

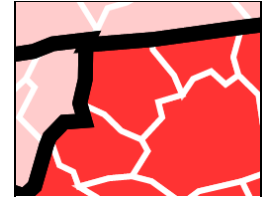
Watauga COVID-19 Situation Update

October 1st, 2021

COVID-19 Updates

- In areas with substantial and high transmission, the CDC recommends that everyone (including fully vaccinated individuals) wear a mask in public indoor settings to help prevent the spread of the Delta variant, and to protect others.

- [According to the Centers for Disease Control and Prevention](#), Watauga County has a **HIGH** level of community transmission (right). [Click here for North Carolina Department of Health and Human Services' County Alert System.](#)



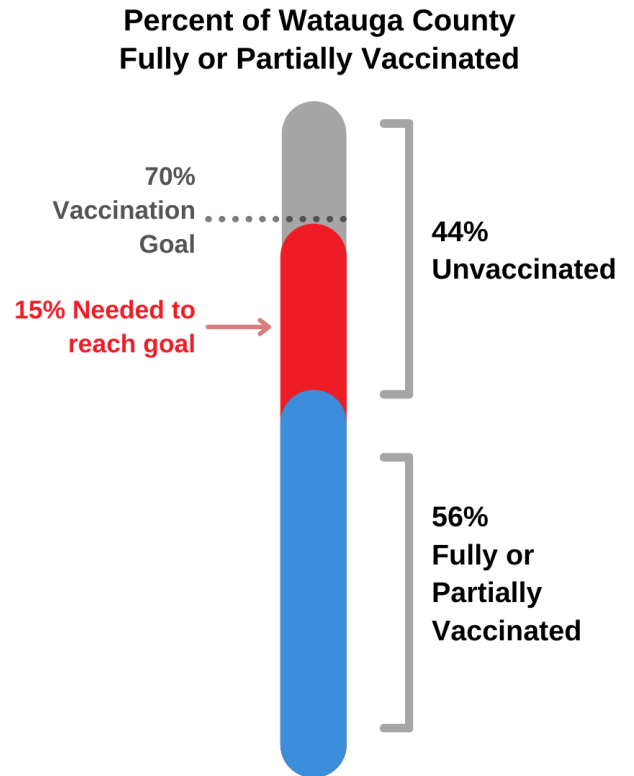
- AppHealthCare offers COVID-19 testing by drive-thru **Monday through Friday 8:30-10:00am** at each of our clinic locations. No appointment is needed.
- Based on CDC guidance, we are able to administer an additional dose of Pfizer or Moderna for individuals who are moderately to severely immunocompromised as recommended by the CDC. This is for individuals who have already received a 1st and 2nd dose of Pfizer or Moderna and who have a moderately or severely compromised immune system such as individuals who are undergoing cancer treatment, have had an organ transplant, are actively taking medications that suppress their immune system, have advanced or untreated HIV infection, or have another moderate or severe primary immunodeficiency condition. **Before receiving an additional dose, individuals will need to complete an attestation form stating they are eligible under the current criteria.**
- We have all three vaccines (Pfizer, Moderna, Johnson & Johnson) available at this time.
- **Booster doses are now recommended for some groups of people.** The CDC recommends Pfizer boosters six months after completion of the second dose for:
 - Older adults age 65+ and residents living in long-term care facilities,
 - Adults ages 50-64 at high risk of severe COVID-19 due to [underlying medical conditions](#),
 - Adults ages 18-49 at high risk of severe COVID-19 due to [underlying medical conditions](#) should, *consider* a booster based on an assessment of their individual benefits and risks and consultation with their medical provider, and
 - Adults ages 18-64 who are at increased risk for COVID-19 exposure and transmission because of occupational or institutional setting may receive a booster based on their individual benefits and risks.

Boosters are not yet available for those who received Moderna or J&J, but we expect to have more information about them soon.

If you are interested in receiving a booster and meet the criteria, you can schedule an appointment with us Monday through Friday by calling our COVID-19 Call Center (828) 795-1970. We are also planning to have some larger community clinics where we will offer boosters. Once the details are confirmed, we will communicate that information.

