ALLEGANY COUNTY, MARYLAND CORONAVIRUS JOINT INFORMATION CENTER

FOR IMMEDIATE RELEASE:

July 8, 2022

COVID-19 CONSIDERATIONS FOR SUMMER ACTIVITIES

CUMBERLAND, MD – As life returns to more of a sense of normalcy following two years of canceled events and separation from loved ones, more activities are returning to our communities. Participating in summer activities like traveling, getting together with family and friends, and attending events is important for mental and physical health and well-being, and you can enjoy all that the summer has to offer while staying safe from COVID-19 by following a few simple guidelines.

- Be aware of the current spread of COVID in your community or in areas you are traveling to. COVID Community Levels can be found at https://www.cdc.gov/coronavirus/2019-ncov/science/community-levels.html.
- If your community has a high number of COVID-19 cases or a low number of fully vaccinated people, consider choosing safer activities.
- Outdoor activities are safer than those indoors. Risk of transmission is lower outside.
- Stay up-to-date on your COVID-19 vaccinations. If you are not yet vaccinated, you should continue to practice prevention strategies such as wearing a well-fitted mask, practicing physical distancing, avoiding crowds, and washing your hands.
- If you are feeling sick, stay home.
- Basically, have fun but take care of yourself! Follow public health guidance to avoid COVID-19, but be mindful of your emotional and mental health, too. Taking simple actions such as deep breathing, physical activity, healthy eating, practicing good sleep habits, and safely connecting with family, friends, and neighbors can improve your well-being.

The Allegany County Health Department continues to offer COVID-19 vaccinations on Wednesdays at its offices at 12501 Willowbrook Road, Cumberland. Vaccinations for ages 12 and older are available on the ground floor from 9 a.m. to noon. Vaccinations for children ages 5 to 11 are offered from 3 to 4:30 on the first floor of the health department. Parents of children under five should contact their pediatrician's office to receive a COVID vaccination.

Free drive-thru testing continues at the Allegany County Fairgrounds, 11400 Moss Avenue, Cumberland on Mondays from 2 to 7 p.m. and on Wednesdays and Fridays from 8 a.m. to 2 p.m.

Pre-registration is preferred for both testing and vaccinations. Information and registration links for health department COVID testing and vaccination clinics can be found at health.maryland.gov/allegany. Testing, vaccinations, and treatment for COVID-19 are also widely available through primary care providers, pharmacies, and other healthcare facilities. More information on additional COVID resources can be found at covidlink.maryland.gov.

ALLEGANY COUNTY COVID-19 DATA AS OF JULY 7:
- CDC COVID-19 Community Level: Low
- Percent of Allegany County Population Fully Vaccinated *(based on CDC data)*: 56.1%
- New COVID Cases This Week: 101 (cumulative total 18,125)
- Additional Deaths This Week: 0 (cumulative total 365)
- Cases Per 100,000 People: 20.49 (Maryland: 21.57)
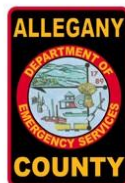- Positivity Rate: 11.84% (Maryland: 9.58%)

NEXT UPDATE: Friday, July 15

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