



Community Update

from your friends at Johns Hopkins Bayview Medical Center

August 2020

Community Calendar and Education Information

American Red Cross Blood Drive

August 26, 27, and 28: *All participants receive a parking pass, meal coupon and special gift.*

7:30 a.m. to 5 p.m.

Johns Hopkins Bayview Medical Center, Asthma & Allergy Center, 5501 Hopkins Bayview Circle.

Must schedule your appointments: 410-550-0289, emails reyring1@jhmi.edu or visit the site listed below:

hopkinsmedicine.org/jhbmc/blooddrives

COVID-19 community information sessions: *Discussion from hospital staff on topics relevant to the hospital's preparation and readiness.*

Mondays-3 PM & Fridays-11 AM

Dial in: (888) 651-5908

participant code 3569812

American Red Cross Blood Drive

September 28, 29 and 30: *All participants receive a parking pass, meal coupon and special gift.*

7:30 a.m. to 5 p.m.

Johns Hopkins Bayview Medical Center, Asthma & Allergy Center, 5501 Hopkins Bayview Circle.

Must schedule your appointments: 410-550-0289, emails reyring1@jhmi.edu or visit the site listed below:

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Prepare for the upcoming school year: Make sure Immunizations are Up-to-date

It is without question, more than ever, the importance of vaccine immunizations. We continue to be bombarded with information about the development of a vaccine for COVID-19. However, it is equally important to make sure that the immunization records of your children are up-to-date and scheduled according to the recommendation of your pediatricians.

According to the FDA, vaccines have contributed to a significant reduction in many childhood diseases, such as diphtheria, polio, measles and whooping cough. Most immunizations begin at birth and continue through the teenage years. By following the recommended vaccination schedule, you are protecting your child from diseases that can be spread at day care or schools. To view an immunization schedule—and to ensure sure you and your child are up-to-date on your vaccines—visit cdc.gov/vaccines or speak with your primary care doctor.

Take Precautions During the Summer's Extreme Heat

Extreme heat is the number one weather-related killer in the U.S. People that are obese, are very young or elderly, or take certain prescription drugs can be more susceptible to extreme heat. The CDC offers the following tips to help keep you safe in extreme heat:

- Air-conditioning is the number one protective factor against heat-related illness and death. If you do not have air-conditioning, go to a location that is AC equipped.
- Check local news and weather channels for up-dates on outside temperatures and the extended forecasts.
- Increase your fluid intake by drinking cool, non-alcoholic beverages.
- DO NOT LEAVE CHILDREN OR PETS IN ANY VEHICLE FOR ANY PERIOD OF TIME- EVER.

If you must be outdoors in extreme heat, be sure to wear sun block to protect your skin, but also pace yourself. Take several breaks and drink plenty of cool water.

Summer Storm Safety Tips

Hot, humid weather usually means an increased chance of thunderstorms. Each year hundreds of people are injured from lightning strikes.

Follow these tips to keep you safe this summer.

- Check the weather forecast before going outdoors.
- Move to a safe place indoors if you hear thunder when outside.
- Avoid standing under trees. Crouch down in a ball- like position and don't huddle together.
- When indoors, keep away from windows, doors, electrical equipment and wiring
- Avoid using phones with cords.
- Wait until the storm is over before you take a bath or shower.

Protect Yourself from Tick Bites

Ticks are found in many areas across the country and can carry diseases such as Rocky Mountain Spotted Fever and Lyme disease. You can protect yourself from tick bites by wearing long-sleeved shirts, long pants and long socks, and using an insect repellent that contains at least 20% DEET. You also can avoid ticks by walking in the center of trails and steering clear of tall vegetation.

Once you move indoors, take these precautions:

- Check your body carefully for ticks. If you find a tick, remove it right away.
- Bathe or shower as soon as possible.
- Wash and dry your clothes in high temperatures.
- If you develop a rash or fever after removing a tick, see your doctor.

Don't wait to get tested for Lyme disease. If you have unusual fatigue, soreness or fever during the summer, you should be aware of the possibility of Lyme disease. "We like to say there's no summer flu," says Dr. John Aucott, co-founder of the Johns Hopkins Lyme Disease Research Center.

Lyme presents with a rash in about one in five patients, so if you suspect Lyme disease, see your primary care provider as soon as possible. Faculty at the Lyme Disease Research Center are available for consultation once you have been diagnosed with the disease. To request a consultation, contact our Lyme Disease Clinical Research Center at 410-616-7596.

New Summer Travel Considerations

Travel can increase your chances of getting and spreading COVID-19. Chances of getting COVID-19 while traveling also depend on whether you and those around you take steps to protect yourself and others, such as wearing masks and keeping safe social distance (6 feet away from people outside your household). Airports, bus stations, train stations, and rest stops are all places travelers can be exposed to the virus in the air and on surfaces. These are also places where it can be hard to social distance. In general, the longer you are around a person with COVID-19, the more likely you are to get infected.

Air travel--requires spending time in security lines and airport terminals, bringing you in close contact with others and with frequently touched surfaces. Most viruses and other germs do not spread easily on flights because of how air circulates and is filtered on airplanes. However, social distancing is difficult on crowded flights. Sitting within 6 feet of others, sometimes for hours, may increase your risk of getting COVID-19.

Bus or train travel--for any length of time can involve sitting or standing within 6 feet of others, which may also increase your risk of getting COVID-19.

Car travel--Making stops along the way for gas, food, or bathroom breaks can put you and your traveling companions in close contact with other people and frequently-touched surfaces.

RV travel--You may stop less often, but RV travellers usually stay at RV parks overnight, refuel or get supplies at other public places. These stops may put you and those with you in the RV in close contact with others.

Learn more about how to protect yourself from COVID-19 on different types of transportation. Visit <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/using-transportation.html> .