

CENTRAL SHENANDOAH HEALTH DISTRICT

Weekly COVID-19 Update

January 18, 2021



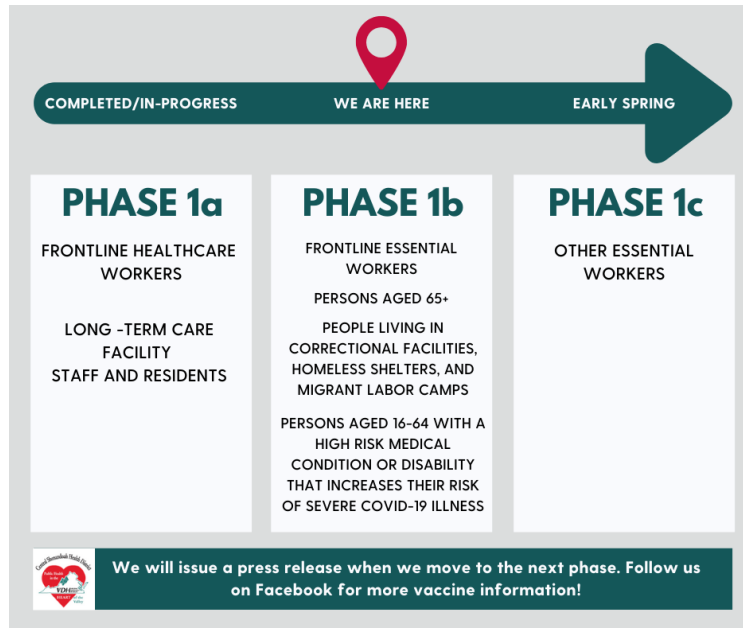
WHAT'S NEW THIS WEEK

COVID-19 Vaccine Information

We continued our efforts to vaccinate healthcare personnel in Phase 1a this week. We announced that we will move to Phase 1b today, Monday, January 18th. Information about the COVID-19 vaccine is changing rapidly and we will keep you up-to-date with the information we have. Stay informed:

- Governor Northam announced the Phase 1b and 1c priority vaccination groups on January 6th. Phase 1b was expanded on January 14th to include those aged 65+ and those aged 16-65 with high risk medical conditions. The Central Shenandoah Health District will move into Phase 1b on Monday, January 18th. To start Phase 1b vaccinations, CSHD and our healthcare partners will begin vaccinating corrections and detention center staff as well as homeless shelter medical staff. The week of January 25th, we will begin vaccination efforts for K-12 and daycare staff, as well as veterinarians. To learn more about the phases, visit:
 - [Phase 1a](#)
 - [Phase 1b](#)
 - [Phase 1c](#)
- We are continuing our vaccination efforts in the district. These numbers only reflect COVID-19 vaccinations performed by the Central Shenandoah Health District and are not a reflection of total COVID-19 vaccines given within the health district and are approximate as of date received. For total COVID-19 vaccine distribution numbers, please visit the [VDH COVID-19 Vaccine Dashboard](#). Below are the number of people vaccinated by the health department during the weeks of December 20th, December 27th, and January 3rd, and January 10th:
 - Week of December 20th: 200
 - Week of December 27th: 430
 - Week of January 3rd: 570
 - Week of January 10th: 1220
- **If you are aged 65+, please complete this [survey](#).** By completing this survey, your name will be added to a queue to receive notification when a COVID-19 vaccine is available to you. You will be contacted by the Central Shenandoah Health District if you are eligible to receive a COVID-19 vaccine AND when there is vaccine available. Completing this survey does not reserve a COVID-19 vaccine for you or create an appointment.
- Interested in learning more about COVID-19 vaccine in our area and our local distribution plan? Sign up for our COVID-19 Newsletter and Vaccine Updates! Fill out this [survey](#) to sign up. This will provide us with your contact information so that we can send you important updates. It is not a vaccine registration tool.

