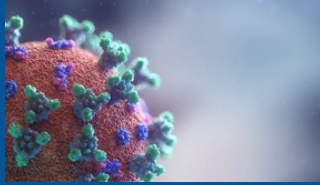


BRANCATI CENTER BULLETIN

Dispatched from Baltimore, Maryland

VOL. 1. ISSUE 6

AUGUST 26, 2020



STAY SAFE!!!

- **Wear a mask** when you are out or around others (particularly those who do not live in your household). Wearing a mask protects yourself AND protects others. Of note, as of April 18, Marylanders are required to wear masks or cloth face coverings in retail spaces and on public transportation.
- **Continue to limit taking part in high-risk activities** (such as meeting indoors or 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 are sick: stay at home!! 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.

REMAINING VIGILANT AGAINST COVID-19

Dear Neighbors,

The number of COVID-19 cases are rising in our city and state, reaching levels we saw early in the pandemic, in April and May. States throughout the US are experiencing record levels of new cases and deaths, and new “hotspots” are emerging constantly.

We felt it was important to send out a “Special Bulletin” emphasizing the importance of continuing to take precautions against the spread of COVID-19. This is not the time to let our guard down; this is the time to remain vigilant for ourselves, our families and our neighbors.

- The Brancati Center Team

YOUR “SUMMER COLD” COULD BE COVID-19...

Many people with COVID-19 do not have a fever.

Your symptoms could be as mild as a “summer cold.”

Symptoms usually start between 2-14 days after you have been exposed. If you have any symptoms of concern, it is very important you speak to a healthcare provider to discuss whether you should be tested and how long you should self-isolate.

Some of the symptoms of COVID-19 include:

- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Fever or chills
- Cough
- Shortness of breath or difficulty breathing

COVID-19 in Maryland and Baltimore: The Current Situation

- The number of new cases per day in Maryland started to rise at the end of June, from around 400 to 600-700 daily new cases. We are currently seeing around 500-600 new cases daily in the state.
- Hospitalizations also started increasing again in July, after initially declining.
- The 21224 zip code in Baltimore continues to be among the top 5 in the state for total number of cases.

[Source: Maryland.gov]

Vote for your health!

Elections are always an important time to allow your voice to be heard—including your opinions on how our nation can best protect your health and the well-being of your family and community.



Your voice during an election could help ensure that our local and national health systems, public health programming and also programs that address social determinants of health (such as employment, nutrition programs, and housing programs), reflect what you feel is most important for the well-being of yourself and your community.

Are you registered to vote? You can register to vote online, via mail or in person. Check out: <https://www.vote.org/register-to-vote/> or voterservices.elections.maryland.gov/OnlineVoterRegistration/InstructionsStep1

Already registered? Have a plan to cast your ballot:
In Maryland, you can find out more about where to vote or request your mail-in ballots via:
voterservices.elections.maryland.gov/OnlineVoterRegistration/InstructionsStep1

Make Yourself Count: **Participate in the 2020 Census**



The United States is in the midst of completing the 2020 Census. The Census is necessary to count each and every one of us, and provide important data to our policy makers so that funding for services like schools, school lunches, hospitals, fire departments and other resources are appropriately given to communities to use.

It is really important that you and your family are counted the 2020 Census. You can complete the census online or via phone, or via mail-in surveys. For more information, visit: <https://2020census.gov/>

Community-based COVID-19 testing

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

The next date is:
August 27, 2020 from
8:00-10:30am
at Sacred Heart Church
600 S Conkling Street
Baltimore, MD 21224

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)

- ◆ Visit the Brancati Center Facebook page and website for additional resources (see below) and information on Back to School supply events



The Johns Hopkins
Brancati Center is based in
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We want to hear from you!
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