower Bus Loop), *Waynesboro*

For information on registration for these events, follow the [Central Shenandoah Health District](#) on Facebook.

For more options on COVID-19 testing in the area, visit:
<https://www.vdh.virginia.gov/coronavirus/covid-19-testing/covid-19-testing-sites/>

What's New (cont.):

- **After the event:** If you develop symptoms or test positive for COVID-19 within 14 days of the event or activity, immediately notify the host and others who attended.

For more information, visit:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/thanksgiving.html>

Prevention Reminders:

- ✓ [Do what's best for you](#) this holiday season
- ✓ Know when to [alter your Thanksgiving travel plans](#).
- ✓ [Stay home and away](#) from others when you feel unwell.
- ✓ Wear a mask. [Wearing a mask protects YOU and your loved ones](#).

Health Education:

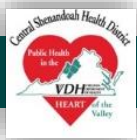
Visit the [Central Shenandoah Health District YouTube Channel](#) for our COVID Conversations video series! Here are some of our favorite videos:

- [Trauma Informed Teaching During a Pandemic Pt 1](#)
- [Trauma Informed Teaching During a Pandemic Pt 2](#)
- [Guidance for the Upcoming Holidays](#)

Want to see a specific topic covered? Email cshdinfo@vdh.virginia.gov.

FOR MORE INFORMATION ABOUT COVID-19, VISIT:

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



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COVID-19 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.

	Daily case count*	New cases, 7-day avg.	Total cases	Total hospitalizations	Total deaths
Augusta	23	27	1,059	40	11
Staunton City	15	13	588	24	12
Waynesboro City	20	14	560	17	5
Rockbridge	12	5	235	10	2
Lexington City	7	6	333	6	2
Buena Vista City	9	9	238	8	1
Rockingham	21	24	2,147	145	32
Harrisonburg City	15	17	3,374	104	36
Bath	2	3	58	1	0
Highland	0	0	14	0	0
Central Shenandoah Health District TOTAL	124	117	8,606	355	101

*As reported at 10:00 AM on November 23rd

The VDH data system was down for upgrades for a few hours this past weekend. Therefore, case counts reported on Monday, November 23rd may seem higher because they include cases reported over the weekend while the system was down.

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