- Complete this [Virginia Department of Health COVID-19 Vaccine Eligibility Tool](#) to find out with vaccine priority group you are in and when the vaccine might be available to you. Using this tool does not sign you up for a COVID-19 vaccine.
- Questions about the vaccine? The Virginia Department Health has a helpful [Frequently Asked Questions page](#) that is updated regularly.



District COVID-19 Activity

Cases have been rising in our region (Northwest) for the last 29 days and we are seeing high burden of disease. Our district continues to see an increased surge in COVID-19 activity, similar to what we are seeing statewide and nationwide. You can explore individual locality metrics [here](#). To learn more about the VDH Pandemic Metrics, click [here](#).

Emerging COVID-19 Variants

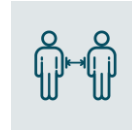
Scientists are working to learn more about these variants to better understand how easily they might be transmitted and whether currently authorized vaccines will protect people against them. Currently, there is no evidence that these variants cause more severe illness or increased risk of death. For more information, visit the CDC's [website](#).

PREVENTION REMINDERS

The COVID-19 vaccine is here, but we still need to focus on flattening the curve.

Watch your distance | Wash your hands | Wear a mask

- 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.
- **Answer the call!** If a Case Investigator or Contact Tracer calls you, you should answer the call. Talking to the health department is an important step in slowing the spread of COVID-19.
- **Who is in your Social Bubble or Pod?** As COVID-19 continues to spread in our community, it is important to think about who is in your social bubble and who might be in their bubble. Check out this new [VDH document](#) for more information.



TESTING EVENTS

We are offering COVID-19 testing on **Tuesday, January 19th from 8:00am-10:00am at the Augusta County Government Center** and **Thursday, January 21st from 8:00am-10:00am at the Rockingham Park at the Crossroads**. Testing is for those who have COVID-19 symptoms and/or were in close contact to someone with COVID-19. Please share the below flyers on social media.

FREE COVID-19 TESTING

The Central Shenandoah Health District is offering **free drive thru COVID-19 testing** for those:

- With COVID-19 symptoms **and/or**
 - Who were in close contact with someone who has COVID-19.
- Registration is not required.**

AUGUSTA COUNTY GOVERNMENT CENTER

Tuesday, January 19th
8:00am-10:00am
18 Government Center Ln
Verona, VA 22482

ROCKINGHAM PARK AT THE CROSSROADS

Thursday, January 21st
8:00am-10:00am
1 Rockingham Park Way
Penn Laird, VA 22846

Pruebas Gratuitas de COVID-19

El departamento de salud ofrece **pruebas gratuitas de COVID-19 auto-servicio**. Pruebas para aquellos:

- Con síntomas de Covid-19 **y/o**
 - Contactos cercanos a un caso confirmado de Covid-19.
- No se requiere cita.**

AUGUSTA COUNTY GOVERNMENT CENTER

Martes el 19 de enero
8:00am-10:00am
18 Government Center Ln
Verona, VA 22482

ROCKINGHAM PARK AT THE CROSSROADS

Jueves el 21 de enero
8:00am-10:00am
1 Rockingham Park Way
Penn Laird, VA 22846



QUESTIONS? Call your local health department!



Preguntas? Llame el departamento de salud!

COVID-19 HEALTH EDUCATION


CSHD Office Hours

Do you have questions about the COVID-19 vaccine and vaccination efforts in our district? Join us for our twice weekly office hours! Please share with your community.

- Every Monday at 7:00pm
- Every Wednesday at 7:00pm

Dial **1-844-992-4726** and enter the access code **132 173 5589** when prompted. When asked for attendee ID, press #. to unmute yourself during the call press *6.

CENTRAL SHENANDOAH HEALTH DISTRICT



COVID-19 VACCINE OFFICE HOURS

Do you have questions about the COVID-19 vaccine? Join our health educators for weekly office hours! These are 45 minute Q&A sessions for the general public to ask questions about the COVID-19 vaccine.


