



Business to Business Zoom Conference Series

Supporting our family's health and wellness this holiday season

Topics:

- Latest on COVID-19
- Vaccines
- Our mental health
- Plenty of time for questions

11.18.21

Good Health Is Good Business





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Legal Disclosure:

The Coronavirus pandemic is an ongoing, continuously evolving situation.

Northern Light Health encourages everyone to follow federal and state governmental guidance and mandates.

Northern Light Health does not know the particulars of your situation, so the information presented today is general in nature and is based upon Northern Light Health's own experience, which may or may not apply in your specific situation, and which may be revised as we learn more about the Coronavirus.

Accordingly, following any guidance Northern Light Health presents today in no way guarantees that you, your employees and/or your customers and clients will not contract or spread the Coronavirus.

Ask us questions – give us feedback – this hour is for you

- Please use the Q and A function to ask your questions at anytime.

Page 1 of 1

1. I am able to apply the tools and guidance provided today to support my workplace and/or employees.*
 - Strongly Agree
 - Agree
 - Neutral
 - Disagree
 - Strongly Disagree
2. The information provided today was easy to understand and relevant.*
 - Strongly Agree
 - Agree
 - Neutral
 - Disagree
 - Strongly Disagree
3. How likely are you to recommend the Business to Business Zoom Conference series to a fellow colleague and / or Maine employer?*
- Very Likely
- Likely
- Neutral
- Unlikely
- Very Unlikely
4. How likely are you to attend one of our Business to Business Zoom Conferences in the future?*
- Very Likely
- Likely
- Neutral
- Unlikely
- Very Unlikely
5. What topic(s) would you like us to focus on in the future?

Done

Latest on COVID-19 and safe holiday gathering

COVID-19 New Cases Trend - Worldwide

Weekly Trends

MAIN

WEEKLY TRENDS

Columns ▾

Search:

	All	Europe	North America	Asia	South America	Africa	Oceania					
#	Country, Other	Cases in the last 7 days	Cases in the preceding 7 days	Weekly Case % Change	Cases in the last 7 days/1M pop	Deaths in the last 7 days	Deaths in the preceding 7 days	Weekly Death % Change	Deaths in the last 7 days/1M pop	Population		
	World	3,306,516	3,153,239	+5%		48,400	48,403	0.0%				
1	USA	480,902	515,599	-7%	1,441	6,494	7,741	-16%	19	333,659,530		
2	Russia	275,579	281,305	-2%	1,887	8,572	8,276	+4%	59	146,020,156		
3	UK	259,317	244,490	+6%	3,793	1,093	1,173	-7%	16	68,374,171		
4	Germany	257,867	172,611	+49%	3,064	1,135	800	+42%	13	84,150,739		
5	Turkey	176,487	198,691	-11%	2,062	1,404	1,516	-7%	16	85,580,696		
6	Ukraine	142,206	153,131	-7%	3,279	4,621	4,355	+6%	107	43,373,804		
7	Poland	100,293	78,961	+27%	2,654	1,110	758	+46%	29	37,789,840		
8	Netherlands	94,097	68,958	+36%	5,475	173	150	+15%	10	17,186,785		
9	India	80,922	81,002	-0.1%	58	2,612	2,573	+2%	2	1,398,568,738		
10	Brazil	77,528	69,584	+11%	361	1,834	1,624	+13%	9	214,627,421		

https://www.worldometers.info/coronavirus/weekly-trends/#weekly_table

Predicting Future Trends

Data Type:

