Back to School: What will this year look like?

Topics:
• Latest on COVID-19
  • Vaccine booster?
  • Vaccine distribution
• New mandatory vaccines for kids
• Health and safety measures
• Supporting the mental health of our students
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
Trend: United States

Trend: Maine

NEw CASES PER DAY

Cases 7-day average cases

Northern Light Health.
Trend: Vaccinations in US

Fully Vaccinated as of Aug 1:
- 14.7% Worldwide
- 49.6% US
- 63.5% ME

https://covid.cdc.gov/covid-data-tracker/#vaccination-trends
Delta Variant is Dominant


<table>
<thead>
<tr>
<th>Lineage</th>
<th>Type</th>
<th>%Total</th>
<th>95% CI</th>
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<tr>
<td>B.1.1.7</td>
<td>Alpha</td>
<td>21.2%</td>
<td>18.1-24.7%</td>
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<tr>
<td>P.1</td>
<td>Gamma</td>
<td>6.3%</td>
<td>4.8-8.4%</td>
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<td>B.1.621</td>
<td></td>
<td>3.0%</td>
<td>2.1-4.2%</td>
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<td>B.1.526</td>
<td>Iota</td>
<td>2.5%</td>
<td>1.8-3.5%</td>
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<td>B.1.427</td>
<td>Epsilon</td>
<td>0.1%</td>
<td>0.0-0.2%</td>
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<tr>
<td>B.1.351</td>
<td>Beta</td>
<td>0.0%</td>
<td>0.0-0.1%</td>
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<tr>
<td>B.1.429</td>
<td>Epsilon</td>
<td>0.0%</td>
<td>0.0-0.1%</td>
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<tr>
<td>B.1.525</td>
<td>Eta</td>
<td>0.0%</td>
<td>0.0-0.1%</td>
</tr>
<tr>
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<tr>
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<td>Kappa</td>
<td>0.0%</td>
<td>NA</td>
</tr>
<tr>
<td>Other</td>
<td></td>
<td>5.1%</td>
<td>3.7-7.0%</td>
</tr>
</tbody>
</table>
Symptoms are headache, followed by sore throat, a runny nose, and fever. “Cough is rarer and we don’t even see loss of smell coming up in the top ten anymore,” said Professor Tim Spector.

According to a Scottish study published in The Lancet on 14 June, the delta variant is associated with approximately double the risk of hospitalization compared with the alpha variant.

Alpha (recognized in UK) spreads 50% faster than wild type.

Delta (recognized in India) spreads 50% faster than alpha.

Delta variant makes it 225% more likely to get infected.

Delta generates 1000 times more viral particles than wild type, measured in billions of particles per person.

Kids and young people are a concern as well. “A recent study from the United Kingdom showed that children and adults under 50 were 2.5 times more likely to become infected with Delta,” says Inci Yildirim, MD, PhD, a Yale Medicine pediatric infectious diseases specialist.
Vaccinations for Children

- Clinical Trials underway for Pfizer and Moderna
- Ages six months to 11 years
- Trial data anticipated September to November depending on age group
- EUA anticipated early to mid Winter
- Final approval for current EUA is top priority for FDA as this is a key driver for parental hesitancy
Boosters?

• Not currently recommended
• May enhance the immune response
• May be needed:
  • If variants develop that are not protected against
  • If immunity wanes over time
  • To increase immunocompromised individual’s response
If you’ve been fully vaccinated: https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html

- You might choose to wear a mask regardless of the level of transmission if you have a weakened immune system or if because of your age or any underlying medical condition, you are at increased risk for severe disease, or if a member your household has a weakened immune system, is increased risk for severe disease, or is unvaccinated.

- If you’ve been around someone who has COVID-19, you should get tested 3-5 days after your exposure, even if you don’t have symptoms. You should also wear a mask indoors in public for 14 days following exposure or until your test result is negative. You should isolate for ten days if your test result is positive.

- COVID-19 vaccines are effective against severe disease and death from variants of the virus that causes COVID-19 currently circulating in the US, including the Delta variant.

- Infections happen in only a small proportion of people who are fully vaccinated, even with the Delta variant. When these infections occur among vaccinated people, they tend to be mild.

- If you are fully vaccinated and become infected with the Delta variant, you can spread the virus to others.
Take Home Points

Watch for transmissibility in your community to determine need for indoor masking.

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

• All people at K-12 schools need to be masked and follow layered protection.
• Children between the ages of two and 12 should wear a mask in public spaces and around people they don’t live with.
• Delta variant is much more contagious and virulent. Watch for a surge in new cases and possible masking requirements.
• Vaccinated people need to seriously consider unvaccinated to determine their own behaviors.

