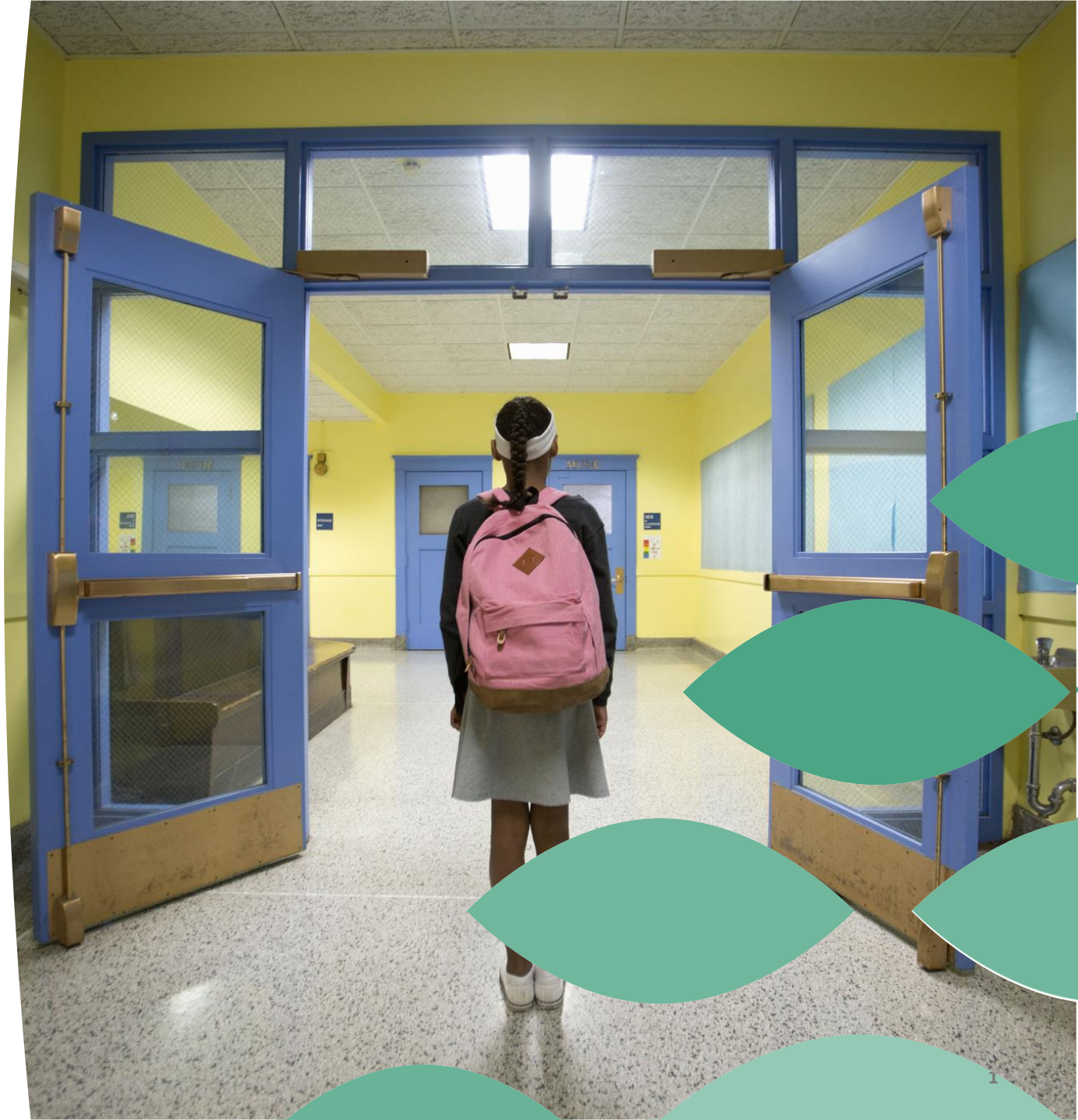


Back to School: What will this year look like?

