



WELLCOMEMD



The Situation in Charlotte

Across the country, COVID-19 cases are surging. On Dec. 6, Mecklenburg County recorded 603 [new COVID-19 cases](#), up from 324 new cases on Nov. 22 and 202 new cases on Nov. 1.

Hospitalizations are also on the rise in both [Mecklenburg County](#) and [the state](#). The county reported 258 COVID-19 hospitalizations on Dec. 6, up from 182 on Nov. 22 and 127 on Nov. 1. Statewide, North Carolina reported 2,373 people in the hospital with COVID-19 on Nov. 7, up from 1,724 on Nov. 23.

[Governor Cooper's Executive Order 181](#), which is effective Dec. 11 until at least 5 p.m. on Jan. 8, implements a modified "stay at home" order for North Carolina residents. Under this order, all individuals in North Carolina must stay at home or at the place they will remain for the night between 10 p.m. and 5 a.m.

The Situation in Richmond

Across the country, COVID-19 cases are surging. As of Dec. 9, Central Virginia is averaging 532 [new COVID-19 cases per day](#), up from 370 on Nov. 25 and 246 on Nov. 9. Statewide, the commonwealth is averaging 3,521 new cases per day, compared to 2,495 two weeks ago and 1,437 a month ago.

[Hospitalizations](#) are also on the rise. On Dec. 9, 309 hospital beds in Central Virginia were occupied by COVID-19 patients, up from 303 on Nov. 25 and 226 a month ago. At the state level, 2,004 hospital beds were occupied by COVID-19 patients in Virginia on Dec. 9, up from 1,549 two weeks ago and 1,127 a month ago.

The [death rate](#) continues to fluctuate, with the most recent numbers showing an upward trend. Central Virginia is averaging 4 deaths per day as of Dec. 9, compared to 4 deaths per day two weeks ago and 1 death per day four weeks ago. Statewide, Virginia is averaging 24 deaths per day as of Dec. 9, up from 21 deaths two weeks ago and 9 deaths four weeks ago.

COVID-19: Vaccine Information and FAQs

With COVID-19 information constantly evolving, it can be challenging to keep up with the latest recommendations. **WellcomeMD's Dr. John Woodward and Dr. Neal Carl have developed an FAQ** that we hope will provide clarity to some of the most pressing questions we hear from patients. Read the full FAQ [here](#) and find a snippet below.

Will WellcomeMD offer the COVID-19 vaccine and do you recommend it?

WellcomeMD has applied to receive a supply of vaccines, but we do not know when the vaccine will be available to us. Dr. Mandy Cohen, secretary for North Carolina's Department of Health and Human Services, shared insight into the state's multi-phased COVID-19 distribution plan last week. Health care workers dealing directly with COVID-19 patients and long-term care facility residents and staff are top priority for receiving the vaccine. Next come individuals with two or more medical conditions that could result in severe COVID-19 cases. The state is still determining how best to distribute the vaccine beyond these initial groups.

The U.S. Department of Health and Human Services and the Department of Defense have worked together to ensure the development of a safe and effective vaccine. Not only is the vaccine being reviewed by the FDA, but an independent advisory board is also conducting a review of the vaccine data to ensure safety and efficacy. With the rigorous review required to receive FDA emergency use authorization, we have every reason to support COVID-19 vaccination.

We will continue to review the vaccine process for safety and effectiveness and update our recommendations accordingly. Currently, the vaccine is proving to be safe and effective; we have never before seen a vaccine with this much scientific data this early in the development process, which is very encouraging. We understand that some individuals may not want the vaccine, given the shorter timeframe for clinical studies. We are respectful of this choice, just as we are supportive of those who choose to proceed with the vaccine.

For now, and for some months to come, we all need to continue to wear masks, practice social distancing, wash our hands frequently, and avoid crowds and large groups.

Give the Gift of Health this Holiday Season

Do you have a friend or family member who would benefit from the gift of optimal health this holiday season? Consider gifting them **WellcomeMD's Holiday Gift Bundle**. This bundle includes a DNA fitness and nutrition test, a cookbook tailored to your DNA, a body composition analysis with personalized recommendations, consultations with a health coach and an exercise physiologist, *The New Health Rules* book, a set of resistance bands, an exercise and stability ball, and a travel sleep kit. To purchase your gift bundle, please contact Tara Greenberg at (980) 585-9870 or email Tara.Greenberg@WellcomeMD.com.

WellcomeMD Food Drive Benefiting Second Harvest Food Bank of Metrolina

WellcomeMD's food drive continues throughout the month of December. Collection bins are located outside of our office doors at each location: [8035 Providence Rd. Suite 315](#) and [111 Kilson Dr. Suite 201](#). If you would like to contribute, please drop off non-perishable canned food items during office hours (weekdays from 8 a.m. - 5 p.m.). At the close of the drive, we will deliver these donations to the Food Bank to support our fellow community members who are in need during this time.

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