Get Vaccinated to Protect Yourself Against COVID-19 and Variants

- AppHealthCare offers COVID-19 vaccines by walk-in or appointment Monday through Friday. **Walk-in hours for vaccines are 1:00-4:00pm.** If you choose to walk-in for a vaccine, you may have to wait. In order to lessen your wait time, please schedule an appointment. To schedule an appointment, call our COVID-19 Call Center at (828) 795-1970.
- Get vaccinated to protect yourself against COVID-19 and variants. With the Delta variant, this is more urgent than ever. The highest spread of cases and severe outcomes is happening in places with low vaccination rates.
- The vaccines are working like they should. They are helping prevent severe illness, hospitalization and death.
- If you get vaccinated, your risk of infection is about **3.5 times lower**, your risk of getting ill from COVID is over **8 times lower**, and your risk of hospitalization or death is about **25 times lower**.



New CDC Data: COVID-19 Vaccination Safe and Strongly Encouraged for People Who are Pregnant and Breastfeeding

Getting a COVID-19 vaccine can protect you from severe illness from COVID-19.



COVID-19 vaccination is recommended for those who are pregnant, breastfeeding, trying to get pregnant now, or might become pregnant in the future. Pregnant and recently pregnant people are more likely to get severely ill with COVID-19 compared with non-pregnant people. Getting a COVID-19 vaccine can protect you from severe illness from COVID-19.

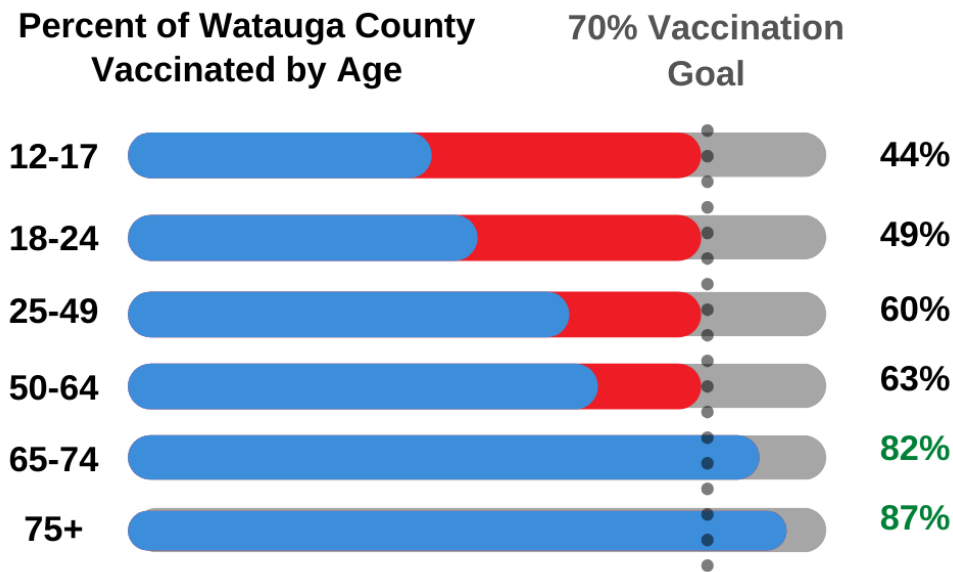
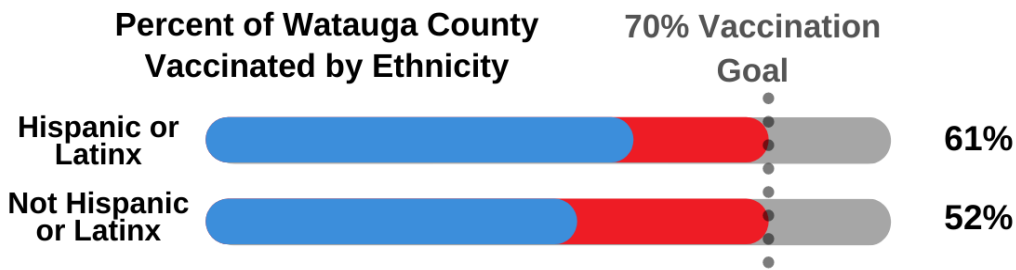
Clinicians have seen the number of pregnant people infected with COVID-19 rise in the past several weeks. The increased circulation of the highly contagious Delta variant, the low vaccine uptake among pregnant people, and the increased risk of severe illness and pregnancy complications related to COVID-19 infection among pregnant people **make vaccination for this population more urgent than ever.**

COVID-19 Vaccination Updates

County-specific race, ethnicity and age data are from the [NCDHHS COVID-19 Vaccination Dashboard](#).
 - (All vaccine demographic data are current as of 9/30/2021 at 4:00pm.)

