



Public Health
Prevent. Promote. Protect.

Frederick County Health Department

News Release

CONTACT: Rissah Watkins
301-600-6005
TTY: 800-735-2258
FCHealthDept@FrederickCountyMD.gov

FOR IMMEDIATE RELEASE:

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COVID-19 Updates for Frederick County

Change in Frequency: *Updates will be provided every other week in March and then on an as needed basis. The [Data Dashboard](#) will continue to be updated on schedule.*

COVID-19 Community Level* in Frederick County, MD: **LOW**

*Note: this is a new tool from CDC and is different from the previously reported [Community Transmission Level](#).

Frederick County - All Ages*

	# Vaccinated	% of County Population
Fully Vaccinated	197,819	76.2%
At least one dose	220,802	85.1%

Confirmed Cases:

45,325 (+19 in last 24 hrs)

Confirmed Deaths:

502 (+0 in last 24 hrs)

Positivity Rate: 2.38%

Case Rate: 4.07/100,000

Frederick County residents fully vaccinated by age group:

% of Population 5-11 Years	% of Population 12-17 Years	% of Population 5+ Years	% of Population 18+ Years	% of Population 65+ Years
44.8%	77.0%	81.0%	85.7%	95.0%

Frederick County COVID-19 Hospitalizations: # ICU # Acute Care

Individuals Hospitalized with COVID-19	1	8

Additional statistics on Frederick County dashboard: <http://FrederickCountyMD.gov/COVIDstats> and Frederick Health dashboard: <http://frederickhealth.org/COVID19>.

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Barbara A. Brookmyer, M.D., M.P.H. ▪ Health Officer



350 Montevue Lane ▪ Frederick, MD 21702

Phone: 301-600-1029 ▪ Fax: 301-600-3111 ▪ MD TTY: 1-800-735-2258





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Update from Frederick County Public Schools (FCPS)

FCPS will now accept negative results from COVID-19 Home Test Kits in order for symptomatic individuals to return to school before the standard 5 day isolation time..

Based on FDA guidance, accepting negative COVID-19 Home Test Kit results is different from Rapid Antigen or PCR test requirements. Acceptance of negative test results from COVID-19 Home Test Kits to return to school will require two negative test results at least 24 hours apart, per FDA guidance. Many home test kits include two tests per kit.

In yesterday's message, we shared this guidance is for individuals who test positive for COVID-19. This guidance is **not** for individuals who test positive for COVID-19. This guidance is for symptomatic individuals who are testing in order to return to school before the standard 5 day isolation time.

If parents/guardians use a COVID-19 Home Test Kit and their child tests negative, **they must test their child again with a second test no sooner than 24 hours after the first test**. If the second test is also negative, their child may return to school as long as they have been fever-free for at least 24 hours without using fever-reducing medication. The parent must provide the completed and signed [COVID-19 Home Tests Results Form](#) to school health staff in order for the child to return prior to the standard isolation time.

***Parents/guardians still have the option to seek a Rapid Antigen or PCR test from FCHD, FHH, a pharmacy, or a health care provider rather than using a COVID-19 Home Test Kit.**

https://fcps.ezcommunicator.net/edu/frederick/preview_message.aspx?app=0&id=111044&type=notice&source=ViewNews

Test Kits & Masks at Libraries

Update on Free Masks and Test Kits:

All Frederick County Public Library branches continue to have KN95 masks and test kits available inside the libraries during regular business hours. Supplies will be renewed when they run low. Visit fcpl.org for library branch hours and locations.

Reporting Positive Results

You can report positive test results through the Maryland COVID Positive At-Home Test Report Portal. Log in at:

<https://covidlink.maryland.gov/selfreport>. If you do not have login information, you may register to create an account.



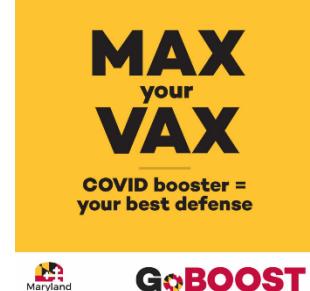
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Booster Reminder

Have you gotten your COVID-19 booster yet? If not, you can get your booster or any other scheduled doses at any of our vaccination clinics. Walk-ins are welcome, or you can schedule for a quicker visit. Check out the list of upcoming clinics here: <http://frederickcountymd.gov/covidvaccine>.



CDC Updates

CDC has developed two new infographics: "[Recommendations for People with COVID-19](#)" and "[Recommendations for COVID-19 Close Contacts](#)." As CDC case investigation and contact tracing [prioritization guidance](#) recommends a shift away from universal case investigation and contact tracing, people with COVID-19 and close contacts need a way to understand CDC recommendations for isolation and quarantine, as well as testing and mask use following close contact. The infographics help the reader visualize current CDC recommendations.

Recommendations for People with COVID-19

Have you tested positive for COVID-19 or have mild symptoms and are waiting for test results?

Here's What To Do:

Isolate. Stay at home for at least 5 days.*

To keep others safe in your home, wear a mask, stay in a separate room and use a separate bathroom if you can.

Day 6: Do a self-check. How are you feeling?

You could have loss of taste or smell for weeks or months after you feel better. These symptoms should not delay the end of isolation.

