

CENTRAL SHENANDOAH HEALTH DISTRICT WEEKLY COVID-19 UPDATE

Week of: November 30th

What's New:

- **District COVID-19 Activity:** Our district continues to see an increased surge in COVID-19 activity, similar to what we are seeing statewide and nationwide. Within our region (Northwest), we are seeing high burden of disease. After approaching substantial community transmission several weeks, our region is officially experiencing substantial community transmission. To learn more about the VDH Pandemic Metrics, click [here](#).
- **COVID-19 Vaccine:** Currently in the U.S., there is not yet an authorized or approved COVID-19 vaccine, but it is important to start the conversation about the COVID-19 vaccine now. **Here are some resources to help you have effective COVID-19 vaccine conversations:**
 - [8 things to know about the COVID-19 vaccine](#)
 - [Benefits to getting vaccinated](#)
 - [FAQs about vaccination](#)
 - [What is Operation Warp Speed and is the vaccine development process safe?](#)
- **Travel & COVID:** If you have to travel, be sure to check the **CDC's [Travel Planner](#)** for state, local, tribal, and territorial government restrictions before traveling. Remember that right now, it is safer to stay home as much as possible.

Prevention Reminders:

- ✓ All people in Virginia should **stay home as much as possible** and **practice social distancing** to reduce the risk of being exposed to COVID-19.
- ✓ **Wear a face mask to protect yourself** from COVID-19.
- ✓ **Get your flu shot:** it is not too late to get your flu shot to protect you from the seasonal influenza.
- ✓ **COVID-19 shares similar symptoms with other conditions** like season allergies, flu, and strep throat. [Learn about the similarities and differences.](#)
- ✓ **Download [COVIDWISE](#)**, Virginia's free exposure notification app.

Health Education:

Visit the [Central Shenandoah Health District YouTube Channel](#) for our COVID Conversations video series!

District Testing Snap Shot:

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

- **Nov 30** 2p-5p, Rockingham County Fairgrounds, *Harrisonburg*
- **Dec 1** 9a-12p, Augusta Health Primary Care, *Lexington*
- **Dec 2** 9a-12p, Augusta County Government, *Verona*
- **Dec 3** 10a-12p, Rockbridge Regional Dispatch, *Buena Vista*
- **Dec 4** 7:30a-12p, Hillandale Park, *Harrisonburg*

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/>

COVID Q&A:

Q: I was exposed to COVID-19 at a holiday gathering, what should I do?

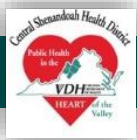
A: *Quarantine yourself to protect others.*

- ✓ Stay home and away from others for 14 days after your last contact with a person who has COVID-19.
- ✓ Watch for [symptoms](#) such as a fever, new cough, shortness of breath.
- ✓ [Consider getting tested for COVID-19](#). Remember, even if you test negative during your quarantine and feel healthy, you still have to finish out the rest of the quarantine period. **Bottom line: you cannot test out of quarantine.**
- ✓ If you develop [symptoms of COVID-19](#) within 14 days of the event or celebration, or if you test positive for COVID-19, **immediately notify the host and others who attended.**
- ✓ If you are diagnosed with COVID-19, your local health department will call you to check in on your health and ask you who you have been in contact with and where you've spent time in order to identify others who many have been infected. This is called [contact tracing](#). **It is important that you identify all of your contacts to help stop the spread of disease.** Remember that your information is confidential.

Click [here](#) to learn more about how to quarantine.

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	11	17	1,177	43	11
Staunton City	206	46	912	28	13
Waynesboro City	4	9	626	20	5
Rockbridge	0	4	263	11	2
Lexington City	1	3	356	8	2
Buena Vista City	3	4	267	9	1
Rockingham	6	18	2,270	158	36
Harrisonburg City	1	14	3,472	104	37
Bath	1	1	62	1	0
Highland	0	0	16	0	0
Central Shenandoah Health District TOTAL	232	116	9,421	382	107

**As reported at 10:00 AM on November 30th*

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