Percent of Population by Race Fully or Partially Vaccinated	
American Indian or Alaskan Native	0%
Asian	0%
Black or African American	45%
Native Hawaiian or Other Pacific Islander	0%
Other	58%
White	52%

21,862
 Vaccines Administered by
 AppHealthCare in Watauga
 County
as of 09/30/2021.



North Carolina COVID-19 Updates

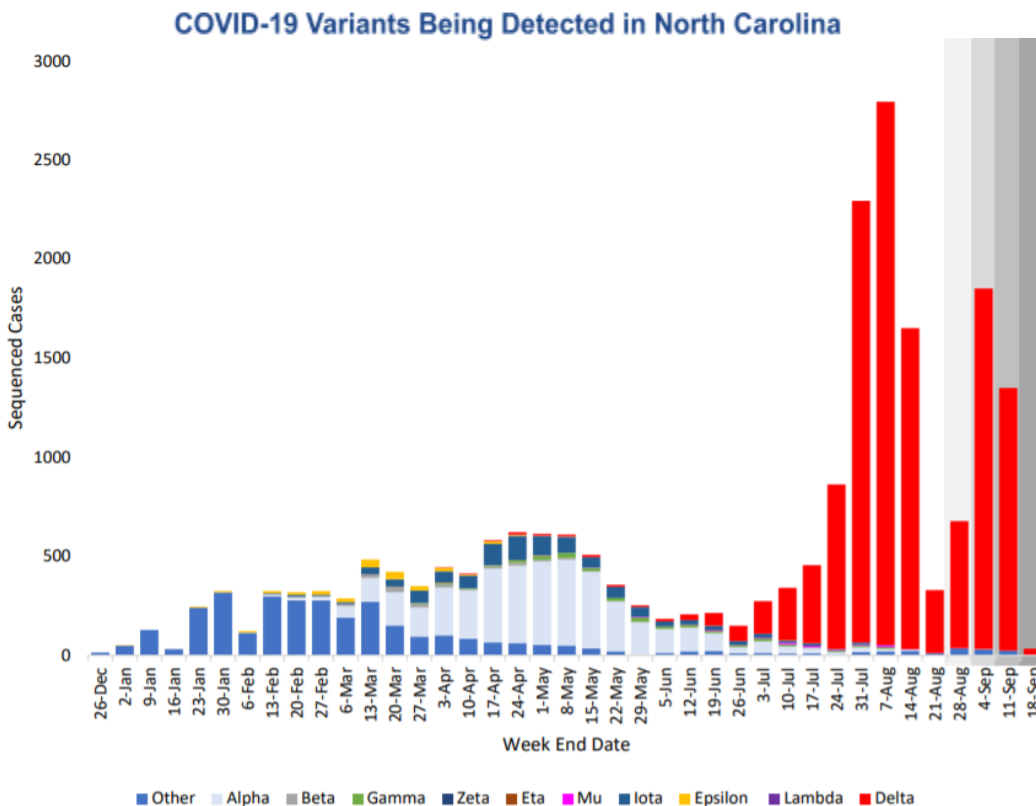
North Carolina State Synopsis

Data is from [COVID-19 State Profile Report](#), provided by White House COVID-19 Team, Joint Coordination Cell, Data Strategy and Execution Workgroup - (All data is current as of 9/24/2021)