VACCINATE … our best bet to end the pandemic.
New Mandatory Vaccines: September 1, 2021
Maine’s New Vaccine Law – effecting September 1, 2021

• This presentation is an overview of the requirements by:
  • age
  • grade level
  • medical exemptions

• This information is a partnership with:
  • Maine Immunization Coalition
  • Maine Medical Association
  • Maine Chapter of the American Academy of Pediatrics
  • Maine Osteopathic Association

• 2019, 48% of Maine's kindergarteners below protective immunity rates for vaccine preventable diseases
The Law

• Impacts any Institution that had previously allowed philosophical or religious exemptions including:
  • daycares
  • private and public K-12 school
  • post-secondary schools
  • some healthcare facilities.

• Allows medical exemptions
Which vaccines are required?

- **Kindergarten**
  - 5 DTap (diphtheria, tetanus, and pertussis; 4 DTaP if 4th is given on or after 4th birthday)
  - 4 Polio (if 4th dose given before 4th birthday, an additional age appropriate IPV should be given on or after the 4th birthday)
  - 2 MMR (measles, mumps, rubella)
  - 1 Varicella (chickenpox)

- **7th grade**
  - Tdap (tetanus, diphtheria, pertussis)
  - 1 Meningococcal Conjugate (MCV4)

- **12th grade**
  - 2 MCV4 (only one dose is required if 1st dose is given on or after 16th birthday)

- **Post secondary school requirements**
  - MMR (two doses of MMR vaccine, administered after the student's first birthday)
  - Diphtheria/Tetanus (one dose of diphtheria, Tetanus, pertussis (DTP); diphtheria, tetanus (DT); or tetanus and diphtheria (Td) toxoid within 10 years prior to enrollment)

- **Vaccine Recommendations and Guidelines of the ACIP**
  - ACIP Contraindications Guidelines for Immunization | CDC
## Daycare Immunization Standards

<table>
<thead>
<tr>
<th>Age at which child must have vaccines to be in compliance:</th>
<th>Minimum Number of Doses Required of Each Vaccine</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>DTaP</td>
</tr>
<tr>
<td>0 through 2 months</td>
<td>None</td>
</tr>
<tr>
<td>By 3 months</td>
<td>1 Dose</td>
</tr>
<tr>
<td>By 5 months</td>
<td>2 Doses</td>
</tr>
<tr>
<td>By 7 months</td>
<td>3 Doses</td>
</tr>
<tr>
<td>By 16 months</td>
<td>3 Doses</td>
</tr>
<tr>
<td>By 19 months</td>
<td>4 Doses</td>
</tr>
<tr>
<td>By 25 months</td>
<td>4 Doses</td>
</tr>
<tr>
<td>By 43 months</td>
<td>4 Doses</td>
</tr>
</tbody>
</table>
Medical exemptions

- The law supports the professional judgement of licensed MD, DO, NP or PA in whether a vaccine is advisable for a child.
- The Maine AAP supports the CDC/ACIP vaccine schedule and contraindications to vaccination which is evidence-based and continually updated.
- Maine AAP (American Academy of Pediatrics) form
  - School age: Maine-AAP-School-Med-Exempt-Form-v3-20210511.pdf (maineaap.org)
  - Childcare: Maine-AAP-Childcare-Med-Exempt-Form-v3-20210511.pdf (maineaap.org)
- Northern Light Health form
Exemptions and Individualized Education Plan (IEP)

A student covered by an IEP on September 1, 2021, who elected a philosophical or religious exemption from immunization requirements on or before September 1, 2021 may continue to attend school under the students existing exemption as long as:

1) The parent or guardian provides a statement from a licensed physician, nurse practitioner, or physician assistant that they've consulted with the parent or guardian and made that parent or guardian aware of the risks and benefits associated with the choice to immunize.
   - Northern Light Health and Maine AAP form for this

2) If the student is 18 years of age or older, they must provide a statement from a licensed physician, nurse practitioner, or physician assistant that they've consulted with that student and have made that student aware of the risks and benefits associated with the choice to immunize.
Health and Safety Measures
What is old is *NEW* again

They kept us safe before they’ll keep us safe with the next surge

- Social Distancing
- Hand Hygiene
- Screening
- Masking
- Enhanced Cleaning
State of Maine will follow the U.S. Centers for Disease Control and Prevention’s (U.S. CDC) updated face covering guidance, which recommends that:

• all people, regardless of vaccination status, wear face coverings in indoor, public settings in areas with “substantial” or “high” levels of community transmission; and

• all teachers, staff, and students in K-12 schools wear face coverings, regardless of vaccination status or community transmission level.
Screening is Still Critical

- Ask about symptoms and exposures.
- Screenings should include:
  - if members of household have COVID-like symptom(s)
  - Minor symptoms can be significant

Keep children home if they show symptoms of COVID-19

- Cough
- Fever
- Headache
- Diarrhea
- Vomiting
Be prepared to require mask in schools

- What learned about masks:
  - Slow and/or stop the spread of COVID
  - Differences between indoor and outdoor wear
    - Indoors is still riskier than outside.
  - Fit is crucial
  - Nose bridge is important
- What not to wear
  - Gaters
  - bandana,
  - masks with valves
- CDC COVID Data Tracker  www.covid.cdc.gov/covid-data-tracker
Enhanced Cleaning