WHEN: Mondays at 7:00pm **AND** Wednesdays at 7:00pm

HOW: Join by phone

CALL IN AT: 1-844-992-4726

ACCESS ID: 132 173 5589
When asked for an attendee ID, press #

Dial the number above and enter the access code when prompted. Please mute upon entry and unmute when you have a question.



QUESTIONS? Email cshdinfo@vdh.virginia.gov

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

	Daily case count*	New cases, 7-day avg	Total cases	Total hospitalizations	Total deaths
Augusta	37	47	4,360	100	40
Staunton City	21	26	2,043	57	47
Waynesboro City	22	25	1,628	49	19
Rockbridge	10	12	890	31	21
Lexington City	7	7	729	19	13
Buena Vista City	2	7	638	17	8
Rockingham	70	61	5,065	256	62
Harrisonburg City	22	32	5,059	141	53
Bath	2	3	231	4	0
Highland	0	1	67	0	0
Totals	193	222	20,710	674	264

*As of 10:00am on 1/18

SOCIAL MEDIA TOOLKIT

Download the images below and share them on your social media pages!

Your best protection from COVID-19 will be a combination of getting a COVID-19 vaccine, wearing a mask, staying at least 6 feet away from others, avoiding crowds, and washing your hands often. No one tool alone is going to stop the pandemic.

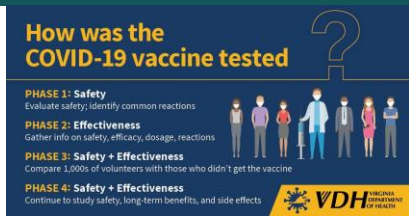
Learn about the benefits of COVID-19 vaccination so you'll be ready when a vaccine is recommended for you: <https://www.vdh.virginia.gov/covid-19-vaccine/>

Getting a flu shot is always important! A flu shot can prevent you from getting sick from the flu and needing medical care. A COVID-19 vaccine protects you from COVID-19 and can help stop the spread.

To learn more, visit: <https://www.vdh.virginia.gov/covid-19-vaccine/>

FACT: COVID-19 vaccination helps keep you from getting COVID-19. The vaccines currently available in the United States are more than 90% effective at preventing COVID-19, according to clinical trials, and are important tools to stop the pandemic.

Learn more: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccine-benefits.html>



Safety is a top priority while federal partners work to make COVID-19 vaccines available. Safety is considered before any vaccine before any vaccine is recommended for use.

Learn more about how CDC and its partners are ensuring the safety of COVID-19 vaccines: <https://www.vdh.virginia.gov/covid-19-vaccine/#general19>



What is a mRNA vaccine? mRNA vaccines use new technology based on decades of research. The vaccine helps you produce antibodies to protect you from COVID-19. mRNA vaccines do not carry any live virus and you can't get COVID-19 from the vaccine.

To learn more, visit: <https://www.vdh.virginia.gov/covid-19-vaccine/>



You might not be able to see it, but COVID-19 is still here. Protect your family by wearing a mask, watching your distance, washing your hands, and limiting your social circle.

If you need food, shelter, or other resources:

- Call 211
- Visit <https://covid.virginia.gov>
- Text FOOD or COMIDA to 877-877

SOCIAL MEDIA ENGAGEMENT

Have any of your employees received the vaccine? If so, share their stories! Ask your employees to talk about why they got the vaccine, how it felt, why they are excited, etc.

Support local! Post a picture of your employees getting take out from a local restaurant. It is important to support our communities during these times. Pair it with a message about supporting local businesses in safe ways, like using contactless delivery or curbside pick-up.

Post a picture of your employees wearing masks. Pair it with a message about why they wear masks.

If this email was forwarded to you and you want to receive this information from the health department, you can subscribe to receive our weekly email by clicking the button below!

Subscribe here!

FOR MORE INFORMATION ABOUT COVID-19, VISIT:
<https://www.vdh.virginia.gov/coronavirus/covid-19-in-virginia/>

