

# CENTRAL SHENANDOAH HEALTH DISTRICT

## Weekly COVID-19 Update

March 1, 2021



### WHAT'S NEW THIS WEEK

#### COVID-19 Vaccine Information

**Johnson & Johnson Vaccine:** On Saturday, U.S. Food and Drug Administration (FDA) issued an emergency use authorization (EUA) for a new vaccine made by Johnson & Johnson. The EUA allows the vaccine to be distributed in the U.S. for those 18 and older. The Johnson & Johnson vaccine is a one dose vaccine that has been shown to be safe and effective in preventing severe COVID-19 illness, hospitalization, and death

Virginia is expected to receive 69,000 doses of the Johnson & Johnson vaccine this week, which will be prioritized for mass vaccination clinics across the state.

For more information about the Johnson & Johnson vaccine, please click [here](#).

**CDC Vaccine Finder:** The CDC has a new "[Vaccine Finder](#)" tool which locates COVID-19 vaccines near you. While this does show pharmacies in our area who may offer the vaccine, the best thing for people to do is to pre-register for the vaccine at [vaccinate.virginia.gov](https://vaccinate.virginia.gov). We are working with our pharmacy partners to vaccinate those who are already pre-registered.

However, the Central Shenandoah Health District cannot schedule appointments for CVS Pharmacy. CVS appointments will need to be made [online](#) or by calling 1-800-746-7287.

**Virginia Statewide COVID-19 Vaccine Pre-Registration System:** Virginia launched a statewide vaccine pre-registration system Tuesday, February 16th. All Virginians, regardless of phase phase eligibility, can pre-register for the COVID-19 vaccine at [vaccinate.virginia.gov](https://vaccinate.virginia.gov) or by calling the **Virginia COVID-19 Vaccine Information Call Center 1-877-VAX-IN-VA (1-877-829-4682)**.

**CSHD Vaccination Numbers:** We are publishing our daily vaccination numbers on [Facebook](#) and on our [website](#). 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](#).

# SIGN UP FOR YOUR FREE COVID-19 VACCINE

[Vaccinate.Virginia.gov](https://www.vaccinate.virginia.gov)

Or call 1-877-VAX-IN-VA 7 days a week, 8 a.m. – 8 p.m. Available in English and Spanish. Call-back service in 100+ languages. TTY service.



**VACCINATE  
VIRGINIA**

- ✔ **GET INFORMATION** on how vaccines work and why they are safe.
- ✔ **GET PRE-REGISTERED** to put your name on the list.
- ✔ **GET VACCINATED** —when it's your turn, we'll contact you to schedule your vaccine.



**VDH** VIRGINIA  
DEPARTMENT  
OF HEALTH

## Governor's Executive Order 72 Updates

The updated Executive Order 72 goes into effect today, Monday, March 1st. Here are some of the changes:

- Social Gatherings: OUTDOOR social gatherings increased to 25 people (Indoor still limited to 10 people)
- Public Entertainment: OUTDOOR 1,000 people (Indoor limited to 250 people)
- Summer Camps: Open 5/1 with mitigation measures
- Recreational Sports: Races or marathons may have up to 1,000 participants with staggered starts
- Alcohol sales are extended to midnight
- Stay as Home order is removed

To read the complete Executive Order, please click [here](#).

	NOW	MARCH 1
NON-ESSENTIAL RETAIL	 Open	 Open
RESTAURANTS AND BEVERAGE SERVICES	 Open	 Open
ENTERTAINMENT VENUES	 Open at 30 percent capacity or 250 persons	 Indoors: Open at 30 percent capacity or 250 persons Outdoors: Open at 30 percent capacity or 1,000 persons
FITNESS AND EXERCISE	 Open at 75 percent capacity	 Open with 75 percent capacity
RECREATIONAL SPORTS	 Indoors: Open at 30 percent capacity or 25 spectators per field Outdoors: Open at 30 percent capacity or 2 spectators per participants	 Indoors: Open at 30 percent capacity or 25 spectators per field Outdoors: Open at 30 percent capacity or 250 spectators per field
GATHERINGS	 10-person limit	 Indoors: 10-person limit Outdoors: 25-person limit
CHILDCARE	 Open	 Open
PLACES OF WORSHIP	 Open	 Open
PERSONAL GROOMING	 Open	 Open
PRIVATE CAMPGROUNDS	 Open	 Open
OVERNIGHT SUMMER CAMPS	 Closed	 Open May 1 with mitigation measures
LARGE AMUSEMENT VENUES	 Open at 50 percent capacity (outdoor only)	 Open at 50 percent capacity (outdoor only)