	LAST WEEK	CHANGE FROM PREVIOUS WEEK
RATE OF NEW COVID-19 CASES PER 100,000	226	-45%
NUCLEIC ACID AMPLIFICATION TEST (NAAT) POSITIVITY RATE	10.0%	-1.3%
NEW CONFIRMED COVID-19 HOSPITAL ADMISSIONS / 100 BEDS	10.7	-8%
RATE OF NEW COVID-19 DEATHS PER 100,000	2.0	-47%
COMMUNITY TRANSMISSION LEVEL	HIGH TRANSMISSION	
PEOPLE RECEIVED AT LEAST 1 DOSE	6,166,288 people	58.8% of total pop.
PEOPLE 18+ RECEIVED AT LEAST 1 DOSE	5,769,908 people	70.5% of 18+ pop.
PEOPLE FULLY VACCINATED	5,155,506 people	49.2% of total pop.
PEOPLE 18+ FULLY VACCINATED	4,847,240 people	59.2% of 18+ pop.

COVID-19 Variants Detected in North Carolina by Week

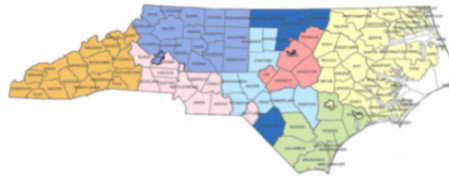
Data is from [North Carolina Department of Health and Human Services' COVID-19 Surveillance Study](#). (Data is current as of 9/30/2021 at 4:00pm)



The Delta variant was first detected in the United States in March 2021. This variant seems to spread more easily and quickly than other variants, which may lead to more cases of COVID-19. The best way to protect yourself is by getting a COVID-19 Vaccination.

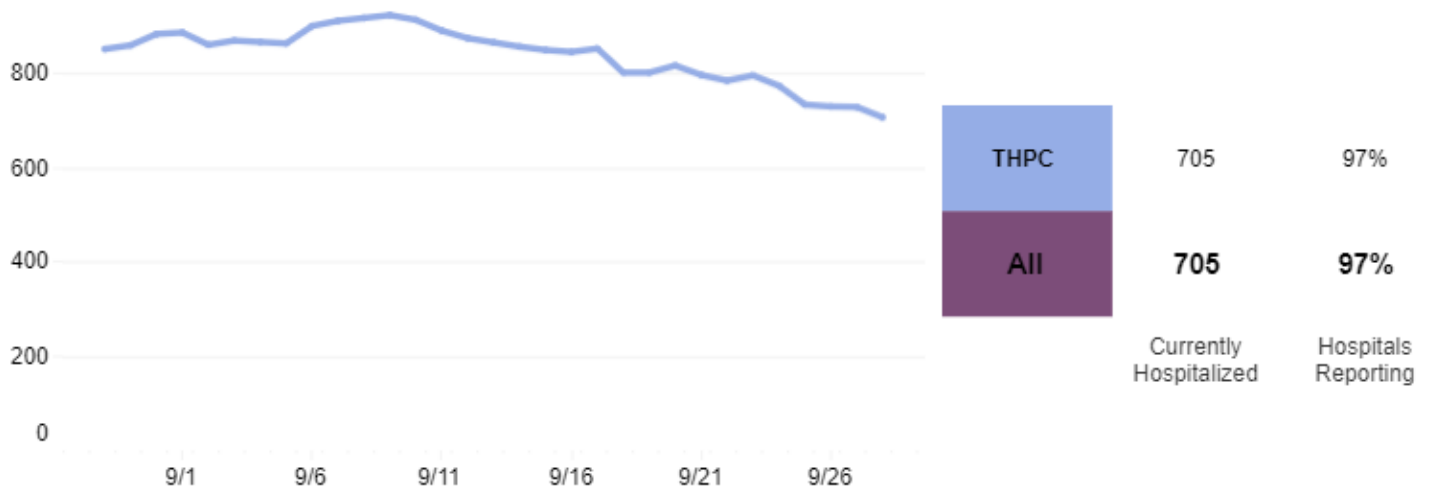
Regional COVID-19 Hospitalization Data

The hospitalization data reflected includes Watauga County. All hospitalization data is from [North Carolina Department of Health and Human Services' Hospitalization Data Dashboard](#). The trend of hospitalizations regionally and statewide shows a steep, rapid increase. (All data is current as of 9/30/2021 at 2:00 pm)

