

# CENTRAL SHENANDOAH HEALTH DISTRICT WEEKLY COVID-19 UPDATE

Week of: December 8<sup>th</sup>

## 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. Our region is experiencing substantial community transmission. To learn more about the VDH Pandemic Metrics, click [here](#).
- **Updated Quarantine Guidance from the CDC** can be found [here](#). More messaging will be available soon.
- **Free, safe & effective COVID-19 vaccines:** Initial shipments will be limited & are expected to arrive by mid-Dec. First to receive the vaccines will be health care workers & nursing home residents, as they are more likely to be exposed & more likely to develop serious illness. Learn more about VDH's vaccination priorities for the COVID-19 vaccine [here](#).
  - **Vaccines for the general public** are expected to be available later in 2021.
  - **Vaccine side effects are expected;** evidence your immune system is responding properly & growing stronger.
- **Don't let vaccine optimism let down your guard!** Vaccines will not instantly conquer the pandemic. Continue to be vigilant. Stay motivated, stay careful & keep yourself, your loved ones & our community safe.
- **Holiday Guidance:** VDH has posted winter holiday and Christmas guidance on the VDH COVID-19 Social Gatherings & Public Indoor Sites mitigation webpage, check it out [here](#).

## 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.

## District Testing Snap Shot:

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

- **Dec 8** 9a-12p, Kate Collins Middle School  
*Waynesboro*
- **Dec 9** 9a-12p, Augusta County Government  
*Verona*
- **Dec 9** 2p-6p, JMU University Park  
*Harrisonburg*
- **Dec 10** 10a-12p, Rockbridge Regional Dispatch  
*Buena Vista*
- **Dec 11** 7:30a-10:30a, Rockingham Park at the Crossroads  
*Penn Laird*

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/>

## Health Education:

### ➤ COVID-19 Vaccine Community Conversations

The VDH Office of Health Equity is offering virtual sessions that will provide an overview about how Virginia is preparing for the COVID-19 vaccine. The sessions are tailored for specific populations to address health disparities within that community and how VDH is will address those disparities in vaccine outreach.

- **Tues, Dec. 8<sup>th</sup>:** Asian American & Pacific Islander Community
- **Wed, Dec 9<sup>th</sup>:** LatinX Community
- **Thurs, Dec 10<sup>th</sup>:** LGBTQIA+ Community
- **Tues, Dec 15<sup>th</sup>:** African- American Community
- **Wed, Dec 16<sup>th</sup>:** People with Disabilities Community
- **Thurs, Dec 17<sup>th</sup>:** Rural Community

To register for any of these sessions, [click here](#).

➤ **COVID-19 Vaccine General Education Overview for Healthcare Workers:** Wed, Dec 9<sup>th</sup>: 11:00a-12:15p  
Meeting information can be found [here](#).

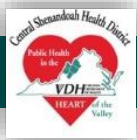
### ➤ CSHD COVID Conversations

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

- [COVID Conversations Trauma Informed Teaching During a Pandemic Part 3](#)

**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	29	41	1,466	51	12
Staunton City	48	32	1,136	34	13
Waynesboro City	14	16	738	26	7
Rockbridge	6	9	329	13	2
Lexington City	9	8	410	10	3
Buena Vista City	14	12	350	11	1
Rockingham	67	50	2,623	169	36
Harrisonburg City	47	27	3,660	106	38
Bath	4	2	77	1	0
Highland	-1	1	26	0	0
<b>Central Shenandoah Health District TOTAL</b>	<b>237</b>	<b>199</b>	<b>10,815</b>	<b>421</b>	<b>112</b>

*\*As reported at 10:00 AM on December 8th*

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