Level of Community Transmission

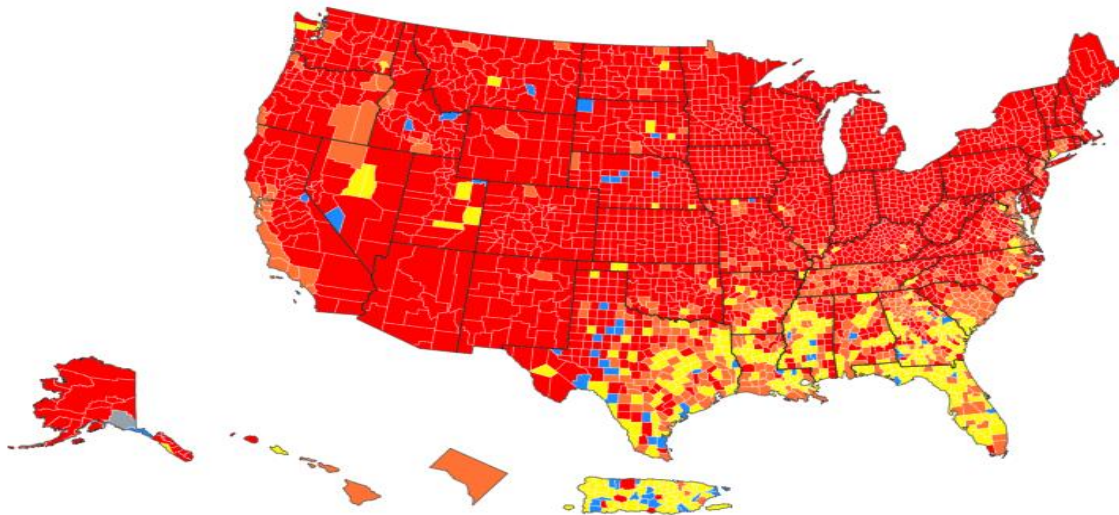


Map Metric:

Level of Community Transmission



All Counties



Community Transmission in US by C

	Total
High	2281
Substantial	497
Moderate	376
Low	65

How is community transmission calc

<https://covid.cdc.gov/covid-data-tracker/#county-view>

Maine Data

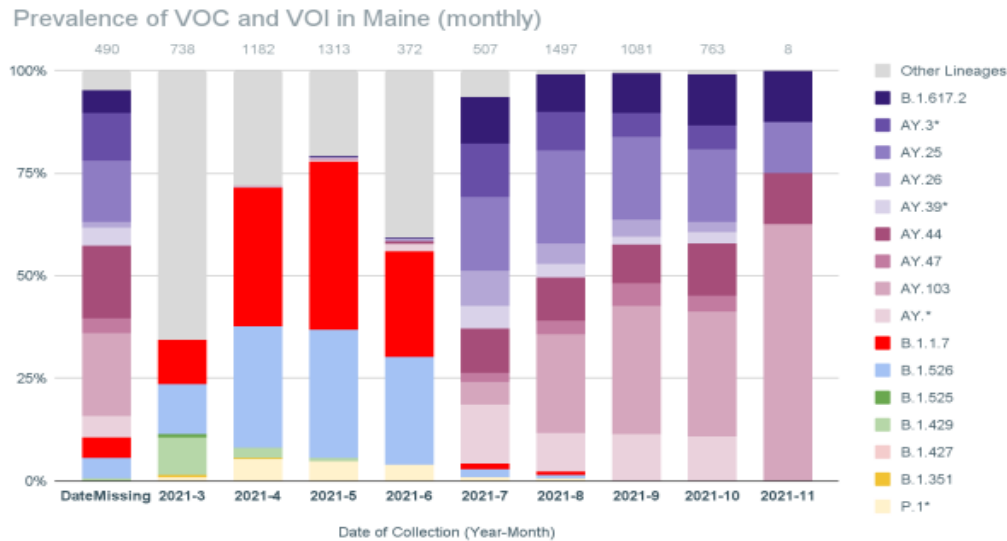


Figure 1: Proportion of samples typed as VOC/VOI/VBM by month. Samples represented as “DateMissing” include samples sequenced in the past 60 days without metadata.

Lineages with “*” include the parent lineage and all sublineages (e.g. P.1* include P.1, P.1.10, P.1.12)
 AY.* does not include AY.3.*, AY.25, AY.26, AY.39, AY.44, AY.47 and AY.103 which are provided separately.
 B.1.1.7 includes all Q.* sublineages