## District COVID-19 Activity

Cases have been decreasing in our region (Northwest) for the last 44 days and cases are considered to be decreasing. Even though cases are decreasing, it does not mean that COVID-19 isn't in our community. It is still important to take preventative measures. You can explore individual locality metrics [here](#). To learn more about the VDH Pandemic Metrics, click [here](#).

## 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 [VDH document](#) for more information.

Apple iPhone Users:  
**COVIDWISE EXPRESS NOW AVAILABLE**  
 No app download necessary!  
 Setting up COVIDWISE Express on your iPhone is as easy as 1-2-3!



**SETTINGS**

Go to Settings on your iPhone and turn on Exposure Notifications.

**ALLOW SHARING**

Once you opt-in, the system creates an anonymous token for your device. Your privacy is completely protected.

**SELECT YOUR REGION**

Choose Virginia and complete the onboarding process as directed.

**Save Lives, Get COVIDWISE.**

COVIDWISE.ORG  
\*Must have at least iOS 13.7 for iPhone 6s or newer or iOS 12.5 for iPhone 5s, 6, or 6 Plus.



## 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.

Spanish language office hours:

- Every Monday from 6:00pm-6:45pm
- Every Wednesday from 6:00pm-6:45pm

English language office hours:

- Every Monday from 7:00pm-7:45pm
- Every Wednesday from 7:00pm-7:45pm

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 (English):** Mondays from 7:00pm-7:45pm AND Wednesdays at 7:00pm-7:45pm

**WHEN (Spanish):** Mondays from 6:00pm-6:45pm AND Wednesdays at 6:00pm-6:45pm

**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](mailto:cshdinfo@vdh.virginia.gov)

CENTRAL SHENANDOAH HEALTH DISTRICT



## HORAS DE OFICINA PARA EL TEMA DE LA VACUNA DEL COVID-19

¿Tiene preguntas sobre la vacuna del COVID-19? ¡Únase a nuestros educadores de salud en el horario de oficina semanal! Estas son sesiones de 45 minutos para preguntas y respuestas abierta al público en general para que hagan preguntas sobre la vacuna del COVID-19.

**Cuando (Español):** Lunes de 6:00pm a 6:45pm y los miércoles de 6:00pm a 6:45pm

**Cuando (Inglés):** Lunes de 7:00pm a 7:45pm y los miércoles de 7:00pm a 7:45pm

**Como:** Únase por teléfono

**Llame a:** 1-844-992-4726

**Número de Acceso:** 132 173 5589

*Cuando se le solicite el número de asistente, presione #*

Marque el número de teléfono de arriba e ingrese el código de acceso cuando se le solicite. Por favor silenciar al ingresar y quite el silencio del teléfono cuando tenga una pregunta.



**¿Preguntas?** Escriba al correo electrónico [cshdinfo@vdh.virginia.gov](mailto: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](#). Note: The daily case count only reflects the cases reported 3/1/2021. For daily case counts throughout the week, please visit the VDH [website](#).

	Daily case count*	New cases, 7-day avg	Total cases	Total hospitalizations	Total deaths
Augusta	4	10	5,200	144	59
Staunton City	4	7	2,435	77	66
Waynesboro City	1	4	2,142	67	32
Rockbridge	0	4	1,278	41	36
Lexington City	8	5	1,116	20	24
Buena Vista City	1	2	839	19	18
Rockingham	6	9	6,052	317	92
Harrisonburg City	8	12	5,723	161	84
Bath	0	1	245	6	10
Highland	0	0	91	1	0
<b>Totals</b>	<b>31</b>	<b>54</b>	<b>25,121</b>	<b>853</b>	<b>421</b>

\*As of 10:00am on 3/1

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!**

The PDF version of this newsletter can be found on our [website](#).

**FOR MORE INFORMATION ABOUT COVID-19, VISIT:**

<https://www.vdh.virginia.gov/coronavirus/covid-19-in-virginia/>

