

Coronavirus (COVID-19) Recommendations

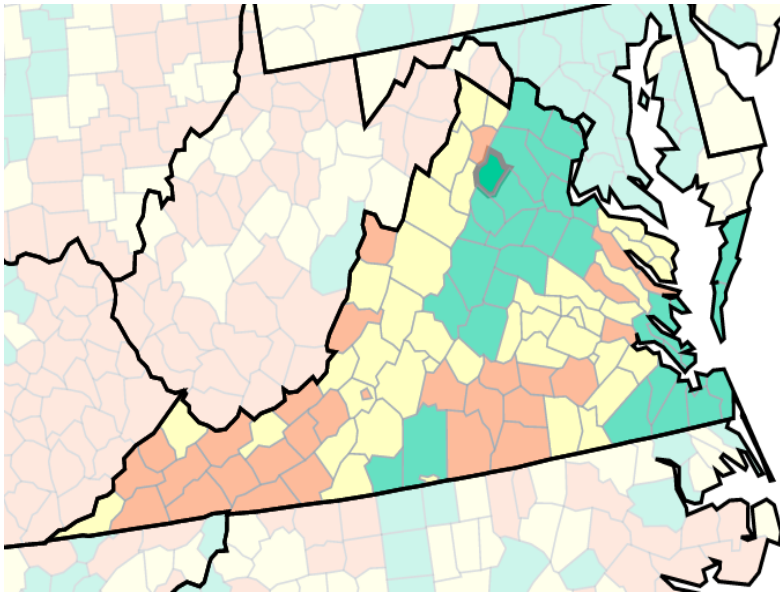
Rappahannock-Rapidan Health District

September 20, 2022

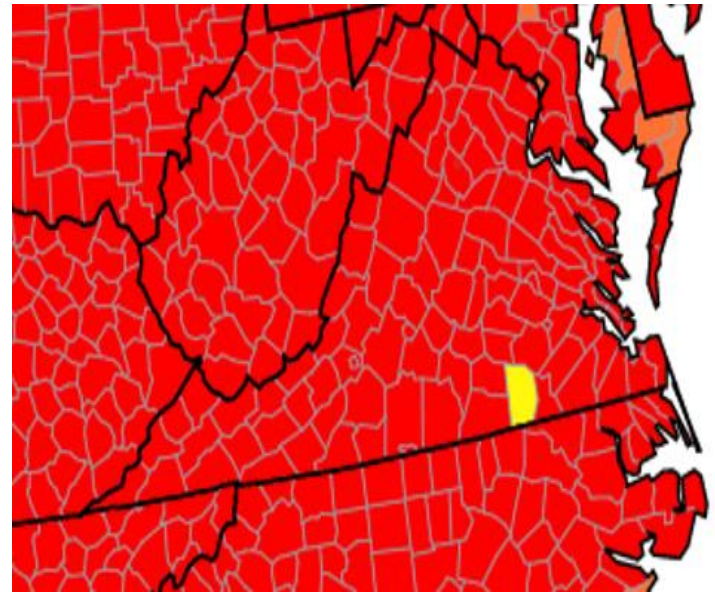
RRHD and VA Metrics

- VA: 14.3% 7-day PCR positivity rate (9/20/2022)
- RRHD: 12.2% 7-day PCR positivity rate (9/20/2022)
- 7 day moving average (and % change from the previous week) of cases, hospitalizations, and deaths in Virginia
Data reflective of 9/10- 9/20
 - Cases decreased to 1,280 from 1,771 per day

Community Levels



Transmission Levels (Healthcare)



9/16/22

Updated Guidance as of August 11, 2022

- Removed
 - Quarantine no longer recommended
 - Cohort no longer recommended
 - Test to Stay
- Added
 - Exposed and not up-to-date on vaccines and no history of COVID-19 within the last 6 months
 - Test as soon as possible after exposure identified and again on day 5 after exposure; consider masking through day 10
 - Positive test and unable to mask (including children under 2)
 - Negative test on or after day 6 to return

What Does This Mean?

- The public should take a variety of actions every day to prevent the spread of infectious diseases including the virus that causes COVID-19.
- [COVID-19 By County](#)

COVID-19 Community Levels and Associated Prevention Strategies

- COVID-19 Community Levels help communities and individuals make decisions about what COVID-19 prevention strategies to use based on whether their community is classified as low, medium, or high.
- Recommendations outlined for the COVID-19 Community Levels are the same for schools and ECE programs as those for the community.

