Patient Education & Information Sessions

**Feb. 4 & 11: Weight Loss Surgery Info.**
For individuals 100 pounds or more overweight who are considering weight loss surgery. This seminar is required to receive a consult for bariatric surgery.
4:30 to 6 p.m.
Johns Hopkins Bayview Medical Center
Register: 410-550-0409

**Feb. 24: Living with Type 2 Diabetes**
This class features a registered dietitian who will offer details on using nutrition to balance glucose.
5:30 p.m.
Johns Hopkins Bayview Medical Center
Register: 410-550-KNOW (5669)

**Feb. 25: ABCs of Kidney Disease**
Learn about normal kidney function, the causes and stages of chronic kidney disease, the effects of kidney disease on the body and treatment options for kidney disease and failure.
5 p.m.
Johns Hopkins Bayview Medical Center
Register: 410-550-2820

**Feb. 27: Cannabis and Cancer Part 1**
A free program for breast cancer survivors, no matter where they received treatment. Dinner and parking provided.
6 p.m.
Johns Hopkins Bayview Medical Center
Register: 410-550-6690

American Red Cross Blood Drive

**February 17-19**
All participants receive a parking pass, meal coupon and special gift.
7:30 a.m. to 5 p.m.
Johns Hopkins Bayview Medical Center
Appointments: 410-550-0289

What You Need to Know About the Coronavirus

Coronaviruses are a type of virus. There are many different kinds, and some cause disease. A newly identified type, called 2019 novel coronavirus, has caused a recent outbreak of respiratory illness that started in China. Lauren Sauer, M.S., the director of operations with the Johns Hopkins Office of Critical Event Preparedness and Response and director of research with the Johns Hopkins Biocontainment Unit, shares information about 2019 novel coronavirus and what you need to know.

**How is 2019 novel coronavirus spread?**
Recent information indicates 2019 novel coronavirus, also called 2019-nCoV, may be passed from person-to-person. There are still a lot of unknowns, including how contagious it might be.

**What is the incubation period?**
It appears that symptoms are showing up in people within 14 days of exposure to the virus.

**What are the symptoms of 2019 novel coronavirus?**
2019 novel coronavirus causes viral pneumonia, with symptoms including cough, fever and shortness of breath. In rare cases, it can lead to severe respiratory problems, kidney failure or death.

If you believe you have these symptoms and you have traveled to Wuhan, China, within 14 days, contact your health care provider.

**How is it diagnosed?**
Diagnosis may be difficult with only a physical exam because mild cases of the new coronavirus may appear similar to the flu or a bad cold. A laboratory test can confirm the diagnosis.

continued on next page
Coronavirus continued

**How is 2019 novel coronavirus treated?**
As of now, there is not a specific treatment for the virus. People who become sick from this coronavirus should be treated with supportive measures (those that relieve symptoms). For severe cases, there may be additional options for treatment, including research drugs and therapeutics.

**How do you protect yourself from the virus?**
The Centers for Disease Control and Prevention (CDC) has these suggestions:

- Wash your hands frequently and thoroughly for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren’t available
- Cover coughs and sneezes with a tissue, then throw the tissue in the trash.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Stay home when you are sick
- Clean and disinfect surfaces and objects people frequently touch.

For more information about 2019 novel coronavirus, visit hopkinsmedicine.org/health/conditions-and-diseases/coronavirus.

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Johns Hopkins Bayview Medical Center, home to the Johns Hopkins Burn Center, is committed to educating the community about burn prevention and fire safety. While the Burn Center is prepared to treat a wide range of burns, staff would rather prevent burn injuries from happening in the first place.

The Johns Hopkins Burn Center Fund allows community relations staff to provide fire and burn prevention education throughout the year.

- Educational materials are distributed at health fairs and community meetings. Fire safety-themed items, such as coloring books, are given to children.
- Women who have a baby at Johns Hopkins Bayview are discharged with a “Safe Baby Kit,” which includes a smoke detector, heat-sensitive baby spoon, spill-proof thermal travel mug and a bath-tub thermometer.
- A retired Baltimore City firefighter teaches burn prevention education to students in Baltimore City and County schools. Burn Center nurses also provide burn prevention education to older adults.

If your community group is interested in burn or fire prevention education, call 410-550-0289.

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**National Wear Red Day (February 7)**
Get your red ready! Show your support for women’s heart disease awareness by wearing something red on Friday, February 7. Share your pictures with us on Facebook (JohnsHopkinsBayview) and Instagram (HopkinsBayview)! #GoRedMD #WearRedDay

**Checklist for a Healthy Heart**
Heart disease can happen at any age. High rates of obesity and high blood pressure among younger people (ages 35-64) are putting them at risk for heart disease earlier in life. Half of all Americans have at least one of the top three risk factors for heart disease – high blood pressure, high cholesterol, and smoking.

Tips for a healthier heart:

- Quit smoking.
- Lower your cholesterol.
- Reduce your blood pressure.
- Stay active.
- Eat a healthy diet.
- Talk to your doctor about lifestyle changes that can reduce your risks.