

BRANCATI CENTER BULLETIN

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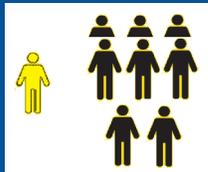
STAY SAFE!!!



Wear a Mask



Practice social distancing



**Avoid crowds
and high-risk activities**

**If you think you have COVID-19,
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)

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.

Dear Neighbors,

With the COVID-19 vaccines, there is finally a light at the end of the tunnel of the pandemic. However, the situation in our country remains serious as we battle through another surge; we have surpassed 500,000 lives lost. There are also new variants—versions of the virus that have mutated that may be more infectious.

We have begun the roll-out of the COVID-19 vaccines in our country. The vaccines, along with continued safety precautions, are an important part of getting this pandemic under control and to safely returning to the things we've all missed. In this issue, we discuss the COVID-19 vaccine, including FAQs and information on how to access the vaccine.

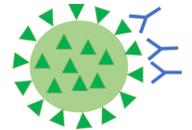
- The Brancati Center Team

COVID-19 in Maryland and Baltimore: The Second Surge

- Maryland and Baltimore, has been dealing with a second surge of COVID-19.
- Currently, the state is experiencing just under 1,000 new cases per day.

COVID-19 VACCINES: BASIC FACTS

- The COVID-19 vaccines that are currently available in the US are referred to as the Pfizer and Moderna vaccines. They are currently approved under the Emergency Use Authorization for people 16 and older (Pfizer) and 18 and older (Moderna).
- The vaccines have been approved for use by the FDA under an "Emergency Use Authorization." There were no safety-related shortcuts in the development or testing of the vaccine and safety is continuously monitored during the vaccine roll-out.



How well do they protect me?

- These vaccines have been shown to be over 94% effective in preventing people from getting symptomatic COVID-19. With the new variants of COVID-19, both vaccines appear effective, though slightly less so against the South Africa variant.

What do they do and what don't they do?

- These vaccines use mRNA—genetic material that our body uses to create proteins—to create a harmless version of the virus's spike protein. Our immune system then learns to recognize against this protein and fight against the COVID-19 virus.
- **The vaccine DOES NOT change our own genetic material and the vaccine CANNOT give you COVID-19.**

COVID-19 VACCINATION RESOURCES

To find a vaccine clinic near you:

<https://coronavirus.maryland.gov/pages/vaccine>

For the City of Baltimore:

Older adults (65 and older) with internet access can fill out a vaccine interest form and have someone call them regarding an appointment:

<https://coronavirus.baltimorecity.gov/covid-19-vaccine-information/priority-group-1a>

And adults in Priority Groups 1A-C who do not have internet can call the **Maryland Access Point at 410-396-CARE (2273)**

OR

1-855-MD-GOVAX (634-6829)
for assistance with registering

More questions about the vaccine?
Learn more at:

<https://www.hopkinsmedicine.org/coronavirus/covid-19-vaccine/for-patients.html>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>

Sources: <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/getting-the-covid-19-vaccine-what-to-expect>

We want to hear from you!

Website: www.brancaticenter.com

Email: brancaticenter@jhmi.edu

Facebook: BrancatiCenter

Twitter: @BrancatiCenter

COVID-19 VACCINES: WHAT TO EXPECT IF I RECEIVE THE VACCINE?

- The Pfizer and Moderna vaccine are 2-dose vaccines. For Pfizer, you would get the 2nd shot at least 3 weeks after the first. For Moderna, the 2nd shot is at least 4 weeks after the first. It takes up to 2 weeks after the 2nd shot for you to experience the maximum protection.
- **What are the side effects?** Common side effects including arm pain at the injection site, body aches, headaches, fatigue, fevers or chills. These can last usually for a day or two. People have reported more of these symptoms after the 2nd dose.
- **Do I still need to wear a mask or physically distance after I get the vaccine?** Yes! A small number of people who receive the vaccine could still get COVID-19. And importantly, we still do not know if people who are vaccinated can have COVID-19 without symptoms and pass it on to other people. Until we know more and more people are vaccinated, it is important we continue with all the other precautions we are taking.

COVID-19 VACCINES: HOW DO I RECEIVE THE VACCINE?

- Vaccine supplies are limited now. The state of Maryland is following a phased approach to delivering the COVID-19 vaccine. The state is currently in "Phase 1C," which includes, but is not limited to:
 - People 65 and older
 - People receiving hospital-based treatment (including in outpatient centers) with cancer (in active treatment), kidney disease on dialysis, COPD, sickle cell disease, diabetes or have had a solid organ transplant
 - Individuals with intellectual or developmental disabilities
 - Nursing home residents and staff
 - And several other groups based upon profession

Vaccines are offered for free. Check the website on the top left for more information on how to find a vaccination clinic and appointment. **For the best chance of getting a vaccine, sign up with as many vaccine sites as you can (ex. pharmacies, grocery stores, local hospitals, and local city/county health department).**

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

