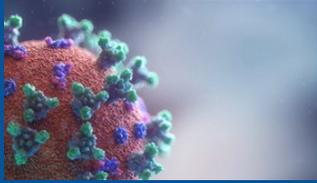


BRANCATI CENTER BULLETIN

Dispatched from Baltimore, Maryland

VOL. 1. ISSUE 8

NOVEMBER 20, 2020



STAY SAFE!!!

- Wear a mask when you are out or around others who do not live in your household.
- Practice social distancing.
- Avoid high-risk activities (such as meeting indoors)
- Wash your hands and disinfect surfaces regularly.
- If you think you have or were exposed to COVID-19:
 - Quarantine (stay at home, except to seek medical care; if possible in your home, stay in a separate room, away from others. Wear a mask and maintain physical distancing from others, including household members).

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.

Want to stay alert about exposures?

Sign up for the Maryland COVID ALERT application on your phone.

This app will notify you if you have had an exposure to someone with COVID-19. Check out: <https://covidlink.maryland.gov/content/mdcovidalert/>



Dear Neighbors,

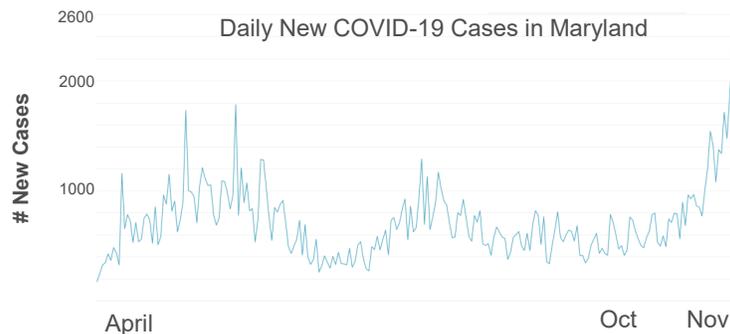
What a month it has been! It was heartening to see record levels of participation in the recent election, despite this being a year so different from any other. The excitement and enthusiasm over having our voices heard brings hope that we all will continue to work together for the betterment of our communities.

At the same time, the COVID-19 pandemic is worsening in the US with record numbers of new cases, hospitalizations and deaths. We are seeing a second surge in Maryland. In just the past week, the city of Baltimore and the state of Maryland have taken steps to re-introduce regulations to stop the spread of the virus. This all comes as the holiday season is just around the corner.

The CDC and other public health experts recommend we all rethink our holiday plans. In this issue Bulletin, we discuss how to keep you and your family safe this winter and holiday season.

- The Brancati Center Team

COVID-19 in Maryland and Baltimore: The Second Surge



- Maryland is seeing a **rapid rise in the number of new cases of COVID-19 daily**; we have seen more than 1,000 new cases per day this month, and on November 14, we saw over 2,000 new cases (the highest daily number ever).
- We are also seeing a daily increase in the number of people who are hospitalized due to COVID-19 in Maryland and the City of Baltimore
- In response to this, both the state and city have re-introduced restrictions on gatherings, travel and other activities. These will likely continue to change as numbers continue to increase.

[source: coronavirus.maryland.gov]

Myth Busters: Masks and COVID-19

- Everyone needs to do their part to help stop the spread of COVID-19.
- This includes wearing masks in settings where you are around others.



Here are some common misunderstandings or myths about masks:

Myth: Masks don't prevent COVID-19.

TRUTH: We know that masks help prevent the spread of viruses like COVID-19 that spread through respiratory droplets.

Myth: Wearing a mask will make my oxygen levels low.

TRUTH: Masks are safe and do not cause oxygen problems for healthy people. If you have questions about this, talk with your doctor before you decide that you shouldn't wear a mask.

[sources: <https://www.hopkinsallchildrens.org/ACH-News/General-News/Myths-about-Masks-and-Other-Coronavirus-Facial-Cov> and <https://digitalmedic.stanford.edu/myth/myth-face-masks-can-reduce-oxygen-getting-to-the-lungs-and-bloodstream/>]

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.

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](https://coronavirus.maryland.gov/pages/symptoms-testing)

THANKSGIVING MEALS

Operation P.U.L.S.E. (People United to
Live in a Safe Environment) will be
providing curbside to-go Thanksgiving
meals for 1st responders, frontline work-
ers, and those who would otherwise not
have a meal. Meal distribution take place
on Monday, November 23rd from 1:00-
4:00pm at Zion Baptist Church, 1700 N.
Caroline Street.

For additional resources, please check
out our website and Facebook page.

We want to hear from you!

Website: www.brancaticenter.com

Email: brancaticenter@jhmi.edu

Facebook: [@brancaticenter](https://www.facebook.com/brancaticenter)

KEEPING SAFE THIS WINTER HOLIDAY SEASON

Unfortunately, we are seeing record numbers of new cases of COVID-19 throughout the country as we enter the winter and holiday season. With the weather cooling, people may start gathering indoors to celebrate the holidays. This will cause COVID-19 cases to continue to rise, and we will overwhelm our healthcare system.

◆ **The CDC emphasizes that the safest way of celebrating the holidays this year is to celebrate only with members of your household.**

◆ If you may plan on celebrating with others outside your household, here are some additional points to consider:



◆ **Limit your gathering size. As of November 6, gatherings in private homes in Baltimore cannot exceed more than 10 people.**

◆ Limit your attendees to your “pod.” This means a group of people who interact with each other and limit interactions with others.

◆ **Protect older adults and those who have chronic health conditions** by having them join virtually, rather than in-person.

◆ **Being outdoors** is considered safest. Remember to wear masks and practice social distancing in all settings.

◆ **If you are in indoors**, find ways to increase ventilation, such as by opening windows. Limit the number of people in any one room. Wear masks around others who are not members of your household, and practice social distancing at all times.

◆ **Rethink your travel.** States are introducing new restrictions, which can change on a daily basis, and may mean you have to quarantine when arriving in another state or back in Maryland. Also, travel may put you in high-risk situations to be exposed to COVID-19.

[sources: CDC.gov and JHU HUB: https://hub.jhu.edu/2020/10/20/covid-19-winter-holidays/?mc_cid=ae3c092837&mc_eid=42fe417125]

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

