



Community Update

from your friends at Johns Hopkins Bayview Medical Center

September 2020

Community Calendar and Education Information

American Red Cross Blood Drive

September 28, 29 & 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:

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

October 22, 23 and 26: *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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Consider Giving the Gift of Life

If you've never donated blood before, we invite you to participate in our upcoming blood drive (see below). All donors receive a meal coupon, parking pass, special gift and entry into our annual blood drive raffle at the Medical Center. Donors can also take pride in giving the gift of life!

You can donate blood if you:

- are in general good health and feeling well
- are at least 17 years old
- weigh at least 110 pounds
- have not donated blood in the last 56 days

For more information about what to expect during blood donation, visit redcrossblood.org.

Our next Blood Drives at Johns Hopkins Bayview Medical Center, September 28, 29 and 30, 7:30 AM to 5:30 PM, Asthma & Allergy Center, 5501 Hopkins Bayview Circle. To schedule an appointment, contact Roberta Eyring at 410-550-0289 or reyring1@jhmi.edu.



Our recent winner of the annual blood drive drawing for Johns Hopkins Bayview blood donors received a Samsung Tablet.

Do I Need the Meningococcal Vaccine?

Yes, if you are about to live in a dorm room setting.

The meningococcal vaccine helps prevent meningitis and sepsis (infection of the blood), which can lead to severe illness and death. People aged 16 through 21 are most likely to acquire meningococcal disease.

If unsure, you probably should be vaccinated:

- If you live in a dorm, or plan to live in one soon
- If you are a military recruit
- If you have a damaged spleen, or the organ has been removed
- If you have a terminal complement deficiency
- If you are a microbiologist who is frequently exposed to the bacterium *Neisseria meningitidis*
- If you live in or plan to travel to a place where meningococcal infection is common.

If you are unsure as to whether you have received the vaccine, it is always best to check with your physician and get a record of your vaccinations.

How to Prepare for In-Person Classes This School Year

Going back to school this fall will require schools and families to work together even more than before. Schools will be making changes to their policies and operations with several goals: supporting learning; providing important services, such as school meals, extended daycare, extracurricular activities, and social services; and limiting the transmission of the COVID-19 virus. Teachers and staff can teach and encourage preventive behaviors at school. Likewise, it will be important for families to emphasize and model healthy behaviors at home and to talk to your children about changes to expect this school year. Even if your child will attend school in-person, it is important to prepare for the possibility of virtual learning if school closes or if your child becomes exposed to COVID-19 and needs to stay home.

The Center for Disease Control has created a checklist to help with back to school planning for this 2020-2021 school year. If your school has a model, you may want to review both the in-person and virtual/at-home learning checklists. You can visit the CDC website for a back-to-school planning guide at <https://www.cdc.gov/coronavirus/2019-ncov/community/pdf/Back-to-School-Planning-for-In-Person-Classes.pdf>.

Reprinted from CDC website, www.cdc.gov.

Don't Avoid Your Doctor During the Coronavirus Pandemic

As the COVID-19 pandemic continues and stay-at-home policies change, you may think it's risky to seek medical care, even if you or a loved one is sick. Brian Hasselfeld, M.D., assistant medical director for Digital Health Innovations at Johns Hopkins and Barry Solomon, M.D., M.P.H., chief of the Johns Hopkins Division of General Pediatrics and Adolescent Medicine and a professor of pediatrics explain that you can — and should — get the care you need, and answer questions on how telemedicine can help.

IS IT SAFE TO GO TO THE DOCTOR?

Fewer people are going to their medical appointments or seeking medical help out of concern about COVID-19. Even emergency rooms across the country are seeing fewer patients for serious health problems, such as heart attack, stroke. But doctors note that waiting too long to get help for life-threatening conditions can be more dangerous than infection with the new coronavirus.

People are trying to observe social distancing and avoid unnecessary exposure, such as going to the grocery store. But in terms of medical care, providers worry that ignoring serious signs and symptoms can be dangerous."

If experiencing urgent health issues that warrant immediate in-person help, call 911 for:

- Chest pain, pressure in your chest, shortness of breath or other heart attack symptoms
- Sudden numbness, weakness, confusion, loss of vision or other stroke symptoms
- Difficulty breathing
- Heavy bleeding
- Significant injury or trauma
- High fever
- Possible broken bones

Community Update is published 11 times a year by the Community Relations Department. **Selwyn Ray, J.D.**, director; **Meghan Rossbach**, editor; **Sara Baker, April Meise, Elaine Welkie**, contributors. **Phone:** 410-550-0289; **Web:** hopkinsmedicine.org/