Supporting our family's health and wellness this holiday season

Topics:
• Latest on COVID-19
• Vaccines
• Our mental health
• Plenty of time for questions
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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.
Latest on COVID-19 and safe holiday gathering
## COVID-19 New Cases Trend - Worldwide

### Weekly Trends

<table>
<thead>
<tr>
<th>Country, Other</th>
<th>Cases in the last 7 days</th>
<th>Cases in the preceding 7 days</th>
<th>Weekly Case % Change</th>
<th>Cases in the last 7 days/1M pop</th>
<th>Deaths in the last 7 days</th>
<th>Deaths in the preceding 7 days</th>
<th>Weekly Death % Change</th>
<th>Deaths in the last 7 days/1M pop</th>
<th>Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>USA</td>
<td>480,902</td>
<td>516,699</td>
<td>-7%</td>
<td>1,441</td>
<td>6,494</td>
<td>7,741</td>
<td>-16%</td>
<td>9</td>
<td>333,659,530</td>
</tr>
<tr>
<td>Russia</td>
<td>275,679</td>
<td>281,305</td>
<td>-2%</td>
<td>1,887</td>
<td>8,572</td>
<td>8,276</td>
<td>0%</td>
<td>59</td>
<td>146,020,166</td>
</tr>
<tr>
<td>UK</td>
<td>259,317</td>
<td>244,490</td>
<td>+6%</td>
<td>3,793</td>
<td>1,093</td>
<td>1,173</td>
<td>-7%</td>
<td>16</td>
<td>68,374,171</td>
</tr>
<tr>
<td>Germany</td>
<td>267,487</td>
<td>172,611</td>
<td>+49%</td>
<td>3,064</td>
<td>1,135</td>
<td>800</td>
<td>+42%</td>
<td>13</td>
<td>84,150,739</td>
</tr>
<tr>
<td>Turkey</td>
<td>176,487</td>
<td>198,691</td>
<td>-11%</td>
<td>2,062</td>
<td>1,404</td>
<td>1,516</td>
<td>-7%</td>
<td>16</td>
<td>86,580,696</td>
</tr>
<tr>
<td>Ukraine</td>
<td>142,206</td>
<td>163,131</td>
<td>-7%</td>
<td>3,279</td>
<td>4,621</td>
<td>4,356</td>
<td>-6%</td>
<td>107</td>
<td>43,373,804</td>
</tr>
<tr>
<td>Poland</td>
<td>100,293</td>
<td>78,961</td>
<td>+27%</td>
<td>2,654</td>
<td>1,110</td>
<td>758</td>
<td>+46%</td>
<td>29</td>
<td>37,789,840</td>
</tr>
<tr>
<td>Netherlands</td>
<td>94,097</td>
<td>68,968</td>
<td>+36%</td>
<td>5,475</td>
<td>173</td>
<td>150</td>
<td>+15%</td>
<td>10</td>
<td>17,186,785</td>
</tr>
<tr>
<td>India</td>
<td>80,922</td>
<td>81,002</td>
<td>-0.1%</td>
<td>58</td>
<td>2,612</td>
<td>2,573</td>
<td>+2%</td>
<td>2</td>
<td>1,398,658,738</td>
</tr>
<tr>
<td>Brazil</td>
<td>77,628</td>
<td>69,584</td>
<td>+11%</td>
<td>361</td>
<td>1,834</td>
<td>1,624</td>
<td>+13%</td>
<td>9</td>
<td>214,627,421</td>
</tr>
</tbody>
</table>

Predicting Future Trends

Data Type:
Level of Community Transmission

Map Metric:
Level of Community Transmission

Community Transmission in US by County

<table>
<thead>
<tr>
<th>Level</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>2281</td>
</tr>
<tr>
<td>High</td>
<td>497</td>
</tr>
<tr>
<td>Substantial</td>
<td>376</td>
</tr>
<tr>
<td>Moderate</td>
<td>158</td>
</tr>
<tr>
<td>Low</td>
<td>65</td>
</tr>
</tbody>
</table>

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

Table 1: Proportion of cases classified as a variant of concern (VOC), variant of interest (VOI) or variant 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)

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
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, it’s 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
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...

1. 

2. 

3. 

4.
“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

- Set clear limits and manage expectations
- Remain judgement free
- Maintain good boundaries (with kindness)
- Validate the challenges and remember empathy

Northern Light Health.
“All I Really Need to Know I Learned in Kindergarten” – Robert Fulghum
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Good Health Is Good Business
Tools you can use:

https://northernlighthealth.org/Resources/Safe-Return-to-Business
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
Legal Disclosure:

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