

## December 2021

Your Workplace Wellness Newsletter from Wake Forest Baptist Health



### Stress-Free Holidays

Stress surrounding the holidays can affect people of all ages. Here are some tips to manage stress this time of year:

- Plan Ahead
- Put Yourself First
- Keep Your Finances in Check
- Honor Loved Ones You Have Lost
- Indulge in Moderation
- Don't Be Afraid to Say No

[Learn more about managing stress](#)

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### Holiday Hours

Due to the holidays, the clinic will be closed on Christmas Eve, Monday, December 27, and New Year's Eve. If you have an emergency please go to the nearest Urgent Care or Medical Center.

Our team wishes you and your family a happy holiday season!



## Sneez - Real-Time Illness Tracker

Sneez is web-based tool that helps you track what is going around in your community. When you enter your zip code on the website a heat map will appear showing incidences and spikes in their area for 26 groups of common illnesses – from pink eye and strep throat to influenza and COVID-19. Sneez currently tracks illnesses in the Charlotte and Winston-Salem areas.



- Each day, Sneez receives secure and anonymous diagnosis data from partner health system so the tracking map is based on what community medical practices are diagnosing in real-time.
- Users can select “connect to care” to schedule an appointment with a healthcare provider in their area or remotely.
- Sign-up for alerts and stay informed when illnesses spike in their area.
- Users can also choose to save a link to Sneez right on their desktop or home screen, for easy access.

[Get Smart Not Sick](#)

[Book An Appointment at the Clinic](#)

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