



# WELCOME MD

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

The WellcomeMD team would like to express our deepest gratitude to our patients, neighbors and community for the overwhelming support and concern shown to us over the past weeks. It is our honor to continue to provide care and support to our patients and community during this time.

## Social distancing is helping in Charlotte

Mecklenburg County Health Director Gibbie Harris [said this week](#) that current social distancing and stay-home measures are "flattening the curve" of new coronavirus cases somewhat, with an estimated half of local citizens observing the requirements.

One result: projections now forecast a peak in new cases in early June, a few weeks beyond earlier predictions. **That eases the strain on local hospitals.** Increasing public participation another ten percent, to 60%, would cut demand for hospital beds in half and delay the surge to around June 25, Harris told county commissioners.

A June 8th surge would demand 574 ventilators, but the city's hospitals have only 243. "Our hospital systems are continuing to look at how they can increase bed capacity within their walls," Harris said.

She said she is concerned people are beginning to pull back from social distancing as time passes, which raises risks. She said she is seeing more cars on the road, and that social distancing is difficult but crucial to avoid overwhelming local hospital facilities.

"This will not end quickly," she said. "How long this drags out depends on how we manage our stay at home order."

## New study forecasts virus peak in Virginia

Researchers at the Biocomplexity Institute at the University of Virginia [have concluded](#) that social distancing measures are working, but that lifting those restrictions too quickly can lead to a "second wave" of the virus epidemic.

Their computer modeling used five scenarios, ranging from continued tight social distancing restrictions to doing nothing after June 10, when the current statewide stay-home order expires.

Under what they term the most likely scenario, public activity increases "halfway" to normal after June 10. If that's what occurs, then new COVID-19 cases in Virginia could peak in mid-August -- much later than we've heard before.

Dr. Dan Carey, Virginia's health secretary, said new restrictions and testing procedures are under active consideration. "We definitely need to develop a different toolkit besides opening everything up, or opening everything up halfway," he [told reporters](#).

## Face masks are a new priority

Face masks, once recommended only if you showed symptoms of possible COVID-19 or if you were around symptomatic people, are now required in many cities and counties around the U.S.

"It's another example of how quickly the medical and science landscapes are changing as we learn more about how this virus behaves and how to defeat it," says WellcomeMD's Dr. Neal Carl.

The federal government has [reversed its previous position](#) on face coverings, urging people to wear them in public places, which is also the advice of the Centers for Disease Control. The mayor of Los Angeles has ordered everyone to wear face coverings when visiting grocery stores, pharmacies and other essential businesses, as well as when entering hired cars like Uber or Lyft. Miami and Montgomery County, Maryland, have similar rules in force.

## Now is a great time to build your exercise routine

"Taking time for some physical activity is crucial for your overall health," WellcomeMD's Certified Health Coach, Luis Perez, reminds. "Even without access to a gym or weights, or having to be in cramped spaces, you can still stay active from your living room.

"It boosts your mood, lowers those feelings of restlessness and overall stress, and contributes to a healthier immune system. Even if you aren't getting your steps in, getting your heart rate up is what really counts for your health."

[Click here](#) for five simple exercises designed for quarantine circumstances.

## Energy to boost immune health

And here's some [new research from the Harvard Medical School](#) about exercise and immune systems. An excerpt:

[Regular exercise is one of the pillars of healthy living](#)....But does it help to boost your immune system naturally and keep it healthy? Just like a healthy diet, exercise can contribute to general good health and therefore to a healthy immune system. It may contribute even more directly by promoting good circulation, which allows the cells and substances of the immune system to move through the body freely and do their job efficiently.

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