

CENTRAL SHENANDOAH HEALTH DISTRICT WEEKLY COVID-19 UPDATE

Week of: December 14th

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](#).
- Check out the [VDH COVID-19 Vaccine Website!](#) Highlights include:
 - [COVID-19 Vaccine FAQ:](#) This FAQ is updated regularly to reflect new information.
 - [VDH Vaccination Priorities:](#) First to receive the vaccines will be healthcare workers & nursing home residents, as they are more likely to be exposed & more likely to develop serious illness.
- **Holiday Guidance- Take action this year so we can all be together next year.** COVID-19 cases are rising so we all need to act now to have a safe holiday season. The safest way to celebrate the holidays this season is to **stay home** and celebrate with the people who live with you. If you do gather with people outside of your household:
 - ❖ Wear a mask (inside and outside)
 - ❖ Maintain a distance of 6 feet from others
 - ❖ Celebrate outdoors
 - ❖ Limit your time spent at the celebration
- Social gatherings are currently limited to **10 individuals** per [Executive Order 72](#). Learn more about how to celebrate the holidays safely [here](#).

Prevention Reminders:

The COVID-19 vaccine is coming- but we still have to flatten the curve.

- ✓ 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.
- ✓ **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 15** 9a-12p, Augusta Health Lexington Primary Care *Lexington*
- **Dec 15** 2p-6p, JMU University Park *Harrisonburg (registration full)*
- **Dec 17** 10a-12p, Rockbridge Regional Dispatch *Buena Vista (for ages 16 yrs+)*
- **Dec 17** 2:30p-4:30p, Augusta Co. Government Center *Verona (for ages 16 yrs+)*
- **Dec 18** 7:30a-10:30a, Rockingham Park @ the Crossroads, *Penn Laird (registration required)*

Please note that some testing events have changed due to impending inclement weather. This schedule was updated on 12/14/2020. For information on registration for these events, follow the [Central Shenandoah Health District](#) on Facebook. Click [here](#) for more options on COVID-19 testing in the area.

COVID-19 Vaccine 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 15th:** African-American Community
 - **Wed, Dec 16th:** People with Disabilities Community
 - **Thurs, Dec 17th:** Rural CommunityRegister for any of these sessions [here](#).
- **You Ask. The Experts Answer Town Hall-**
Wed, Dec 16 at 7:00 PM Live Broadcast and streaming (flyer attached)
- **Building Trust and Navigating Misinformation-**
Thurs, Dec 17 at 3:00 PM, Register [here](#).

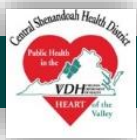
CSHD COVID Conversations:

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

- **NEW!** [Winter Holiday Considerations](#)

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	249	127	2,352	54	16
Staunton City	8	-5	1,103	36	18
Waynesboro City	8	21	888	28	9
Rockbridge	9	8	383	15	3
Lexington City	-1	4	435	10	3
Buena Vista City	1	8	406	12	2
Rockingham	29	37	2,880	180	37
Harrisonburg City	17	23	3,821	114	40
Bath	0	3	97	1	0
Highland	0	1	32	0	0
Central Shenandoah Health District TOTAL	320	226	12,397	450	128

*As reported at 10:00 AM on December 14th

CASES ARE RISING, ACT NOW!

wear a mask, stay 6 feet apart, avoid crowds

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