

# CENTRAL SHENANDOAH HEALTH DISTRICT WEEKLY COVID-19 UPDATE

**Week of: December 28th**

## 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!](#)
  - [Vaccine priorities:](#) Updates available on Phase 1b and 1c vaccine priorities.
  - **NEW!** VDH has added COVID-19 vaccine data to the [COVID-19 Daily Dashboard](#). There are two new tabs, [Vaccine Summary](#) and Vaccine Demographics.
- **Get the facts** about the new variant of the virus that causes COVID-19. Learn more [here](#).
- **Protect your community!** If you attended a holiday gathering limit your contact with others and monitor your health. If you develop any COVID-19 symptoms notify everyone who attended the gathering.
- **Answer the phone for contact tracers and case investigators!** We are working hard to identify cases in our community and an important part of that process is answering all calls from the health department. Answering the call can help slow the spread of COVID-19 in our area.

## 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 28** 7:30a-10:30am, Hillendale 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:
  - **12/29 7p-8p:** Pharmacy CommunityClick [here](#) for more information or to register.
- **Facts & Faith Fridays:** Join VDH Office of Health Equity in a virtual discussion about the COVID-19 vaccine with Dr. Anthony Fauci!
  - Friday, January 8<sup>th</sup>, 2:45 PM- 4:30 PM[Register here!](#)
- **CSHD Office Hours:** Do you have questions about COVID-19? Join us for our twice weekly office hours starting January 6<sup>th</sup>! A flyer with more information will be distributed shortly.
  - Every Monday at 7:00pm
  - Every Wednesday at 7:00pm
- **Did you miss the Vaccine Community Conversations?** Check out the recordings [here](#).

## CSHD COVID Conversations:

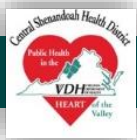
Visit the [Central Shenandoah Health District YouTube Channel](#) for our COVID Conversations video series!

- [Isolation vs. Quarantine](#)
- [What to do when multiple family members are sick](#)

**CSHD will be moving our weekly newsletter to the Constant Contact email marketing platform on January 4<sup>th</sup>**

**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	54	3,098	68	24
Staunton City	18	28	1,511	45	22
Waynesboro City	31	23	1,155	32	10
Rockbridge	9	12	560	18	5
Lexington City	2	9	577	15	3
Buena Vista City	1	5	478	16	4
Rockingham	30	47	3,691	210	39
Harrisonburg City	9	30	4,284	126	40
Bath	2	4	138	2	0
Highland	1	2	57	0	0
Central Shenandoah Health District TOTAL	185	213	15,549	532	147

\*As reported at 10:00 AM on December 28th

## CASES ARE RISING, ACT NOW!

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

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