Pangolin Lineage	WHO Label	CDC Category	Cumulative Count	Aug 2021	Sept 2021	Oct 2021	Nov 2021
B.1.617.2 / AY.*	Delta	VOC	4223	97.0%	99.4%	99.2%	100.0%
B.1.1.7 / Q.*	Alpha	VBM	1190	0.6%	0.0%	0.0%	0.0%
B.1.351	Beta	VBM	8	0.0%	0.0%	0.0%	0.0%
P.1*	Gamma	VBM	167	0.7%	0.1%	0.0%	0.0%
B.1.427 / B.1.429	Epsilon	VBM	152	0.0%	0.0%	0.0%	0.0%
P.2	Zeta	VBM	112	0.0%	0.0%	0.0%	0.0%
B.1.525	Eta	VBM	8	0.0%	0.0%	0.0%	0.0%
B.1.526	Iota	VBM	1013	0.9%	0.0%	0.0%	0.0%
B.1.621.*	Mu	VBM	104	0.3%	0.0%	0.0%	0.0%
C.37.*	Lambda		3	0.0%	0.0%	0.0%	0.0%
Total VOI/VOC Sequenced			6980	1490	1075	757	8
Total Cases Sequenced			10066	1497	1081	763	8

Table 1: Proportion of cases classified as a variant of concern (VOC), interest (VOI) or variants being monitored (VBM) by month. Lineages with “*” include the parent lineage and all sublineages (e.g. P.1* include P.1, P.1.10, P.1.12)

<https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/documents/SARS-CoV-2-Sequencing-Summary-11-12.pdf>

New Medications

- Molnupiravir approved on 11.4.21 in UK. Developed by Merck. Causes errors in the viral RNA, making the virus incapable of replicating.
- Paxlovid in clinical trials. Developed by Pfizer. Interferes with the virus making some needed proteins.
- Both are pills that can be manufactured inexpensively.
- Both decrease hospitalizations substantially and likely deaths as well.
- Neither are approved in the US but are being looked at thoroughly. No approval dates have been targeted so far.
- Pre-approval orders for both are underway across the world, mostly by wealthy countries.
- While seen as a potential game-changer, especially in third world countries, inequity is a major concern based on the orders being received.

What can we do today?

- Vaccinate
- Get a booster when eligible
- If high risk and become positive, get evaluated for monoclonal antibody treatment, early
- Mask indoors while distancing
- Decrease those at highest risk to indoor gatherings

Kids and vaccines

COVID-19 Vaccination and Children ages 5-11

Why vaccinate this population?

- Low risk does not mean NO risk!
- Pfizer-BioNTech COVID – 19 Vaccine
- Authorized on 10.29.21 by the FDA
 - key points – 90.7% efficacy, no serious events reported
 - 2 dose series 3 weeks apart
 - 10mcg vs 30mcg dosing
 - Age is key to dosing, not weight
 - Side effects are similar



COVID-19 Vaccination and Risks for Children ages 5-11

What about the Myocarditis and Pericarditis risk?

- Pre-COVID data showed incidence of 0.8 per 100,000 in children
- Vaccine associated risk worldwide showing 5 cases in 1 million from the WHO.
- **COVID disease risk is 16 times higher than the vaccine**

Let's talk about common questions and concerns

- ❖ *“My child is healthy; I’d rather they get natural immunity”*
- ❖ *“My child has so many allergies, its not worth the risk”*
- ❖ *“I don’t trust the CDC or FDA”*



COVID 19 Vaccination and Children ages 5-11

When will this end?

- Our goal is a return to normal – this will require ongoing research, data collection, and vaccination as a plan for wellness again.
- Vaccination and breakthrough cases

Our job as your healthcare provider is to provide information, assist in reviewing your options and assist you in making your best choices for you and your children.