SELF CHECK

+ No symptoms or symptoms improving. No fever without fever-reducing medication for 24 hours. You can leave isolation. Keep wearing a mask around other people at home and in public for **5 more days** (days 6-10).

- Symptoms not improving and/or still have fever. Continue to stay home until 24 hours after your fever stops without using fever-reducing medication and your symptoms have improved.

+ After you feel completely better, keep wearing a mask around other people at home and in public through **day 10**.

Do not travel for 10 days.

If you can't wear a mask, stay home and away from other people for **10 days**.

To calculate the recommended time frames, **day 0** is the day you were tested if you don't have symptoms, or the date your symptoms started.

Contact your healthcare provider to discuss your test results and available treatment options. Watch for symptoms, especially fever, if you have an [emergency warning sign](#), such as trouble breathing or persistent chest pain or pressure, seek emergency medical care immediately.

*If you are [moderately or severely ill](#) (including being hospitalized or requiring intensive care or ventilation support) or [immunocompromised](#), please talk to your healthcare provider about when you can [end isolation](#). Please refer to [COVID-19 Quarantine and Isolation](#) for guidance on isolation in healthcare settings and high risk congregate settings (such as correctional and detention facilities, homeless shelters, or cruise ships).

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Recommendations for COVID-19 Close Contacts

Have you been in close contact with someone who has COVID-19? You were a close contact if you were less than 6 feet away from someone with COVID-19 for a total of 15 minutes or more over a 24-hour period (excluding K-12 settings).

Here's What To Do:

Protect Others

Take these steps to keep others safe.

Quarantine if you are not up to date with COVID-19 vaccines or didn't have COVID-19 in the past 90 days. Stay home and away from other people for at least **5 days**. If you are up to date or had COVID-19 in the past 90 days you do not have to quarantine.

Avoid travel through day 10.

Wear a mask around other people for 10 days.

Watch for symptoms of COVID-19 for 10 days.

Get Tested

Get a COVID-19 test on or after **day 5** or if you have [symptoms](#). People who had COVID-19 in the past 90 days should only get tested if they develop symptoms.

- You tested negative. You can leave your home.

- Keep wearing a mask in public and when traveling through day 10.

+ You tested positive or have symptoms.

- Isolate away from other people. Stay home for at least **5 days** and follow steps for **isolation**.

- Do not travel for 10 days.

If you are unable to get tested, you can leave your home after **day 5 if you have not had symptoms. Keep wearing a mask in public and avoid travel through **day 10**.**

Please refer to [COVID-19 Quarantine and Isolation](#) for guidance on quarantine in healthcare settings and high risk congregate settings (such as correctional and detention facilities, homeless shelters, or cruise ships).

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Click on infographics to see larger.

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Frederick Vaccination Update

All Marylanders 5 and older are eligible to get a COVID-19 vaccination. **Please note that only Pfizer is authorized for people 5-17 years old. Children must be accompanied by a parent or guardian.**

Frederick County Health Department has clinics in a variety of locations throughout the county. This list can be found at <http://frederickcountymd.gov/covidvaccine>. New links are added on Mondays. Boosters are available at all clinics.

- Call 855-634-6829 Monday – Friday, 8am-8pm to:
 - Schedule an appointment
 - Schedule an in-home vaccination
 - Arrange for a free Lyft ride to a vaccination clinic. Those who need a ride to get vaccinated can visit www.uwfrederick.org/rideunited for more information. The first \$25 of each one-way ride is completely free to the rider.
- For other dates/times, check out [Frederick Health Hospital](#) and other [locations](#).

COVID-19 Vaccination Clinics:

Date	Time	Location
Thursday, Mar. 17	5-7pm	Brunswick Branch Library 915 North Maple Ave, Brunswick, MD 21716
Friday, Mar. 18	1-3pm	Frederick Towne Mall (parking lot) 1301 W. Patrick St., Frederick, MD 21702
Saturday, Mar. 19	10am-12pm	Myersville Community Library 8 Harp Place, Myersville, MD 21773
Saturday, Mar. 19	10am-1pm	585 Himes Ave. Frederick, MD 21703 (directions).
Monday, Mar. 21	5-7pm	Thurmont Regional Library 76 East Moser Rd. Thurmont, MD 21788
Wednesday, Mar. 23	4-6pm	Walkersville Library 2 South Glade Rd. Walkersville, MD 21793
Wednesday, Mar. 23	4-7pm	585 Himes Ave. Frederick, MD 21703 (directions).
Thursday, Mar. 24	5-7pm	Brunswick Branch Library 915 North Maple Ave, Brunswick, MD 21716

Childcare option: [KinderCare](#), [Learning Care Group](#), and [YMCA](#) are all offering free child care to help parents and caregivers get vaccinated. For more information, visit the provider's website.

For More Information:

For the most current and accurate information about this situation, please refer to the following:

- For testing: <https://covidtest.maryland.gov/>
- For vaccination: <https://www.vaccines.gov/> or <http://frederickcountymd.gov/covidvaccine>
- Frederick County Health Department: health.frederickcountymd.gov/coronavirus
- Maryland Department of Health (MDH): coronavirus.maryland.gov
- Centers for Disease Control (CDC): coronavirus.gov

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