



## The Situation in Charlotte

The [number of new COVID-19 cases](#) is on the rise across the U.S., including in Mecklenburg County. On Nov. 8, the county recorded 182 new COVID-19 cases, compared to 168 new cases on Oct. 25.

Hospitalizations are also increasing in both [Mecklenburg County](#) and [the state](#). The county reported 141 COVID-19 hospitalizations on Nov. 8, up from 127 on Nov. 1 and 119 on Oct. 25. Statewide, North Carolina reported 1,246 people in the hospital with COVID-19 on Nov. 10, up from 1,175 on Oct. 27.

On Tuesday, [Governor Cooper announced](#) that North Carolina's indoor gathering limit will be lowered from 25 to 10 in an effort to slow the spread of COVID-19. The outdoor gathering limit remains at 50. The order takes effect on Nov. 13 at 5 p.m. and remains in effect until Dec. 4 at 5 p.m.

## The Situation in Richmond

The [number of new COVID-19 cases](#) is on the rise across the U.S. including in Central Virginia. As of Nov. 11, Central Virginia is averaging 261 new COVID-19 cases per day, compared to 193 new cases two weeks ago. Statewide, the commonwealth is averaging 1,524 new cases per day, up from 1,140 on Oct. 28.

[Hospitalizations](#) are also increasing. The average number of people hospitalized with COVID-19 in Central Virginia is 227 as of Nov. 11, up from 204 a week ago and 224 two weeks ago. At the state level, the average number of COVID-19 hospitalizations in the commonwealth is 1,120 as of Nov. 11, up from 1,039 on Oct. 28 and 962 on Oct. 14.

The [death rate](#) continues to rise and fall. Central Virginia is averaging 1 death per day as of Nov. 11, compared to 5 deaths per day two weeks ago and 1 death per day four weeks ago. Statewide, Virginia is averaging 9 deaths per day as of Nov. 11, down from 14 deaths two weeks ago and 11 deaths four weeks ago.

## Is a Vaccine Around the Corner?

On Monday, [Pfizer announced early results](#) from its COVID-19 vaccine trial. The results suggest that the vaccine is more than 90% effective. The trial continues to accumulate data and Pfizer estimates that it will have enough data to apply for an emergency use authorization from the FDA by the end of the month.

Initial results look promising, but it's important to set appropriate expectations. "While this news is exciting, we must be cautious against premature celebration. Clinic trials must demonstrate safety and efficacy with minimal side effects across all populations before we can endorse vaccinations to support immunity. We are not out of the woods yet, which is evident by the continuing spike in COVID-19 cases," says WellcomeMD's Dr. John Woodward. "It's critical that we continue to follow safety measures, practice social distancing, support our immune system through wellness practices, and recognize the seriousness of the virus."

## Sleep Hygiene and the Pandemic

It's easy to deprioritize sleep amidst the pressures of daily responsibility and lengthy to-do lists. However, adequate sleep is a key component to overall health, wellness, and disease prevention. As we continue to navigate COVID-19 and attempt to mitigate the virus spread, good sleep hygiene is essential.

Getting enough sleep can help you fare better during the pandemic, both physically and mentally. "Sleep supports the immune system, and sleep deprivation increases susceptibility to viral infections," says WellcomeMD's Dr. Mary Colfer. "Sleep also has a direct effect on our emotional well-being, and can help lessen stress, anxiety, and depression." With many of these emotional challenges heightened during COVID-19, using tactics to help alleviate them is crucial. **"Now is not the time to ignore sleep, but instead it's time to buckle down on making sleep a top priority,"** emphasizes Dr. Colfer.

Developing a consistent nighttime routine and incorporating good bedtime habits are key to sleeping well. The following tips can help improve your sleep hygiene:

- Go to bed and get up at the same times each day
- Unplug from electronics 30-60 minutes before bedtime
- Develop rituals to help you wind down each night
- Don't eat or drink too close to bedtime
- Try to avoid naps; if you nap, keep it short and before 5 p.m.
- Go to sleep in a dark, quiet room with moderate temperature
- Stay active and exercise regularly

## Questions About Joining WellcomeMD

Now more than ever it's important to know you can rely on your physician when it matters most. Schedule a virtual visit with [Dr. John Woodward](#) and join WellcomeMD for the peace of mind you are looking for during this pandemic. Monthly memberships are available. Contact Tara Greenberg at **(980) 585-9870** or [Tara.Greenberg@WellcomeMD.com](mailto:Tara.Greenberg@WellcomeMD.com).

