



## The Situation in Charlotte

The percentage of [positive cases in Mecklenburg County](#) has remained fairly stable over the past two weeks and hospitalizations are on the decline. Last week, an average of 5.7% of individuals tested positive in the county, compared to 5.2% the previous week. Hospitalizations in the county are down to 74 as of Sept. 27 from 143 on Sept. 6.

Statewide, North Carolina is currently in the [“Safer at Home” Phase 2.5](#), effective until at least Oct. 2. In this phase, people are required to wear face coverings in all public spaces when physical distancing of six feet is not possible.

NCDHHS has launched a free exposure notification app called [SlowCOVIDNC](#). The app uses Bluetooth technology to alert you of possible COVID-19 exposure. It can help keep you and your family safe by notifying you of possible exposure, potentially before the onset of COVID-19 symptoms.

## The Situation in Richmond

The [number of new cases and deaths per day](#) continue to fluctuate in Central Virginia. As of Sept. 30, Central Virginia is averaging 143 new COVID-19 cases and 2 deaths per day. Last Thursday, Central Virginia's average was 161 new cases and 5 deaths, compared to 180 new cases and 1 death three weeks ago.

Statewide, [Virginia's average number of new cases](#) show a downward trend. As of Sept. 30, the commonwealth is averaging 812 new cases per day, down from 890 on Sept. 23. The hospitalization rate also shows a decline. The average number of people hospitalized with COVID-19 in the state is 928 as of Sept. 30, down from 956 on Sept. 23.

## At-Home COVID-19 Test Kit Available at WellcomeMD

We are excited to share that the **Soft Cell labs salivary COVID-19 test** is now available at WellcomeMD. The saliva collection device we use is the first to be [granted emergency use authorization](#) by the FDA, and the first authorized for direct-to-patient self-collection.

The test is **non-invasive and painless** – you spit into a cup versus being subjected to a nasal swab. It is so easy to use that you can pick up a kit at our office and collect your saliva sample from the comfort of your own home. Then, you ship the kit overnight to the lab. Upon receipt of your sample, the lab provides results to your physician within 24 hours.

Not only does the test offer convenience and fast results, but it does so without sacrificing validity. “The sensitivity and specificity is higher with the saliva PCR test than with a nasal swab PCR, which means even less false positives and false negatives,” WellcomeMD’s Dr. Mary Colfer said. “We also see results the next day with salivary testing, versus 3-5 days for results from the nasal swab.”

Each test kit costs \$50 for WellcomeMD members, plus the cost of overnight shipping which is averaging \$80. If your insurance does not cover the test, then the cost is an additional \$100. We can also provide a test to your family and friends who are not WellcomeMD members for \$50 per kit plus shipping.

If you are experiencing COVID-19 symptoms or believe you have been in contact with someone infected with COVID-19, please contact our office immediately at (704) 444-0999.

## Stretching and Mobility for Everyday Life

On Wednesday, exercise physiologist Amanda Harris joined WellcomeMD to lead a virtual class on improving mobility and stretching.

Amanda shared simple techniques for combatting stiffness and guided us through a live demonstration of exercises that address common aches and pains. She provided instruction on how to implement modifications and utilize common household items to make gentle stretches accessible for everyone.

Watch the full program below.



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