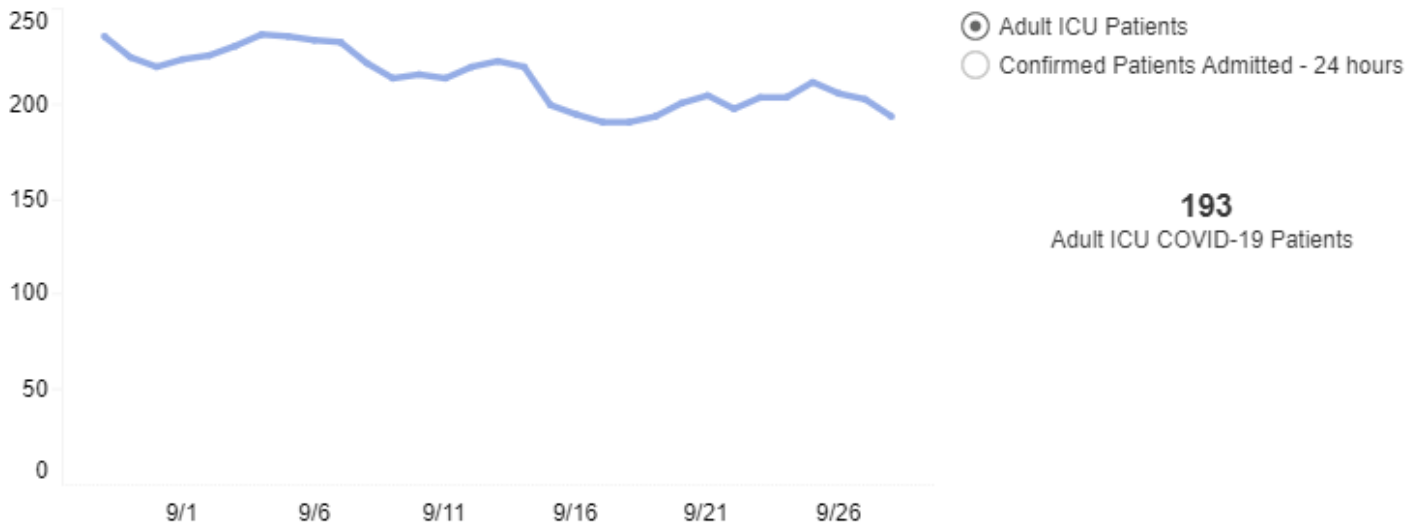


- CapRAC - Capital Region Healthcare Preparedness Coalition
- DHPC - Duke Healthcare Preparedness Coalition
- EHPC - Eastern Healthcare Preparedness Coalition
- MAHPC - Mountain Area Healthcare Preparedness Coalition
- MCRHC - Mid Carolina Regional Healthcare Coalition
- MHPC - Metrolina Healthcare Preparedness Coalition
- SHPR - Southeastern Healthcare Preparedness Region
- THPC - Triad Healthcare Preparedness Coalition

Currently Hospitalized COVID-19 Patients in Triad Health Preparedness Coalition Region* (THPC)



Number of COVID-19 Adult ICU Patients in Triad Health Preparedness Coalition Region* (THPC)



COVID-19 Case Updates

Cases to Date in App District (Alleghany, Ashe, and Watauga counties). (All data is current as of 9/30/2021 at 9 am- Cumulative case counts may decrease or fluctuate due to ongoing reconciliation of data sets and elimination of duplicate data.)



*At-Home tests, while they provide valuable information regarding COVID status and potential spread, are not currently reportable to NCDHHS and are thus not included in our cases to date.

