

# BRANCATI CENTER BULLETIN

Dispatched from Baltimore, Maryland

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## If you think you have COVID 19 or were exposed to COVID-19:

- ◆ **Quarantine** (stay at home, except to seek medical care. 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.

We hope that we are only months away from when everyone who would like to get vaccinated against COVID-19 can receive an effective vaccine.

We encourage you to talk with your healthcare provider if you have questions about the COVID-19 vaccines.



*Dear Neighbors,*

*We enter this Holiday season with our country, and our world, continuing to face an unprecedented public health crisis.*

*The US has entered a dangerous phase of the COVID-19 pandemic; almost daily, we are breaking records for the number of new COVID-19 cases per day and deaths due to COVID-19. Around the country, we are seeing a strain on our healthcare system.*

*With promising news about effective vaccines, along with continuing to practice safety and prevention measures, we know that together we can stop the spread and save lives. Along with these holiday greetings, we wanted to send a reminder about doing our part to stop the spread of COVID-19.*

*Wishing you and yours a Healthy, Safe and Peaceful Holiday Season.*

*- The Brancati Center Team*

## STOP THE SPREAD and SAVE LIVES!

You should act like anyone you interact with could have COVID-19.

- ◆ **Wear a mask** to protect yourself and others.
- ◆ **Practice social distancing**. Maintain at least a 6 foot distance from others.
- ◆ **Limit indoor gatherings and avoid crowds in any setting**. The longer and more closely you interact with others, the higher your risk of getting COVID-19.
- ◆ **The safest way of celebrating the holidays this year is to celebrate only with members of your household**. Remember, you could spread COVID-19 to family and friends even if you aren't feeling sick.
- ◆ Wash your hands and disinfect surfaces and commonly touched objects regularly.



We want to hear from you!  
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