

# BRANCATI CENTER BULLETIN

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Dispatched from Baltimore, Maryland



## COVID-19: TIPS TO KEEP YOURSELF AND OTHERS SAFE

Things to do to help prevent the spread of COVID-19:

- ❖ **Stay at home:** Marylanders should only leave their homes for essential purposes.
- ❖ **Practice Social Distancing:** Stay at least 6 feet away from others if you have to go out. Also, avoid having close contact with high-risk family members and avoid visiting family and friends who are not living in your household.
- ❖ **Wear a mask:** As of April 18, the state of Maryland requires that individuals wear a mask in all retail stores and on public transportation.
- ❖ **Wash your hands frequently:** Use soap and water, and wash for at least 20 seconds (the time it takes to sing "Happy Birthday" twice).

### If you think you have COVID-19 or you were exposed to COVID-19:

- Isolate at home and avoid contact with others until you can talk to a health professional to get advice
- Call your primary care doctor.

## CONTINUING THE FIGHT AGAINST COVID-19

### Dear Neighbors,

As the number of coronavirus cases continue to rise throughout Maryland, particularly in our local communities, we focus this second issue of the Brancati Center Bulletin on providing additional information regarding COVID-19, emphasizing key points on how to continue to protect yourself and your family and stay healthy during this trying time.

~**The Brancati Center Team**

## COVID-19 and CHILDREN

- We are learning more every day about how the coronavirus affects children.
- We do know that children can get COVID-19.
- So far, fewer children have had to be hospitalized than adults, but there has been severe illness in children.
- We need to protect children from COVID-19 infection, just as we protect ourselves.

### What can we do to protect children from COVID-19 infection?

- We should take the same precautions we do for adults.
- Children should practice social distancing, even when playing with their friends.
- Children 2 years and older should wear a cloth mask when out in the community as long as they can remove it without assistance.
- They should wash their hands often with soap and water for at least 20 seconds often.
- Make sure you clean the surfaces and toys that they frequently touch.



### What symptoms should I look for in children?

- Children can have symptoms similar to adults, such as fever and cough, cold symptoms, and vomiting and diarrhea. These symptoms may be milder.
- Some children have a severe illness that causes a rash and affects several organs that might be from COVID-19.

**We are still learning about this.**

**If you have any concerns about your child and COVID-19, please contact your pediatrician.**

(Sources: CDC and HealthyChildren.org)

## RESOURCE CORNER

- **Are you caring for a child who attends Baltimore City Public Schools?** Check out the BCPS website for information on:
  - Distance learning support
  - Food distribution
  - And more

<https://www.baltimorecityschools.org/health-updates>

- **Healthy Community Partnership and Medicine for the Greater Good at Johns Hopkins Bayview hosts a twice weekly COVID-19 call for community members:**
  - Mondays (3:00 pm) & Fridays (11:00 am)
  - Join by calling: (888) 651-5908 (participant code: 3569812)

- **For additional resources, check out our website and Facebook page:**



Website: <https://www.brancaticenter.com>

Facebook: @brancaticenter

Email: [brancaticenter@jhmi.edu](mailto:brancaticenter@jhmi.edu)

The Johns Hopkins Brancati Center is based in Baltimore, Maryland.

It is the mission of the Brancati Center to improve the health of communities by developing new models of healthcare in partnership with community organizations.

Our focus is to provide access to evidence-based programs through community partnerships.

## WHAT IS ALL THIS I HEAR ABOUT... ANTIBODY TESTS?

- Your body makes antibodies to fight infection when you have an infection like COVID-19. That's what antibody tests pick up in your blood.
- When you have these antibodies, you might have "immunity" meaning that if you get exposed again, you may not get infected.
- We do NOT know yet if having antibodies to COVID-19 protects you from getting re-infected.
- There are a lot of antibody tests out there that may not be accurate.



***So, there is still a lot we don't know about these tests.***

## WHAT IF I DON'T HAVE A PRIMARY CARE PROVIDER?

During COVID-19, it is important to continue to address your other health issues. Many primary care offices are conducting telemedicine visits to help you maintain your health and manage your other conditions.

***If you don't have a primary care provider, you can:***

- ❖ Call your insurance company for a list of primary care practices accepting new patients.
- ❖ Check out the Maryland Health Exchange provider search (<https://secure.marylandhealthconnection.gov/>)

***If you don't have health insurance:***

- ❖ Check out the Maryland Health Exchange: There is currently a coronavirus emergency enrollment period open through June. Visit their website or call 1-855-642-8572.
- ❖ For uninsured Baltimore City residents, the Health Department has a list of clinics with a sliding scale: <https://health.baltimorecity.gov/health-clinics-services/primary-care-clinics-uninsured>

**If you have COVID-19 specific concerns and don't have a primary care provider,** the Baltimore City Health Department recommends calling **211** to be able to speak with a health provider and determine if you need to be tested.

## STAY WELL, STAY CONNECTED

During COVID-19, you may be finding yourself eating differently or not being as active as you would like. Here are some healthy tips:



**Get up and move!** Stand or walk around house (or outside, if you can do so safely) while taking phone calls.

**Drink clean and healthy:** Avoid excess sugars and artificial sweeteners to maintain stable blood sugars, energy levels, and healthy immune systems. (Source: Kathy Michalski, RDN)