



# WELCOME MD

[Keep current on COVID-19 information at our COVID-19 Resource Center](#)

We at WellcomeMD are dedicated to providing you with the resources you need to stay informed during the COVID-19 pandemic. The situation in our communities continues to change rapidly but together we will be able to navigate this pandemic while staying healthy and safe.

## The Situation in North Carolina

Cases and hospitalizations related to COVID-19 have risen again this week in North Carolina. On Tuesday, NCDHHS reported that [1,179 people are currently hospitalized](#) with COVID-19, a new record for the state. The department also reported 1,815 new cases of COVID-19.

This came after a week that saw the number of new cases fall compared to the previous week.

However, there is some good news to report. The percentage of positive tests has begun to drop in the state and is currently at 8%. Mecklenburg County, which continues to see the most cases in the state, has also seen its percentage of positive tests fall to 11%.

North Carolina remains in the “Safer at Home Phase 2” of reopening through Aug. 7. Phase 2 was extended earlier this month because the number of positive cases continued to rise and the percentage of positive tests remained high.

People are required to wear face coverings in all public spaces, whether inside or outside, including in retail locations, restaurants, hair salons and on public transportation.

“We have to stay vigilant to protect ourselves against COVID-19,” Dr. John Woodward said. “Wear a mask, maintain physical distancing and wash your hands often. If you are someone who is at higher risk of serious disease related to the virus, please stay home if at all possible.”

## The Situation in Virginia

After seeing the number of cases and hospitalizations related to COVID-19 fall through June and early July, numbers are on the rise again in Virginia.

Hospitalizations have especially [seen an alarming increase](#). The number of people hospitalized with COVID-19 in Virginia fell to 783 on July 6. However, as of July 21 that number stands at 1,189, the most since June 5.

The percentage of positive tests in Virginia has also risen in the commonwealth. The percentage of positive tests is at 7.7% as of July 21. It had fallen to 5.8 percent on June 23.

“That percentage increase may not seem like much,” said Dr. Neal Carl. “But Virginia often tests well over 10,000 people per day. It adds up quickly. I encourage all of my patients to follow protocols for wearing face coverings, maintaining physical distancing, washing your hand regularly with soap and water and staying home unless it’s absolutely necessary.”

## The Search for a Vaccine

We have encouraging news out of the United Kingdom, where a vaccine being developed by Oxford University and AstraZeneca has shown encouraging early results.

According to the BBC, 90% of those who received the vaccine in trials [developed neutralizing antibodies](#). Just as importantly, the it also induced a T-cell response, a critical component of effective vaccines.

This vaccine, along with one being developed in China, will now move into Phase III trials. According to NPR, these trials will [see the vaccine given to 50,000](#)

[participants](#) and could be the last clinical trials before approval.

## Are You Sitting too Much?

You may have heard this before: “sitting is the new smoking.”

And with many of us sitting at our desk and in Zoom meetings throughout the day, that’s a dangerous proposition. But according to WellcomeMD’s exercise physiologist, Amanda Harris, [it’s not that we sit, but where and for how long](#), that matters most.

“The problem with sitting begins with the use of chairs. Specifically, most modern chairs get us high off the ground and put our hips and knees at right angles while giving us a back support to lean against.

Try some variety with how and where you sit including the floor, a log or low stool, even on a bean bag. Get creative as to where else you could possibly sit and how long can you stay there until it becomes uncomfortable, and you need to shift your position.

We can give your body what it needs to stay healthy and mobile, even in a fast-paced modern world!”

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