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





Karen Hawkes, MS,
VP of Operations,
Northern Light
Beacon Health



Ed Gilkey, MD, MS,
MBA, CPE, Senior
Physician Executive,
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Beacon Health



Lisa Ryan, DO, FAAP
Northern Light
Mercy, Dr. Harry E.
Davis Pediatrics



Suzanne Moreshead,
RN, BSN, AVP Infection
Prevention, Northern
Light Health



Chris McLaughlin,
LCSW, AVP Community
and Pediatric Services,
Northern Light Acadia
Hospital

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.

Good Health Is Good Business Survey (Updated July 15)

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?*

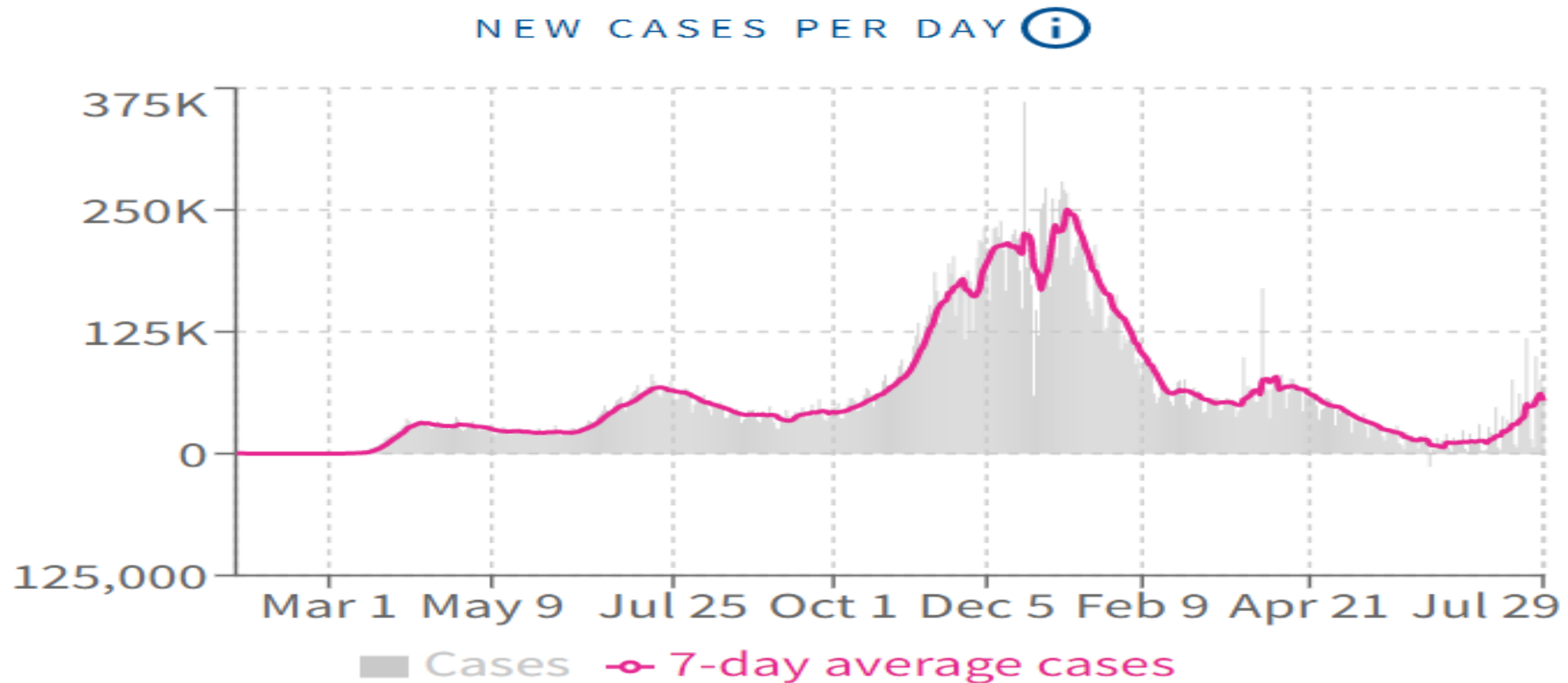
☐ Very Likely
☐ Likely
☐ Neutral
☐ Unlikely
☐ Very Unlikely