A breakthrough case is when someone who is fully vaccinated becomes infected. **Breakthrough cases occur in only a small proportion of vaccinated people and the vast majority are avoiding serious illness, hospitalization, or death.**

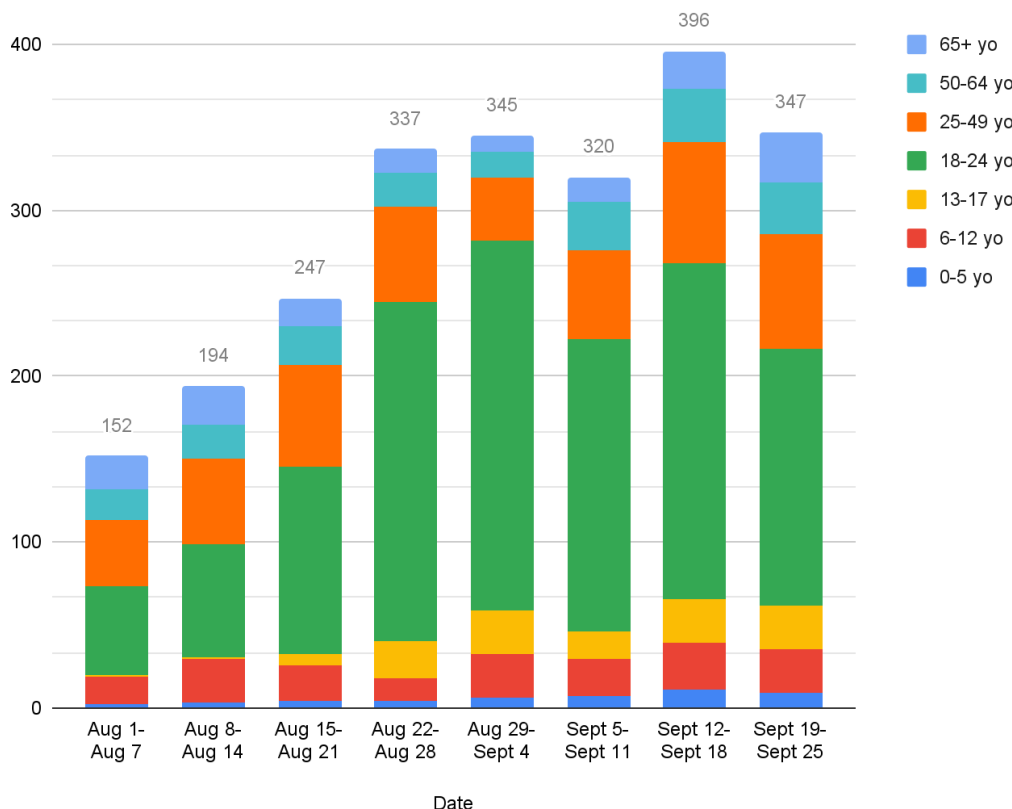
If you have COVID-19 symptoms or have been exposed to someone with COVID-19 (regardless of whether or not you have symptoms), we recommend you be tested.

AppHealthCare offers free walk-in testing. Refer to our [website](#) for more information and FAQs regarding getting tested for COVID-19.

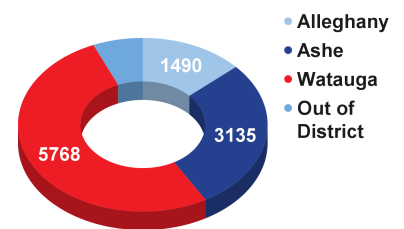


Active Cases/Week Broken Down by Age Group

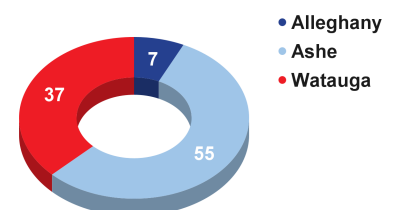
Watauga County



Positive Cases



COVID-19 Deaths



[Click here to view COVID-19 case and trend distribution by demographic groups for Alleghany, Ashe, and Watauga counties.](#)