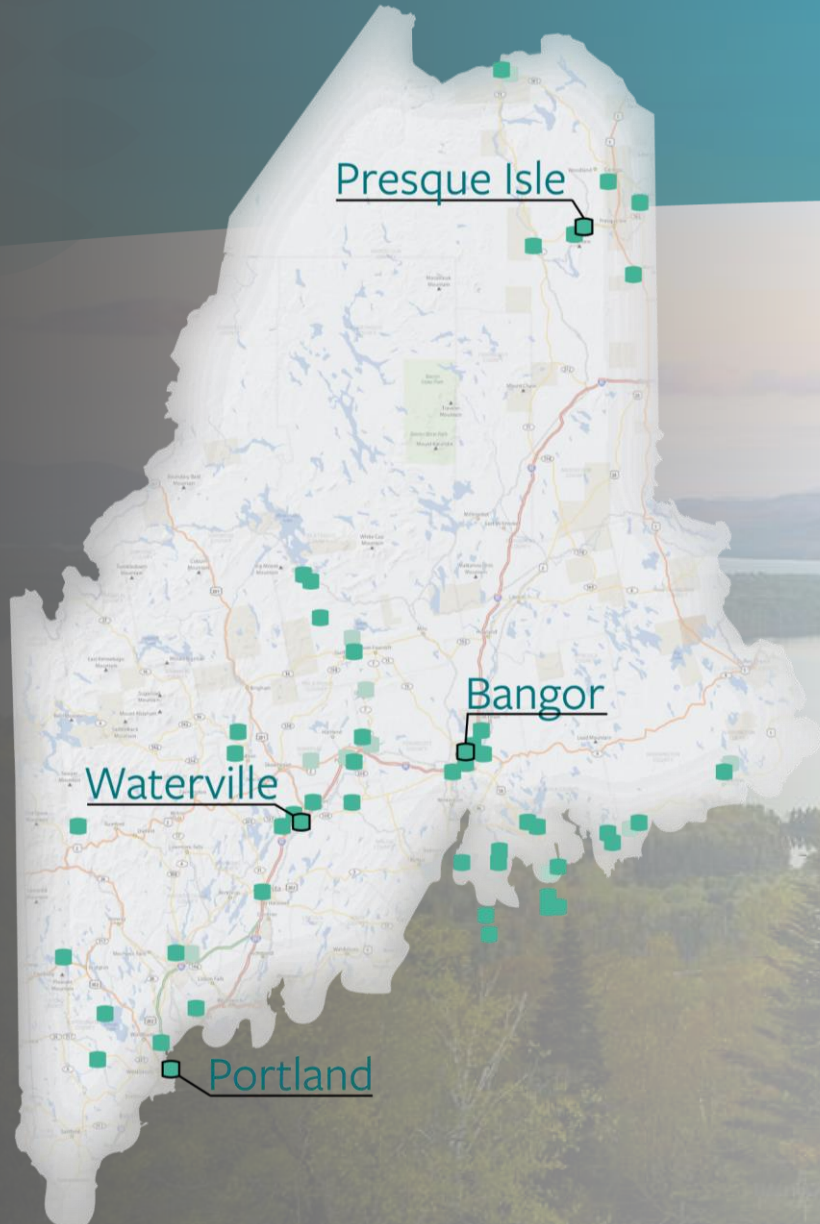


COVID-19 Vaccination and Children ages 5-11

Resources:

- Your family healthcare provider – MD, DO, FNP, PNP, PA - Pediatrician, Family Practitioner, Specialists, any member of your healthcare team.
- American Academy of Pediatrics website:
 - www.healthychildren.org:
- Pediatric providers panel on COVID Vaccines in Children:
 - www.youtube.com/watch?v=NQvWEt3SJzs





48
Primary Care
Locations

[CLICK TO VIEW](#)

20
Pediatric Care
Locations

[CLICK TO VIEW](#)

Mental health and the holidays – how to support kids and families

Supporting youth across all ages

0-3 years old

- Take off the pressure!
- Keep things simple, and give yourself permission to scale back on gifts and elaborate celebrations
- Give lots of attention, quiet time, and snuggles

6-12 years old

- Validate all feelings
- Engage youth in developing ideas on how to make holidays special this year
- Try out some new and fun self-care/relaxation strategies together



