



# Community Update

from your friends at Johns Hopkins Bayview Medical Center

October 2020

## Community Calendar and Education Information

### American Red Cross Blood Drive

October 22, 23 & 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](mailto:reyring1@jhmi.edu) or visit the site listed below:

[hopkinsmedicine.org/jhbmc/blooddrives](https://hopkinsmedicine.org/jhbmc/blooddrives)

### COVID 19 Community Information

Sessions: *Discussion from hospital staff on topics relevant to the hospital's preparation and readiness.*

Fridays-11 AM

Dial in: (888) 651-5908

participant code 3569812

For additional details contact Kimberly at 410-550-1118.

### Community Partners Call

October 5: *Topic—Advance Directives with Dr. Joan Park*

5 p.m.

Registration required. Visit

<https://jhjhm.zoom.us/meeting/register/tJYqf-uorTkpGtHUMY5UtzPZJJqE5YKzIG15>

For additional details contact Kimberly at 410-550-1118.

## Baltimore Residents: Complete the Community Health Needs Assessment

If you live in Baltimore City or Baltimore County, Johns Hopkins Bayview Medical Center wants to hear from you to provide your input as part of a Community Health Needs Assessment Survey. The survey gives you an opportunity to share what you are experiencing and what you feel are the most critical needs in your neighborhood.

Your responses to this optional survey are anonymous and will inform how hospitals and agencies work to improve health in our Baltimore community. This survey is available online at

<https://www.surveymonkey.com/r/RTSJ882> or for the Spanish speaking community at <https://www.surveymonkey.com/r/2W9ZWT9>.

You can also request hard copies to distribute in English and Spanish by contacting [cbr@jhmi.edu](mailto:cbr@jhmi.edu). We will be collecting completed surveys through October 9th.

Thank you for taking the time to complete the Community Health Needs Assessment Survey that will help with healthcare development for years to come.

KEEP IT UP HELP STOP THE SPREAD OF COVID-19



MASK



DISTANCE



WASH



SELF-MONITOR

## Fire Safety in the Home

The crisp air of the fall brings cooler weather, which means many people are turning their heat on for the first time in months. Keep these safety tips in mind as you prepare to heat your home.

- Check the batteries in your smoke detectors and carbon monoxide detectors.
- Make sure your fire extinguishers are fully charged and in working order.
- Schedule an appointment to have your central heating system inspected, cleaned and serviced.
- Keep at least three feet of empty space around space heaters.
- Have your chimney inspected at the beginning of the season and use fire screens to contain sparks.
- Plan and practice a fire escape plan with your family.

To learn more about burn and fire prevention, call Community Relations at 410-550-0289.

## Breast Cancer Awareness Month

Early detection of breast cancer saves thousands of lives each year. That's why it's so important for women to take advantage of breast cancer screenings throughout the year, not just during National Breast Cancer Awareness Month.

Annual screening mammograms are recommended for women who are 40 years or older, or for younger women with specific risk factors for breast cancer. Women don't need to have any signs or symptoms of a breast abnormality to receive a screening. The goal of a screening exam is to find cancers before they start to cause symptoms.

Contact your health care provider if you notice:

- Lumps, hard knots
- Thickening in the breast
- Breast shape and size change
- Skin of the breast begins to dimple or pucker
- Pain begins in one spot and will not go away

To schedule a mammogram or to make an appointment with the Johns Hopkins Breast Center, call 410-550-8282.

## Lead Poison Prevention Week

*October 25-31*

Approximately 500,000 children in the United States ages one to five have dangerous blood lead levels. Lead poisoning can affect nearly every system in the body. Although lead poisoning normally affects children, it also can affect adults.

Lead can enter someone's system by:

- Drinking water from old lead pipes
- Inhaling or swallowing lead dust
- Eating paint chips that contain lead
- Wearing jewelry that contains lead

Some symptoms of lead poisoning are:

- Concentration difficulties
- Behavior problems or irritability
- Metallic taste in mouth
- Sluggishness or fatigue
- Headaches
- Muscles/joint weakness
- Weight loss

Contact your physician immediately if you or a loved one experience these symptoms. A simple blood test can determine blood lead level. For more information about lead poisoning, visit [epa.gov/lead](http://epa.gov/lead).