Individual-Level Prevention Steps You Can Take Based on Your COVID-19 Community Level

LOW, MEDIUM, AND HIGH

At all COVID-19 Community Levels:



- [Stay up to date](#) on vaccination, including recommended booster doses.
- Maintain [ventilation improvements](#).
- Avoid contact with people who have suspected or confirmed COVID-19.
- Follow recommendations for [isolation](#) if you have suspected or confirmed COVID-19.
- Follow the recommendations for [what to do if you are exposed](#) to someone with COVID-19.
- If you are at [high risk of getting very sick](#), talk with a healthcare provider about additional prevention actions.

MEDIUM AND HIGH

When the COVID-19 Community Level is Medium or High:



- If you are at [high risk of getting very sick](#), wear a high-quality [mask or respirator](#) (e.g., N95) when indoors in public
- If you have household or social contact with someone at high risk for getting very sick, consider self-testing to detect infection before contact, and consider wearing a high-quality mask when indoors with them

HIGH

When the COVID-19 Community Level is High:



- Wear a high-quality mask or respirator.
- If you are at high risk of getting very sick, consider avoiding non-essential indoor activities in public where you could be exposed.

Community-Level Prevention Strategies

LOW, MEDIUM, AND HIGH

At all COVID-19 Community Levels:



- Promote equitable access to vaccination, testing, masks and respirators, treatment and prevention medications, community outreach, and support services.
- Ensure access to testing, including through point-of-care and at-home tests for all people.
- Maintain [ventilation improvements](#).
- Provide communications and messaging to encourage isolation among people who test positive.

MEDIUM AND HIGH

When the COVID-19 Community Level is Medium or High:



- Implement screening testing in high-risk settings where screening testing is recommended.

HIGH

When the COVID-19 Community Level is High:



- Implement healthcare surge support as needed.

What's the Deal With All These Boosters?

- You are **up to date** with your COVID-9 vaccines if you have completed a COVID-19 primary series and received the most recent booster dose recommended to you.
- What is a bivalent booster?

A vaccine that has 2 variants of COVID in one shot (Original and Omicron)
- Health Department Immunization Days: (Appts preferred)
 - Culpeper- Mondays
 - Fauquier- Tuesdays
 - Madison- Wednesday AM
 - Orange- Wednesday PM
 - Rappahannock- Every other Friday

What You Need to Know

- CDC recommends everyone stay up to date with COVID-19 vaccination, including all primary series doses and boosters for their age group:
 - People ages **6 months through 4 years** should get all COVID-19 primary series doses.
 - People ages **5 years and older** should get all primary series doses, and the booster dose recommended for them by CDC, if eligible.
 - People ages **5 years to 11 years** are currently recommended to get the **original (monovalent) booster**.
 - People ages **12 years and older** are recommended to receive one **updated Pfizer or Moderna (bivalent) booster**.
 - This includes people who have received all primary series doses and people who have previously received one or more original (monovalent) boosters.
 - At this time, people aged **12 years to 17 years** can only receive the **updated Pfizer bivalent booster**.
- Getting a COVID-19 vaccine after you recover from COVID-19 infection provides added protection against COVID-19.
- People who are moderately or severely immunocompromised have [different recommendations for COVID-19 vaccines](#), including boosters.
- [COVID-19 vaccine and booster recommendations](#) may be updated as CDC continues to monitor the latest data.

What Can You Do To Protect Your Child?

- Consider the COVID-19 Primary Series Vaccination for children over the age of 6 months.

Moderna

AGE GROUP
6 MONTHS–17 YEARS

1st Dose
PRIMARY SERIES

2nd Dose
PRIMARY SERIES
4–8 weeks after 1st dose ^[1]

Up to Date: 2 weeks after 2nd dose, since a booster is not currently recommended for children or teens in this age group who have received the Moderna primary series ^[2]

Novavax

AGE GROUP
12 YEARS AND OLDER

1st Dose
PRIMARY SERIES

2nd Dose
PRIMARY SERIES
3 weeks after 1st dose ^[1]

Up to Date: 2 weeks after 2nd dose, since at this time Novavax COVID-19 vaccine is not authorized for use as a booster dose ^[2]

Pfizer-BioNTech

AGE GROUP
6 MONTHS–4 YEARS

1st Dose
PRIMARY SERIES

2nd Dose
PRIMARY SERIES
3–8 weeks after 1st dose ^[1]

3rd Dose
PRIMARY SERIES
At least 8 weeks after 2nd dose

Up to Date: 2 weeks after 3rd dose, since a booster is not recommended for this age group at this time ^[2]

AGE GROUP
5–17 YEARS

1st Dose
PRIMARY SERIES

2nd Dose
PRIMARY SERIES
3–8 weeks after 1st dose ^[1]

3rd Dose
BOOSTER
At least 5 months after 2nd dose

Up to Date: Immediately after 3rd dose ^[2]