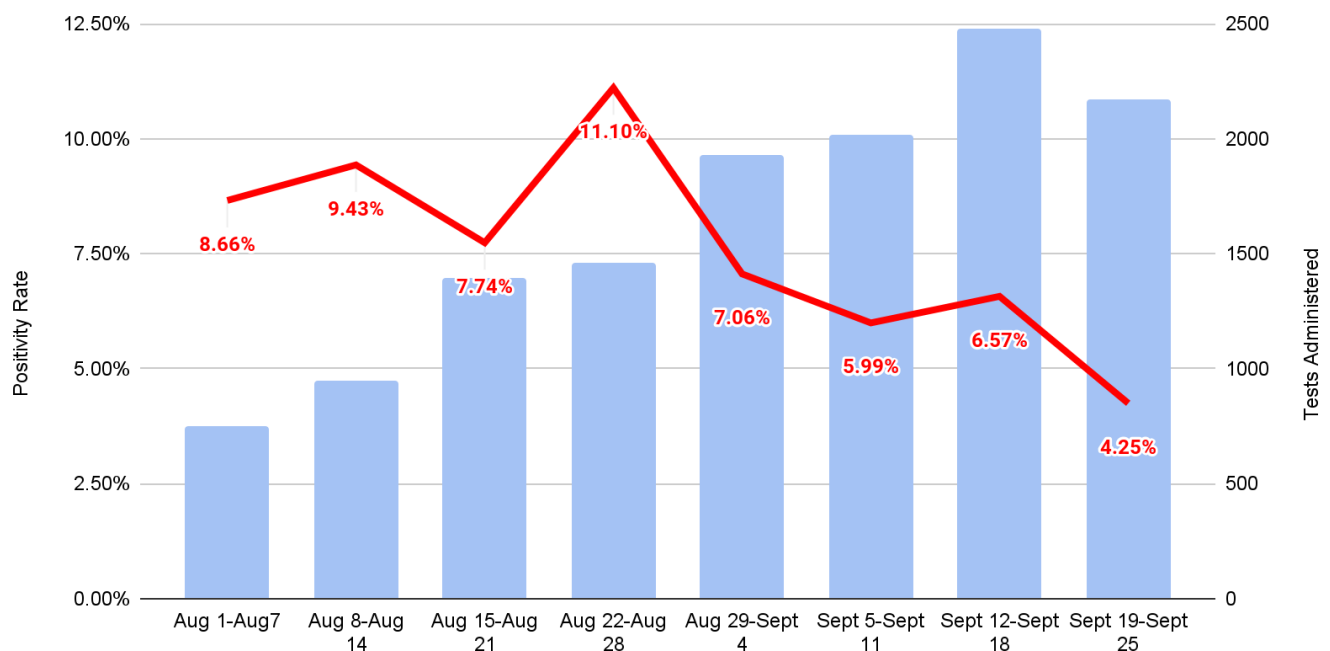
Watauga County COVID-19 Case Trends

Changes since the Watauga County September 24th Situation Update:



Tests Administered Vs Positivity Rate

Watauga County



Active Clusters and Outbreaks in Watauga County

An outbreak is defined as two or more laboratory confirmed cases within a 14 day period in a congregate living setting. A cluster is defined as a minimum of five cases within a 14-day period and plausible epidemiologic linkage between cases. An outbreak or cluster is considered active until 28 days have passed with no newly identified cases. Additional information on the [definitions of outbreaks and clusters](#) is provided by the North Carolina Department of Health & Human Services.

County	Setting Name	Setting Type	Active Cases	Cumulative Cases	Latest Positive Result
Watauga	Watauga County Detention Center	Correctional Facility	1	7	9/20/2021
Watauga	Thunder Hill Residence Hall (App State University)	University/College	0	12	9/13/2021
Watauga	Cottages of Boone	Apartment Complex	1	9	9/27/2021
Watauga	The Standard at Boone	Apartment Complex	1	8	9/26/2021
Watauga	Appalachian State University Baseball	University Sports	0	10	9/23/2021
Watauga	Appalachian State University Wrestling	University Sports	0	10	9/13/2021
Watauga	Hospitality House	Shelter	2	7	9/22/2021

(Cluster and outbreak data is current as of 9/30/2021 at 9am)

Alleghany (336) 372-5641 | Ashe (336) 246-9449 | Watauga (828) 264-4995

AppHealthCare COVID-19 Message Line: (828) 795-1970

General COVID-19 Questions: preparedness@apphealth.com

Media inquiries: media@apphealth.com

www.AppHealthCare.com and follow us on Facebook & Twitter

