



# WELCOME MD



## The Situation in Richmond

New COVID-19 cases have been fluctuating across Virginia in recent days. As of Apr. 20, Central Virginia is averaging 252 [new COVID-19 cases per day](#), down from 281 on Apr. 13 and 261 on Apr. 6. Statewide, the commonwealth is averaging 1,348 new cases per day, compared to 1,615 a week ago and 1,381 two weeks ago.

Hospitalizations have been relatively steady across the commonwealth. In Central Virginia, 225 [hospital beds](#) were occupied by COVID-19 patients on Apr. 20, compared to 261 on Apr. 13 and 251 on Apr. 6. At the state level, 1,090 hospital beds were occupied by COVID-19 patients in Virginia on Apr. 20, compared to 1,070 on Apr. 13 and 1,088 on Apr. 6.

The [death rate](#) due to COVID-19 in Virginia is also relatively steady. As of Apr. 20, Central Virginia is averaging 4 deaths per day, compared to 3 average deaths per day on Apr. 13 and 6 average deaths per day on Apr. 6. Statewide, Virginia is averaging 17 deaths per day as of Apr. 20, compared to 15 average deaths on Apr. 13 and 23 average deaths on Apr. 6.

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

New COVID-19 cases have been showing an upward trend in Mecklenburg County in recent days. On Apr. 14, Mecklenburg County recorded 293 [new COVID-19 cases](#), up from 237 on Apr. 7 and 256 on Mar. 31.

Hospitalizations are showing an upward trend in both [Mecklenburg County](#) and [the state](#). The county reported 146 COVID-19 hospitalizations on Apr. 14, compared to 153 on Apr. 7 and 111 on Mar. 31. Statewide, North Carolina reported 1,056 people in the hospital with COVID-19 on Apr. 14, up from 1,010 on Apr. 7 and 990 on Mar. 31.

## Fully Vaccinated - Now What?

As an increasing number of Americans receive the COVID-19 vaccine, questions have emerged regarding behavioral guidelines and safety measures for fully vaccinated individuals.

"The most frequent queries I hear from vaccinated patients revolve around how they can safely socialize with family members outside of their household," says WellcomeMD's Dr. Neal Carl. The answer is dependent upon their health and vaccination status. If your family members are also fully vaccinated, then you can gather indoors without wearing masks or staying six feet apart. If they aren't vaccinated, you can still gather indoors without a mask *as long as* the family members are from one other household and are not at risk of severe illness from COVID-19. The CDC cautions against visiting indoors without a mask with anyone who is at increased risk for severe illness from COVID-19.

"While vaccination opens doors that have been closed for over a year, it's important to remain cautious," says Dr. Carl. "The vaccine protects you from severe illness, hospitalization, and death due to COVID-19, but it does not completely prevent you from contracting the virus. We should continue to wear masks in public, wash hands frequently, and avoid large crowds until more of the population is vaccinated."

For additional answers to some of the most pressing questions we hear from members, [read our latest Q&A here](#).

## An Update on the Johnson & Johnson COVID-19 Vaccine

Last Tuesday, we received a notice from the Virginia Department of Health that the state is pausing the administration of all Johnson & Johnson vaccines at this time. This pause is in response to the Joint CDC and FDA Statement on Johnson & Johnson COVID-19 Vaccine, excerpted below:

*As of April 12, more than 6.8 million doses of the Johnson & Johnson (Janssen) vaccine have been administered in the U.S. CDC and FDA are reviewing data involving six reported U.S. cases of a rare and severe type of blood clot in individuals after receiving the J&J vaccine... All six cases occurred among women between the ages of 18 and 48, and symptoms occurred 6 to 13 days after vaccination.*

*Right now, these adverse events appear to be extremely rare. COVID-19 vaccine safety is a top priority for the federal government, and we take all reports of health problems following COVID-19 vaccination very seriously. People who have received the J&J vaccine who develop severe headache, abdominal pain, leg pain, or shortness of breath within three weeks after vaccination should contact their health care provider.*

The full statement can be found [here](#). We will continue to share information as we learn more. If you received the Johnson & Johnson vaccine and experience any of the side effects mentioned above, please contact our office immediately.

WellcomeMD 8035 Providence Road Suite 315 Charlotte NC 28277 United States

You received this email because you are subscribed to WellcomeMD Marketing Information from WellcomeMD .

Update your [email preferences](#) to choose the types of emails you receive.

[Unsubscribe from all future emails](#)