



WELLCOMEMD



The Situation in Richmond

Across the country, COVID-19 cases continue to surge. As of Jan. 12, Central Virginia is averaging 870 [new COVID-19 cases per day](#), up from 541 on Dec. 29 and 475 on Dec.15. Statewide, the commonwealth is averaging 5,148 new cases per day, compared to 3,688 two weeks ago and 3,654 four weeks ago.

[Hospitalizations](#) are also on the rise. On Jan. 12, 699 hospital beds in Central Virginia were occupied by COVID-19 patients, up from 562 on Dec. 29 and 400 four weeks ago. At the state level, 3,185 hospital beds were occupied by COVID-19 patients in Virginia on Jan.12, up from 2,698 two weeks ago and 2,361 four weeks ago.

The [death rate](#) continues to fluctuate, with the most recent numbers showing an upward trend. Central Virginia is averaging 7 deaths per day as of Jan. 12, compared to 4 deaths per day two weeks ago and 5 deaths per day four weeks ago. Statewide, Virginia is averaging 41 deaths per day as of Jan. 12, up from 31 deaths two weeks ago and 30 deaths four weeks ago.

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 (804) 774-7099.

The Situation in Charlotte

Across the country, COVID-19 cases are surging. On Jan. 10, Mecklenburg County recorded 1,309 [new COVID-19 cases](#), up from 440 new cases on Dec. 27 and 755 new cases on Dec. 13.

Hospitalizations are also on the rise in both [Mecklenburg County](#) and the [state](#). The county reported 511 COVID-19 hospitalizations on Jan. 10, up from 412 on Dec. 27 and 292 on Dec. 13. Statewide, North Carolina reported 3,858 people in the hospital with COVID-19 on Jan. 10, up from 3,215 on Dec. 27.

[Governor Cooper's Executive Order 181](#), which implemented a modified "stay at home" order for North Carolina residents has been extended under Executive Order 188. The restrictions will remain effective until at least 5 p.m. on Jan. 29.

Managing COVID-19 Symptoms At Home

Home management is appropriate for most patients who test positive for COVID-19 and have mild symptoms (e.g. fever, cough, fatigue, muscle soreness) provided they can be adequately isolated, monitored, and supported in the outpatient setting. Patients with risk factors for more severe illness should be evaluated by their physician, even if they only have mild symptoms.

For patients who are managing their care at home, we recommend the following supplements, which are available for purchase at WellcomeMD:

- Vitamin C: 1000 mg, twice daily
- Zinc: 50 mg, daily
- Vitamin D3: 5,000 to 10,000 IU, daily
- Quercetin: 250 mg, daily

While managing at home, patients should monitor their condition for worsening symptoms, including shortness of breath or persistent chest pain. Should you experience these symptoms, please contact your physician immediately.

COVID-19 Vaccine Distribution

Virginia is currently in [Phases 1A and 1B](#) of the COVID-19 vaccination plan, with Richmond and the surrounding counties in Phase 1A. Healthcare workers, residents of long-term care facilities, frontline essential workers, people age 75+, and people living in correctional facilities, homeless shelters, and migrant labor camps are receiving the vaccination during these phases. The Virginia Department of Health (VDH) is tracking each health district's vaccine phase progress [here](#).

Once Phases 1A and 1B are complete, then Phase 1C will begin. Essential workers, people age 65+, and people age 16+ with underlying medical conditions will be eligible for the vaccine during this phase.

According to VDH guidelines, Virginians who do not fall into the priority categories of Phases 1A, 1B, or 1C will be offered the COVID-19 vaccine when it is more widely available. Due to supply demands, the health department has not yet provided a timeline on when Phase 1C or subsequent phases will begin. To determine your COVID-19 vaccine eligibility, complete a short VDH questionnaire [here](#).