- Routine cleaning is sufficient
- Deep cleaning after illness
- Less concern after handling items
- Hand hygiene is critical
- Confirm cleaners use are effective for coronaviruses

https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19
Supporting the mental health of our students
An Analogy

4 R’s Following an Accident:

✓ Rehabilitation
✓ Recuperation
✓ Recovery
✓ Rest

Remember:

✓ Slow and steady
✓ Be ready to offer additional support
✓ Practice, practice, practice
✓ Go back and reteach the basics
Common Reactions to COVID-19

Anxiety
- Restless and/or agitated
- Increased frustration or anger
- Sense of worry and being overwhelmed (sometimes, without knowing the “why”)
- Trouble sleeping or eating
- Physical fatigue or other body symptoms, (butterflies in stomach, GI issues, rapid breathing/heart rate, clenched jaw, etc.)
- Regressive behaviors
- Avoidant or distant from friends and family
- Difficulty concentrating
- Attendance/Performance issues at school

Depression
- Fatigue and energy loss
- Feeling hopeless or helpless
- Sense of guilt or worthlessness
- Changes to sleep patterns or appetite
- Loss of interest in things that once brought joy
- Difficulty with focus or concentration
- Changes to school friendships and/or performance/attendance concerns
- Teary (sometimes without warning)
- Irritable or angry outbursts
- Unexplained physical symptoms (headaches, back pain, muscle soreness)
The First Step...

1. [Instructional step 1 image]
2. [Instructional step 2 image]
3. [Instructional step 3 image]
4. [Instructional step 4 image]
Self-Care in 2021

- Self-care in 2021 looks much different than ever before

- It’s all about “Micro-dosing”

- Without daily applications of self-care, we risk:
  - Ourselves
  - Our families
  - Our co-workers
  - Our loved ones
  - Our livelihoods
Problem solve together

Check in often (and provide options for non-verbal check-ins too)

Be mindful of screen time (theirs and yours)

Laugh often and find those silver linings

Keep daily routines and a predictable schedule (and make room for youth to have some control here too)

Model the ability to make mistakes, accept responsibility, and learn from them

Allow youth to ask questions and answer with honesty and transparency

Focus on self-care and good sleep hygiene

Know when (and who) to reach out for more help

The Big Idea: Parents, caregivers, and educators can encourage participation in everyday strategies that build resiliency.
Good Health Is Good Business
Healthy Life Resources

Powered by Northern Light Acacia Hospital

The mental and emotional well-being of your organization is critically important. Northern Light Acacia Hospital has expertise in helping people of all ages exposed to prolonged stress, anxiety, and trauma. Through Healthy Life Resources, we offer a comprehensive, coordinated, and actionable set of supports for your organization to promote mental and emotional well-being.

Self-guided Support

Employers can access mental wellness resources on demand through MyStrength, a self-guided, digital, evidence-based platform that provides resources and interactive activities to help employees reduce stress and negative feelings. Those who use MyStrength will also have access to a personal and confidential mental wellness coach.

Leadership Support

Web-based trainings focused on learning the signs and symptoms of stress in yourself and staff, using a simple, three-step model to mitigate during staff meetings and/or team huddles. This service also provides practical ways to prevent compassion fatigue and burnout, and provides ongoing, live Q&A.

Resiliency Training/Development

Resilience is the ability for individuals, teams, and organizations to adapt to changes through a crisis with integrity, compassion, and respect. Organizations can access a comprehensive, evidence-based resiliency plan tailored for the unique needs of the individual organization.

Critical Incident and Stress Management

This service is an on-demand virtual or in-person debriefing provided by Northern Light Acacia Hospital clinical experts when an organization experiences acute or persistent stress. This service focuses on minimizing anxiety, improving employee wellness, and increasing resiliency.

School-based Services

Our school-based services address the growing need for accessible mental healthcare in the school setting. Learn more about these service options, including our Student-Based Mental Health Center which provides a dedicated master’s degree-trained clinician in your school. The clinician is easily and readily accessible to students and their families, as well as provides support to district educators and staff members.

How to access:
Contact Angela Fileccia, LCSW
207.949.4634 or afilleccia@northernlight.org.

How to access:
Contact Angela Fileccia, LCSW
207.949.4634 or afilleccia@northernlight.org.

How to access:
Contact Rick Redmond, LCSW
207.973.6048 or rredmond@northernlight.org.

How to access:
Contact Chris McLaughlin, LCSW
207.973.6175 or cmclaughlin@northernlight.org.
Now’s your time to ask questions. Please use the Q and A option.
Tools you can use:

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

Maine CDC Guidance on Masking as of July 28

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- CDC COVID Data Tracker: covid.cdc.gov/covid-data-tracker
Join us Thursday, August 19: The latest on COVID-19 and how to get ready for school and our new normal

Topics:

• Latest on COVID-19

• Updated safety precautions with fall and school back in session

• Information is POWER – understanding the science behind the vaccine

• Supporting mental and physical health of employees (remote, hybrid, in office)

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