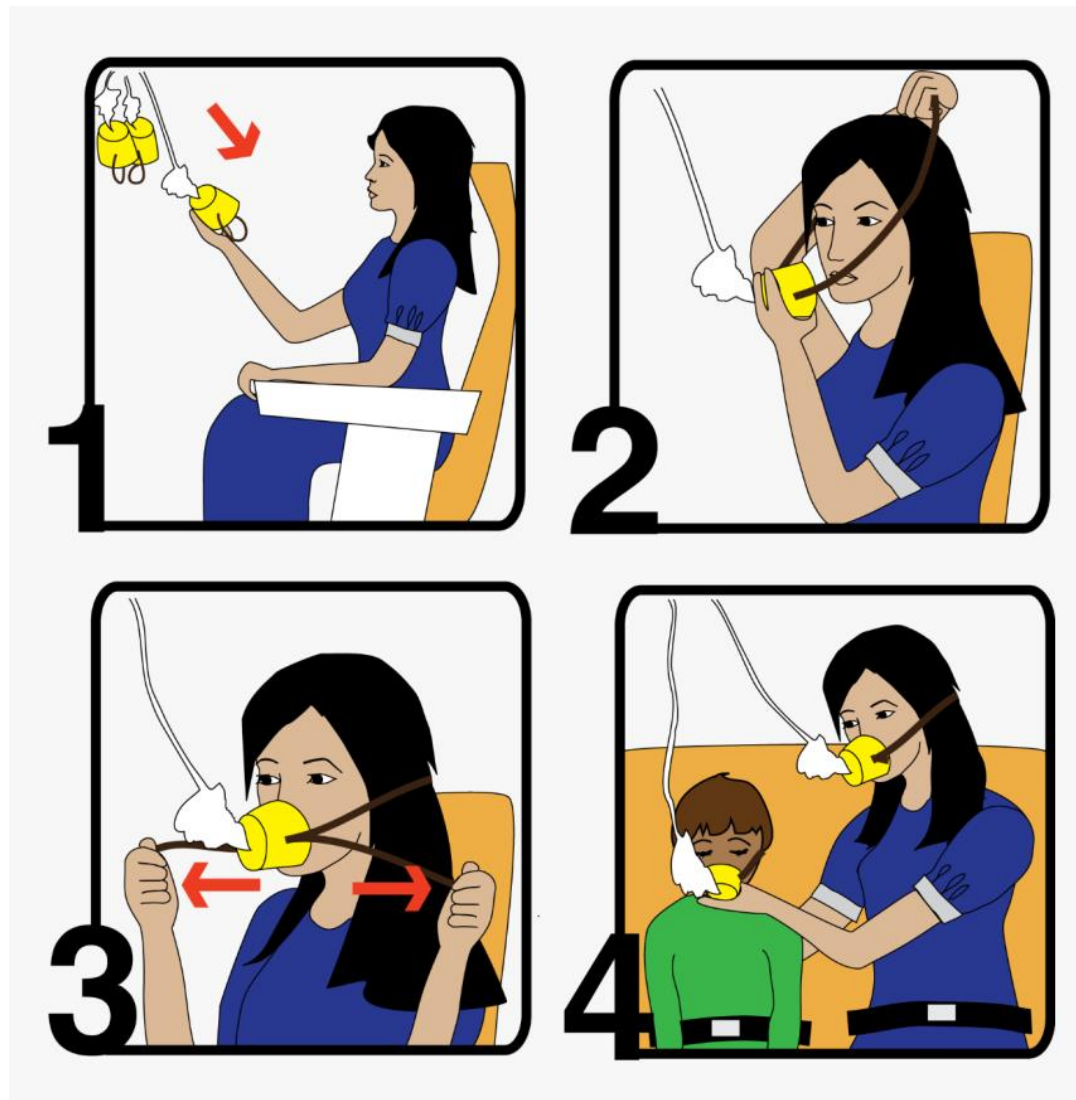
4-6 years old

- Focus on creating new traditions together
- Try out some new crafts or making different meals together
- Validate that it's OK to feel sad, angry, or disappointed
- Celebrate the positive

13-18 years old

- Check in (verbally or non-verbally) often and make yourself available
- Give choices where you can
- Encourage giving back to the community (donations, letter writing, or a food drive)

Don't forget...



