

BRANCATI CENTER BULLETIN

Dispatched from Baltimore, Maryland

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STAY SAFE!!!

- Wear a mask when you are out or around others who do not live in your household or are high-risk
- Limit taking part in high-risk activities (such as meeting indoors, in venues like bars, or meeting in large groups). While being outdoors is thought to be safer, it is still important to wear a mask and practice social distancing in outdoor areas as well.
- Wash your hands and disinfect surfaces regularly.
- **If you think you have COVID-19, or were exposed to COVID-19:**
 - self-isolate or quarantine

AND

- ◆ contact your primary care provider or call 2-1-1 if you do not have a primary care provider and live in Baltimore City.



NO PAUSE IN THE PANDEMIC

Dear Neighbors,

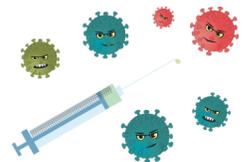
In these unprecedented times, we enter a Fall season that looks so different from any in our recent past. Many of our children started their first days of school from home; many adults continue to work from home; and our country is mourning the deaths of more than 200,000 Americans due to COVID-19 as cases continue to rise daily.

In this Bulletin, we highlight ways to keep yourselves and your families healthy and safe as we move into a Fall/Winter season.

- The Brancati Center Team

REMAINING VIGILANT DURING COLD AND FLU SEASON

- ◆ The US is continuing to experience one of the worst COVID-19 epidemics in the world. Daily numbers of new cases are higher now than in the Spring, when many areas were in stricter lockdowns.
- ◆ **Public health experts predict that the COVID-19 pandemic will get worse in the fall and winter seasons.** This is in part because people would be spending more time gathering indoors. COVID-19 transmits more easily indoors.
- ◆ With the fall and winter comes influenza (flu) and cold season. We are still learning about the impacts of COVID-19 and do not know how it may interact with conditions like the flu. It is very important this season to protect yourself and your loved ones from the flu. **Public health experts strongly recommend vaccination against the flu this season.**



COVID-19 in Maryland and Baltimore: The Current Situation

- In September in Maryland, the number of new cases per day of COVID-19 ranged from around 400-700; as of October 1, the state has had over 125,000 total infections
- On October 1, over 40% of new cases were among Marylanders ages 10 to 30 years
- The 21224 zip code in Baltimore has consistently been in the top 5 in the state for total number of cases. [Source: Maryland.gov]

RESOURCE CORNER

BE INFORMED!

Healthy Community Partnership and Medicine for the Greater Good at Johns Hopkins Bayview host a weekly **COVID-19 update call for community members**. These take place Fridays from 11-noon. To participate, call: (888) 651-5908; Participant code: 3569812.

You can e-mail questions to MGG@jhmi.edu.

COMMUNITY TESTING

Johns Hopkins Medicine is bringing testing for COVID-19 to neighborhoods that are considered “hotspots” around Baltimore.

To register, please visit: bit.ly/2AtdFMq

For additional testing sites in Baltimore and throughout Maryland, visit:

<https://coronavirus.maryland.gov/pages/symptoms-testing>



GIVE US YOUR FEEDBACK!

Do you have suggestions on future topics to cover in the Bulletin? Questions you would like answered? Resources to highlight? Contact us!

We want to hear from you!
Website: www.brancaticenter.com
Email: brancaticenter@jhmi.edu
Facebook: [@brancaticenter](https://www.facebook.com/brancaticenter)

Managing Chronic Diseases: Asthma and COPD

Chronic lung diseases like asthma and chronic obstructive pulmonary disease (COPD) can get worse during the cold weather and with cold and flu season.



Adults and children with chronic lung diseases are also at higher risk for having severe COVID-19. It is important to make sure you take steps to control asthma and COPD!

- **Keep up with Controller Medications:**

Many people with asthma and COPD will have medications, usually in the form of inhalers, they are prescribed to take daily to help control their symptoms. It is important to take these regularly as prescribed, even when you are feeling well, and to follow-up with your (or your child's) healthcare team on a regular basis.



- **Watch your triggers:** Certain conditions or exposures can make asthma or COPD worse. Some people may find their symptoms are worse with colds, cold weather, exercise, or allergies. Limit your or your child's exposure to these triggers as best as possible.
- **Know when to call your or your child's provider or seek care:** Asthma and COPD are chronic conditions that can get worse acutely and result in episodes which we call “exacerbations.” Exacerbations should be managed as soon as possible, because they can be serious and life-threatening. Some signs of exacerbations can include worsening cough, mucous production, increased shortness of breath, increased wheezing and/or needing to use a rescue inhaler more often.

MIND YOUR MENTAL HEALTH

This pandemic has been stressful for so many reasons. Stress can impact not only our mental health, but physical health as well. Some ways to cope with stress include:

- taking breaks from watching/reading/listening to the news
- engaging in safe activities/hobbies you enjoy
- connecting with family & friends: schedule calls or video chats!
- exercising regularly and getting enough sleep

source: CDC.gov

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