Free At-Home COVID-19 Tests

- Insurance typically covers/reimburses for rapid tests at the pharmacy counter
- Health Departments have tests available to the public
 - Culpeper: (540)829-7350
 - Fauquier: (540)347-6400
 - Madison: (540)948-5481
 - Orange: (540)672-1291
 - Rappahannock: (540)675-3516

Other Notable Public Health Updates

- Influenza
 - Anticipate a severe season based on activity in Southern Hemisphere where they had their worst season in 5 years
 - Increase in ER and Urgent Care visits.
 - Get your flu shot!
 - For individuals over the age of 65, it is recommended that you receive a high-dose flu vaccine or the adjuvanted flu vaccine which has been shown to create a stronger immune response in this age group

Other Notable Public Health Updates

- Monkeypox (MPX)
 - Vaccines are available for individuals who meet expanded screening eligibility
 - Previously received MPX vaccine
 - Recently tested positive for MPX
 - Exposed to anyone suspected or confirmed with MPX
 - Experiencing any symptoms
 - Expanded criteria
 - Call 540-308-6072 to be screened

Norovirus

- Infection characterized by the sudden onset of nausea, vomiting, diarrhea, and stomach cramping
- Spread through contact with an infected person or by touching a contaminated surface or eating contaminated food or water
- Disinfect or discard infected surfaces or fabrics
- Wash your hands! Hand sanitizer may not be effective against norovirus
- Stay out of school or work for at least 48 hours

Clean-up and Disinfection for Norovirus ("Stomach Bug")

THESE DIRECTIONS SHOULD BE USED TO RESPOND TO ANY VOMITING OR DIARRHEA ACCIDENT

Note: Anything that has been in contact with vomit and diarrhea should be discarded or disinfected.

1 Clean up

- Remove vomit or diarrhea right away!**
 - Wearing protective clothing, such as disposable gloves, apron and/or mask, wipe up vomit or diarrhea with paper towels
 - Use kitty litter, baking soda or other absorbent material on carpets and upholstery to absorb liquid; do not vacuum material: pick up using paper towels
 - Dispose of paper towel/waste in a plastic trash bag or biohazard bag
- Use soapy water to wash surfaces that contacted vomit or diarrhea and all nearby high-touch surfaces, such as door knobs and toilet handles**
- Rinse thoroughly with plain water**
- Wipe dry with paper towels**

DON'T STOP HERE: GERMS CAN REMAIN ON SURFACES EVEN AFTER CLEANING!

2 Disinfect surfaces by applying a chlorine bleach solution

Steam cleaning may be preferable for carpets and upholstery. Chlorine bleach could permanently stain these. Mixing directions are based on EPA-registered bleach product directions to be effective against norovirus.

For best results, consult label directions on the bleach product you are using.

a. Prepare a chlorine bleach solution

Make bleach solutions fresh daily; keep out of reach of children; never mix bleach solution with other cleaners.

IF HARD SURFACES ARE AFFECTED...
e.g., non-porous surfaces, vinyl, ceramic tile, sealed counter-tops, sinks, toilets

 **3/4 CUP OF CONCENTRATED BLEACH** + **1 GALLON WATER** 

CONCENTRATION ~3000 ppm

IF USING REGULAR STRENGTH BLEACH (5.25%), INCREASE THE AMOUNT OF BLEACH TO 1 CUP.

- Leave surface wet for at least 5 minutes**
- Rinse all surfaces intended for food or mouth contact with plain water before use**

3 Wash your hands thoroughly with soap and water

Hand sanitizers may not be effective against norovirus.

Facts about Norovirus



Norovirus is the leading cause of outbreaks of diarrhea and vomiting in the US, and it spreads quickly.

Norovirus spreads by contact with an infected person or by touching a contaminated surface or eating contaminated food or drinking contaminated water. Norovirus particles can even float through the air and then settle on surfaces, spreading contamination.

Norovirus particles are extremely small and billions of them are in the stool and vomit of infected people.

Any vomit or diarrhea may contain norovirus and should be treated as though it does.

People can transfer norovirus to others for at least three days after being sick.

IF CLOTHING OR OTHER FABRICS ARE AFFECTED...

- Remove and wash all clothing or fabric that may have touched vomit or diarrhea
- Machine wash these items with detergent, hot water and bleach if recommended, choosing the longest wash cycle
- Machine dry



Scientific experts from the U.S. Centers for Disease Control and Prevention (CDC) helped to develop this poster. For more information on norovirus prevention, please see <http://www.cdc.gov/norovirus/preventing-infection.html>.



co.somerset.nj.us/health



neha.org



waterandhealth.org



americanchemistry.com



vdh.virginia.gov

disinfect-for-health.org

Updated January, 2016

VDH VIRGINIA
DEPARTMENT
OF HEALTH

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