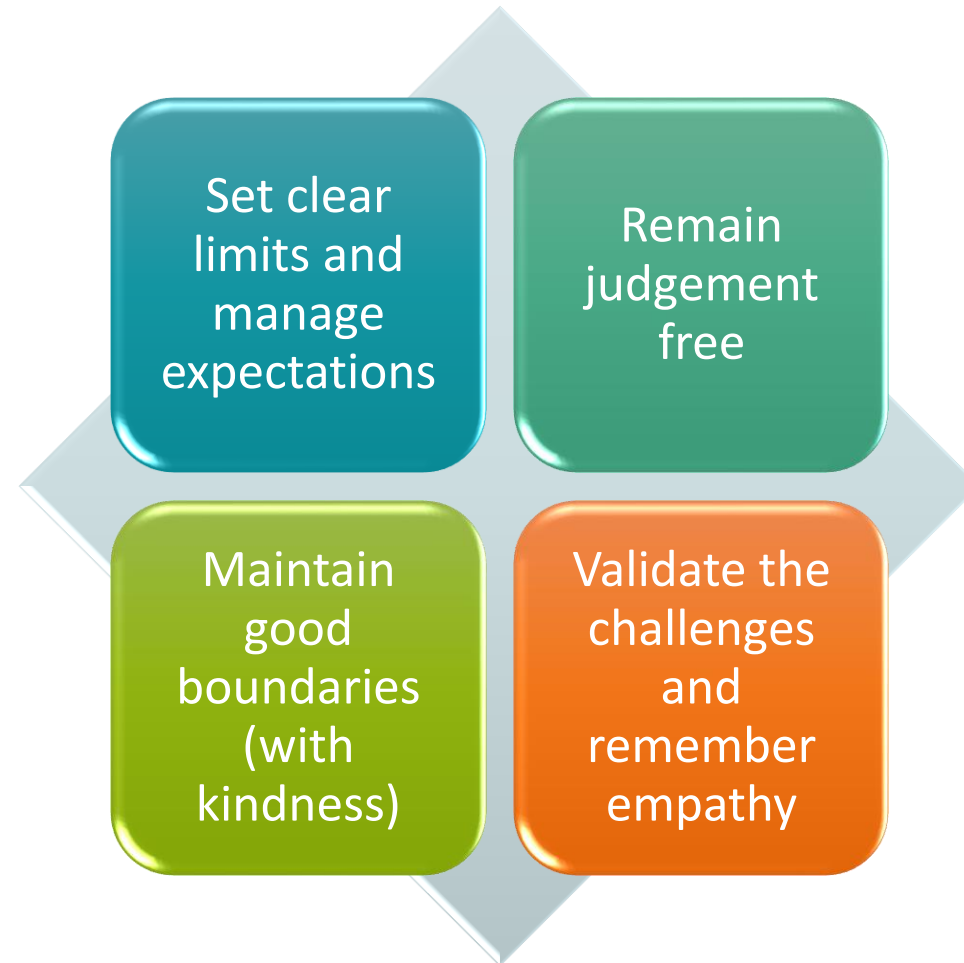
Creating new traditions, Part 2

“We didn’t realize we were making memories. We just knew we were having fun.”

– A.A. Milne (creator of Winnie the Pooh)



Managing challenging conversations



“All I Really Need to Know I Learned in Kindergarten” – Robert Fulghum





Please use the Q and A tab to ask us questions:



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MBA, CPE, Senior
Physician
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AVP Community and
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Northern Light Acadia
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Jacqueline L Carter, FNP-C
Northern Light Primary
Care Blue Hill

Tools you can use:

<https://northernlighthealth.org/Resources/Safe-Return-to-Business>

Presque Isle
Bangor
Waterville
Portland

48 Primary Care Locations
CLICK TO VIEW

20 Pediatric Care Locations
CLICK TO VIEW

7 Walk-In Care Locations
CLICK TO VIEW

Northern Light Health.

Five Reasons to Vaccinate

Children ages 5–11 are eligible to receive the two-dose pediatric Pfizer COVID-19 vaccine.

Vaccination is one of the best tools to stop the spread of COVID-19 and make sure children can continue the in-person activities that are important for their physical and mental health.

Vaccination is safe and effective. Hundreds of millions of doses of COVID-19 vaccine have already safely been administered in the United States. The pediatric formulation is a smaller dose for children ages 5–11 that has been proven safe and effective in clinical trials.

Immunization can make a difference in your child's life.

Children can become seriously ill from COVID-19. Vaccination reduces their risk of getting severely sick or hospitalized, or of suffering long COVID or multisystem inflammatory syndrome (MIS-C) in children.

Immunization protects others you care about.

Children who are infected with COVID-19 can spread the virus to others, even if they have a mild case or don't experience any symptoms. Vaccinating everyone in your household who is eligible helps protect your whole family, including those who may have compromised immune systems or who are too young to be vaccinated.

Vaccination can save your family time and money.

COVID-19 vaccines are free for everyone. But getting sick with COVID-19 can be costly. A child unable to attend childcare or school because they are sick, experiencing long-term health problems, or needing to quarantine can mean you losing time at work or having increased medical bills.

Vaccination is our best defense.

Just like with other diseases, vaccination is a safer way to build immunity than by getting sick. We have vaccines to thank for preventing over 400 million illnesses and avoiding almost one million deaths for children born between 1994 and 2018.



