WELLCOMEMD

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 Charlotte

Mecklenburg County has seen its number of cases, percent of positive cases and hospitalizations decline compared to the beginning of August. Hospitalizations in the county are down to 130 as of Aug. 30 vs. 178 back on Aug. 5.

However, North Carolina will remain in the "Safer at Home" Phase 2 of reopening until at least Sept. 11.

"We have thankfully seen our key measures for COVID-19 begin to improve," WellcomeMD's Dr. John Woodward said. "As kids go back to school and we get into cold and flu season, it's important that we be even more vigilant about wearing masks, practicing physical distancing and washing our hands often to control the spread of this extremely serious virus."

North Carolina has hired a team of contact tracing specialists to help contain the spread of COVID-19. This team will reach out to you if you or someone close to you has tested positive for the virus. Look for a phone call from "NC Outreach," a text from 45394 or an email from "NC-ARIAS-NoReply@dhhs.nc.gov" and they will work with you to help minimize the risk of spreading the virus further.

These efforts will help ensure that North Carolina continues responsibly easing current restrictions, while protecting ourselves and our loved ones.

The Situation in Richmond

As of Sept. 9, Central Virginia is averaging 167.1 new COVID-19 cases and 1.4 deaths per day compared to 173.3 new cases and 0.6 deaths two weeks ago.

The [percentage of positive tests in Central Virginia](#) has also risen. The percentage of positive tests is at 7.5% as of Sept. 5, compared to 6.6% on Aug. 22.

"Our key measures for COVID-19 have been on a roller coaster for the last couple of months," WellcomeMD's Dr. Neal Carl said. "As kids go back to school and we get into cold and flu season, it's important that we be even more vigilant about wearing masks, practicing physical distancing and washing our hands often to control the spread of this extremely serious virus."

Virginia has released a [free contract tracing app called COVIDWISE](#). This app uses Bluetooth technology to alert you if you have possibly been exposed to COVID-19. This app can help keep you and your family safe by notifying you of exposure possibly before the onset of COVID-19 symptoms.

Getting a Flu Vaccine Could Help Us Avoid a "Worst Ever" Fall

The director of the Centers for Disease Control, Robert Redfield, has a simple message for you: Get a flu vaccine. [Redfield recently told WebMD](#) this fall could be the worst ever for public health due to the combination of flu season and the COVID-19 pandemic.

He is practically begging Americans to get their flu vaccine and he told WebMD the CDC is aiming for 65% compliance:

"Please don't leave this important accomplishment of American medicine on the shelf," he said. "This is a year that I'm asking people to really think deep down about getting the flu vaccine."

WellcomeMD members should look for an email THIS WEEK with information on how to schedule their flu vaccine.

If You Can Overcome Health Obstacles Now, You Can Do it Anytime

Recently, Dr. John Woodward of WellcomeMD Charlotte hosted a webinar on how to reclaim our health in the face of adversity.

Dr. Woodward gave an overview of the current situation surrounding the pandemic and how it is having an impact on our road to better health. He then provided simple strategies for improving our fitness, nutrition, stress and sleep in these trying times.

Watch a replay of the webinar here. Dr. Woodward also references a home strength training video, which can be found here.