

# CENTRAL SHENANDOAH HEALTH DISTRICT WEEKLY COVID-19 UPDATE

**Week of: December 21st**

## 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](#).
- **Vaccine Information:** Information about the COVID-19 vaccine is changing rapidly. Stay informed:
  - Check out the [VDH COVID-19 Vaccine Website!](#)
  - The vaccine has arrived in VA! 18 hospitals received the vaccine and began dispensing it to frontline healthcare workers.
  - [Vaccine priorities:](#) CDC's ACIP released new vaccine priority recommendations on 12/20.
- **Holiday Guidance: Happy holidays! Take action this year so we can all be together next year.** CDC advises against any travel during the holiday season. 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
  - Take precautions after you gather and monitor your health for 14 days (if you develop symptoms contact all of your close contacts immediately)

More information can be found [here](#).

## Prevention Reminders:

**The COVID-19 vaccine is coming, but we still need to focus on flattening 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 and next:

- **Dec 22** 9a-12p, Kate Collins Middle School, *Waynesboro*
- **Dec 28** 7:30a-10:30am, Hillandale Park, *Harrisonburg* (ages 17+)
- **Dec 29** 9a-12p, Augusta Health Primary Care, *Lexington*
- **Dec 30** 9a-12p, Augusta Co. Government Center, *Verona*

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 Facts Not Fear:** Join VDH for targeted conversations about the COVID-19 vaccine. More dates will be added in the future:
  - **12/21 7p-8p:** Long-Term Care Facilities Staff and Residents
  - **12/22 7p-8p:** Nursing Community
  - **12/29 7p-8p:** Pharmacy CommunityClick [here](#) for more information or to register.
- **Town Hall with Ben Cline:** Our health director, Dr. Kornegay, will talk about COVID-19 with other medical professionals.
  - **12/21 6:30p-7:30p**Click [here](#) for more information.
- **Did you miss the Vaccine Community Conversations?** Check out the recordings [here](#).

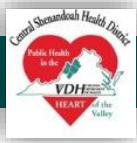
## CSHD COVID Conversations:

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

- [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                                  | 82                | 53                    | 2,723       | 61                     | 22           |
| Staunton City                            | 8                 | 30                    | 1,316       | 44                     | 22           |
| Waynesboro City                          | 2                 | 15                    | 993         | 30                     | 10           |
| Rockbridge                               | 14                | 13                    | 476         | 17                     | 3            |
| Lexington City                           | 12                | 11                    | 511         | 12                     | 3            |
| Buena Vista City                         | 7                 | 5                     | 443         | 15                     | 4            |
| Rockingham                               | 69                | 69                    | 3,364       | 194                    | 38           |
| Harrisonburg City                        | 14                | 37                    | 4,077       | 120                    | 40           |
| Bath                                     | 1                 | 2                     | 112         | 2                      | 0            |
| Highland                                 | 5                 | 2                     | 46          | 0                      | 0            |
| Central Shenandoah Health District TOTAL | 214               | 238                   | 14,061      | 495                    | 142          |

\*As reported at 10:00 AM on December 21st

## CASES ARE RISING, ACT NOW!

**Wear a mask | Stay 6 feet apart | Avoid crowds**

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