Getting Vaccinated for COVID-19: Youth 5-17 years old

November 2021



Pfizer-BioNTech is the only vaccine authorized for youth age 5-17. The U.S. Food and Drug Administration (FDA) has authorized the Pfizer-BioNTech vaccine for emergency use for children 5-17 and found it to be highly effective with no serious safety concerns. Children ages 5-11 will receive a lower dose vaccine than the dose for youth older than 12 years and adults. The dose of the vaccine is based on the age of the child, not their weight. The Pfizer-BioNTech vaccines require two doses, given three weeks apart. When possible, the second dose should be given at the same vaccination site as the first dose. To find out where your child can get the Pfizer-BioNTech vaccine, visit: <https://www.maine.gov/covid19/vaccines> or call 1-888-445-4111.

Permission from a parent or guardian is required for youth age 5-17.

- Parents or guardians can give permission in two ways:
 - By phone with a witness listening on the phone line, as arranged by the vaccination site
 - By written consent on paper or electronically.
- Each vaccination site has a consent form. Follow the instructions for submitting the form provided by the vaccination site.
- Some individuals under age 18 may give their own consent for vaccination. For more information, please visit: <https://www.maine.gov/covid19/vaccines/public-faq>.
- It is recommended, but not required, that a parent or guardian be present during vaccination. For youth where DHHS is the legal guardian, the youth must be accompanied by a caseworker or resource parent, except at school-based vaccination clinics, where it is recommended, but not required, for a resource parent or caseworker to be present.
- If possible, youth should bring a form of identification to their appointment. If no documentation is available, parents or guardians can attest to the youth's eligibility to receive the vaccine.



The vaccine is provided at no cost. The federal government will cover the cost of your child's vaccine. You should not be charged or billed, but your provider may ask you for your or your child's insurance information so that they can bill for administering the vaccine. Your provider should also not charge for an office visit if your child goes in only to get the vaccine.



Free transportation is available. Mainers who do not have reliable access to transportation may get a ride to their vaccination appointment at no cost, including youth age 5-17. The vaccine appointment must be scheduled first, and then you can reserve a ride by calling 1-855-608-5172 (Monday through Saturday, 7:00am to 4pm) at least 48 hours before the appointment. The transportation provider will need to know in advance if a parent or guardian will be going to the appointment. To use this transportation service, youth age 5-15 must be accompanied by a parent or legal guardian. Parents or guardians are not required to accompany youth ages 16 and 17 on their ride. This transportation service is not available for drive-thru clinics.

Maine Center for Disease Control and Prevention



Be sure to register for Thursday, December 2: How to support good mental health during the holidays – with roundtable discussion

Topics:

- Latest on COVID-19, vaccines, and boosters
- Learn strategies of wellness that include alternatives to substance abuse



One-hour Zoom Conferences
Moderated forum with Q and A
presented by Northern Light Health

zoom Business to Business Conference Series

GOOD HEALTH IS GOOD BUSINESS

SPECIAL EDITION

How to support good mental health during the holidays (with roundtable discussion)

Thursday, December 2 at 11 am
The Zoom meeting ID will be sent to you upon registering

You will have time to ask questions directly of our panelists.
Prepare your questions beforehand!



Topics will include:

- Latest on COVID-19, vaccines, and boosters
- Roundtable discussion: Experts share strategies of wellness that include alternatives to substance use

Learn how to support your employees and your customers to operate a safe and healthy business.

Our Panelists:

Jim Jarvis, MD, FAAFP
Senior Physician Executive
Incident Command, Northern Light Health
Director, Clinical Education, Northern Light EMMC

John Campbell, MD, FANPA
VP Senior Physician Executive
Chief Medical Informatics Officer
Northern Light Acadia Hospital

Jacquelyn Cyr, NPc
Adult Outpatient Services
Northern Light Acadia Hospital

Moderated by Karen Hawkes, MS
VP Operations
Northern Light Beacon Health

PLEASE REGISTER BY CLICKING HERE BEFORE JOINING THE MEETING

Attendees are asked to join the conference by Zoom and listen to audio using your computer only. Please do not dial in while also connected via your computer. The dial-in number is for those not joining by computer. This will help accommodate a larger number of participants. **See you Thursday!**
Please contact Lanie Abbott for more information lanabbott@northernlight.org

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