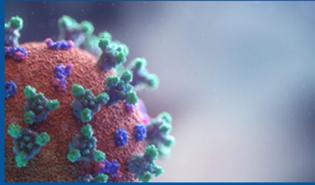


BRANCATI CENTER BULLETIN

Dispatched from Baltimore, Maryland

VOL. 2. ISSUE 3

OCTOBER 5, 2021



STAY SAFE– We know how!

Remember, we have the tools to keep ourselves and others safe from COVID-19:

- **Get vaccinated**

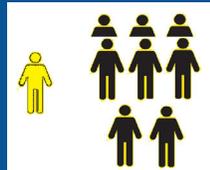
- **Wear a mask**

Baltimore City has re-introduced mask mandates for indoor settings.



The BCHD also recommends wearing a mask outdoors if you cannot maintain a 6 feet distance from others.

- **Practice physical distancing**



- **Stay aware- get tested!**

If you have symptoms of COVID-19 or have been in contact with someone who has (or is being tested for) COVID-19, **quarantine and contact your healthcare provider about testing.** Remember, COVID-19 symptoms can be mild and feel like your seasonal allergies or a cold.

Dear Neighbors,

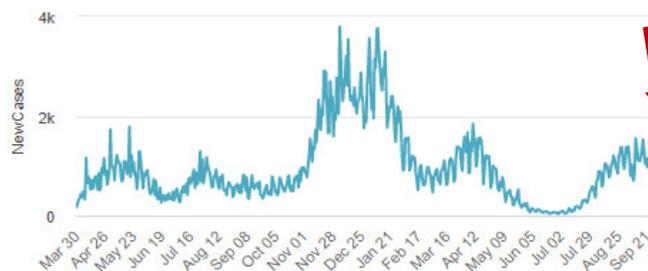
As the United States experienced a fourth wave of COVID-19, images of hospitals at capacity in several states reminded us that we all need to work together to protect ourselves, our families and the most vulnerable in our communities against the virus. Vaccination, masking, physical distancing and ventilation remain key tools in our fight.

There has been a lot of new information. We are learning more about the virus and variants, about vaccine boosters and 3rd doses. In this issue, we focus on brief updates. We know the information changes quickly, and we encourage you to reach out to us if we can help answer questions or find answers to the questions you have (contact information below).

- The Brancati Center Team

COVID-19 in Maryland and Baltimore

- Baltimore City and Maryland have seen a rise in the number of new cases and hospitalizations since this summer.
- In Maryland, we are seeing more than 1,000 new cases of COVID-19 every day. The last time we had these levels were in March-April 2021.



Source: <https://coronavirus.maryland.gov/>

Why is there another COVID-19 surge in the United States?

- The Delta variant: A variant of the virus that spreads much more easily.
- A large number of people are still not vaccinated.
- Places lifted mask mandates and other precautions that helped stop the spread of COVID-19. Many places are now bringing these precautions back.



We want to hear from you!

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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. You may need to ask specifically about whether the sites are also offering booster doses (Pfizer) if you are eligible to receive it.

- ◆ 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>



COVID-19 VACCINES: FAQs on RECENT DEVELOPMENTS



What are the recommendations for the “booster dose” and “3rd dose”?

- A booster dose is a dose that is given to maintain how effective a vaccine is over time. As an adult, you may remember that you have to get a tetanus vaccine booster every 10 years, for example.
- The CDC recently recommended a booster dose (6 months after completion of the 2 dose series) for certain people who received the **Pfizer vaccine**, including:
 - People 65 and older
 - People 18 years and older living in long-term care settings
 - People 50 to 64 years with certain medical conditions (including diabetes, cancer, chronic lung disease, chronic kidney disease)

In addition, the following groups may receive the booster based on their individual benefits and risks:

- People 18 to 49 years with certain medical conditions
- People 18 to 64 years who are at high risk for exposure to COVID-19 due to their job, living situation or is taking care of someone who is immunocompromised
- Some people need to receive 3 doses of the mRNA vaccines (Pfizer and Moderna) vaccines as part of their initial vaccination series. This is recommended for people who are immunocompromised because they may not develop the same level of immunity with just 2 doses, compared to other people. **Not sure if you fall in this category? Ask your healthcare provider!**

What about boosters for the Moderna or Johnson & Johnson vaccines?

- We are still waiting for recommendations on booster doses for the Moderna vaccine and Johnson & Johnson vaccine.

Any updates on the COVID-19 vaccine for children?

- Children ages 12 and older can currently get the Pfizer vaccine. It appears the FDA & CDC would be reviewing data to make recommendations for children ages 5 through 11 later this month.

Sources: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/immuno.html>; <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html>
<https://www.hopkinsmedicine.org/coronavirus/covid-19-vaccine/>