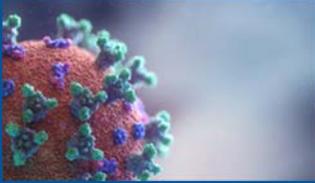


BRANCATI CENTER BULLETIN

Dispatched from Baltimore, Maryland

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MAY 17, 2021



STAY SAFE!!!

Whether fully vaccinated or not, everyone still needs to play their part in keeping themselves and others safe!

The CDC has continued to update guidance, so check out:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

If you are **fully vaccinated** (2 weeks from your 2nd dose of a 2-dose vaccine or 2 weeks from single-dose vaccine), the CDC notes you may be able to resume certain activities.

See: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html>

If you are not fully vaccinated, you will need to follow all precautions to keep yourself and others safe!

Dear Neighbors,

We are over one year into the COVID-19 pandemic; each day, as we remember those we have lost, we are also reminded how much our lives have changed. As other countries around the world currently battle devastating surges of COVID-19, it serves as a reminder of how inter-connected we are on multiple levels.

For now, we continue to remain vigilant and take steps to protect ourselves and others. If you choose to be vaccinated against COVID-19, this is one important way you could protect both yourself but also others. As our country and state has expanded vaccine eligibility, we again review the facts about the COVID-19 vaccines currently available.

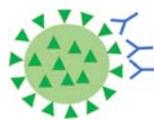
- The Brancati Center Team

COVID-19 in Maryland and Baltimore

We continue to see new cases of COVID-19 in the state and city daily. In Baltimore city, we continue to average between 100-200 new cases a day.

COVID-19 VACCINES: FAST FACTS

- The COVID-19 vaccines that are currently available in the US are referred to as the Pfizer, Moderna and J&J (Johnson & Johnson or Janssen) vaccines.
- These 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.



- The vaccines are ALL considered very effective in preventing severe illness due to COVID-19.
- **The Pfizer and Moderna vaccines**
 - **are mRNA vaccines.** These vaccines use mRNA—a molecule 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.
 - **are 2-dose vaccines.** For Pfizer, the doses are at least 3 weeks apart. For Moderna, at least 4 weeks apart. You are considered fully vaccinated 2 weeks after getting the 2nd dose.
- **The J&J vaccine:**
 - **is a vector vaccine.** It uses a modified version of a different virus in order to deliver instructions on how to make the virus's spike protein. It's made in the same way as the flu shot.
 - **It is a 1-dose vaccine.** You are considered fully vaccinated 2 weeks after getting the single dose.
 - **Why did the CDC and FDA pause use of this vaccine recently?** The CDC and FDA paused using this vaccine in April 2021 so they could look into reports of people who developed a rare and severe blood clot after receiving the vaccine. They determined the risk of this condition was rare (occurring in 7 out of every 1 million women ages 18 to 49 years; and rarer in others). Because they found that the potential benefits of the vaccine outweigh the known and potential risks, as of 4/23/21, they recommended we could start using the vaccine again in the US.

We want to hear from you!

Website: www.brancaticenter.com

Email: brancaticenter@jhmi.edu

Facebook: BrancatiCenter

Twitter: @BrancatiCenter

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



COVID-19 VACCINATION RESOURCES

There are various sites at which you can receive your COVID-19 vaccine!

- ◆ Check with your doctor's office
- ◆ Check at local pharmacies
- ◆ To find a vaccine clinic near you across Maryland, check out:
<https://coronavirus.maryland.gov/pages/vaccine>

<https://massvax.maryland.gov/>

You can also call:
[1-855-MD-GOVAX \(634-6829\)](tel:1-855-MD-GOVAX)
for assistance with registering

****For Baltimore City****

Visit:

<https://covax.baltimorecity.gov/en-US/>

Or call 443-934-8650
(BCHD's COVAX Call Center)

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>

COMMON VACCINE QUESTIONS

- **Who can get the vaccine? Can children get the vaccine?** Currently in the state of Maryland, individuals 12 and older are eligible to receive the COVID-19 vaccine (for those ages 12 through 17, they are eligible currently for the Pfizer vaccine). For younger children, trials are going on now to help determine if the vaccines are effective and safe.
- **What are the common 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 with the 2-dose vaccines.
 - **For the J&J vaccine, you should watch for signs and symptoms of a blood clot with low platelets (a type of blood cell) after receiving the vaccine.** If you experience any of the following, you should call your doctor immediately, visit an urgent care or call 911 if your symptoms are severe: easy bruising or tiny blood spots near the injection site, chest pain, shortness of breath, severe or persistent headache or blurred vision, leg swelling, persistent abdominal pain.
- **If I get a 2-dose vaccine (Pfizer or Moderna), what happens if my 2nd dose is delayed?** According to the CDC, if something happens where your second dose is delayed, you can still receive it up to 6 weeks after the first dose. If you receive it after that, while there may be limited data showing how effective it is, you don't need to "restart" the series.

Source: <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/covid-19-vaccine-what-you-need-to-know>

Special announcement for our Diabetes Prevention Program Participants Monthly Maintenance Groups

Groups are held VIRTUALLY on the 3rd Tuesday of every month, from 5:30 – 6:30 pm

As you know, we have been offering Monthly "DPP Maintenance Groups" to everyone who has completed a yearlong DPP, "Power to Stop Diabetes." Maintenance groups provide an opportunity to stay engaged in your healthy lifestyle journey, meet and hear from new (and old) DPP members, and simply be together as a group to share a common goal of diabetes prevention!

We strive to offer a variety of topics each month and keep you updated on new information and lifestyle strategies. So, if you would like to join us, we would love to have you! **Please email us at brancaticenter@jhmi.edu to receive the link to the virtual sessions!**