5. What topic(s) would you like us to focus on in the future?

Done

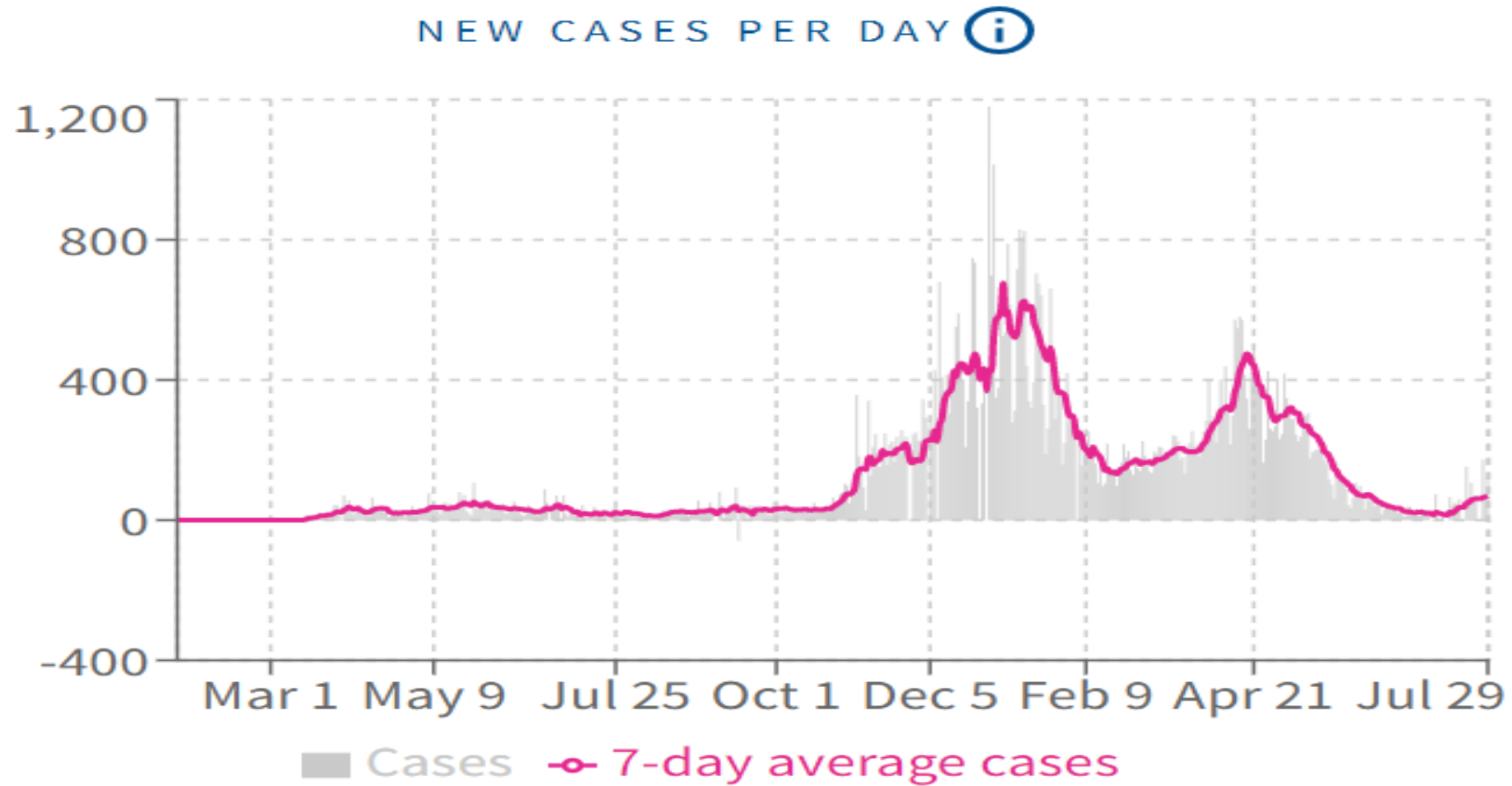
Latest on COVID-19

Trend: United States



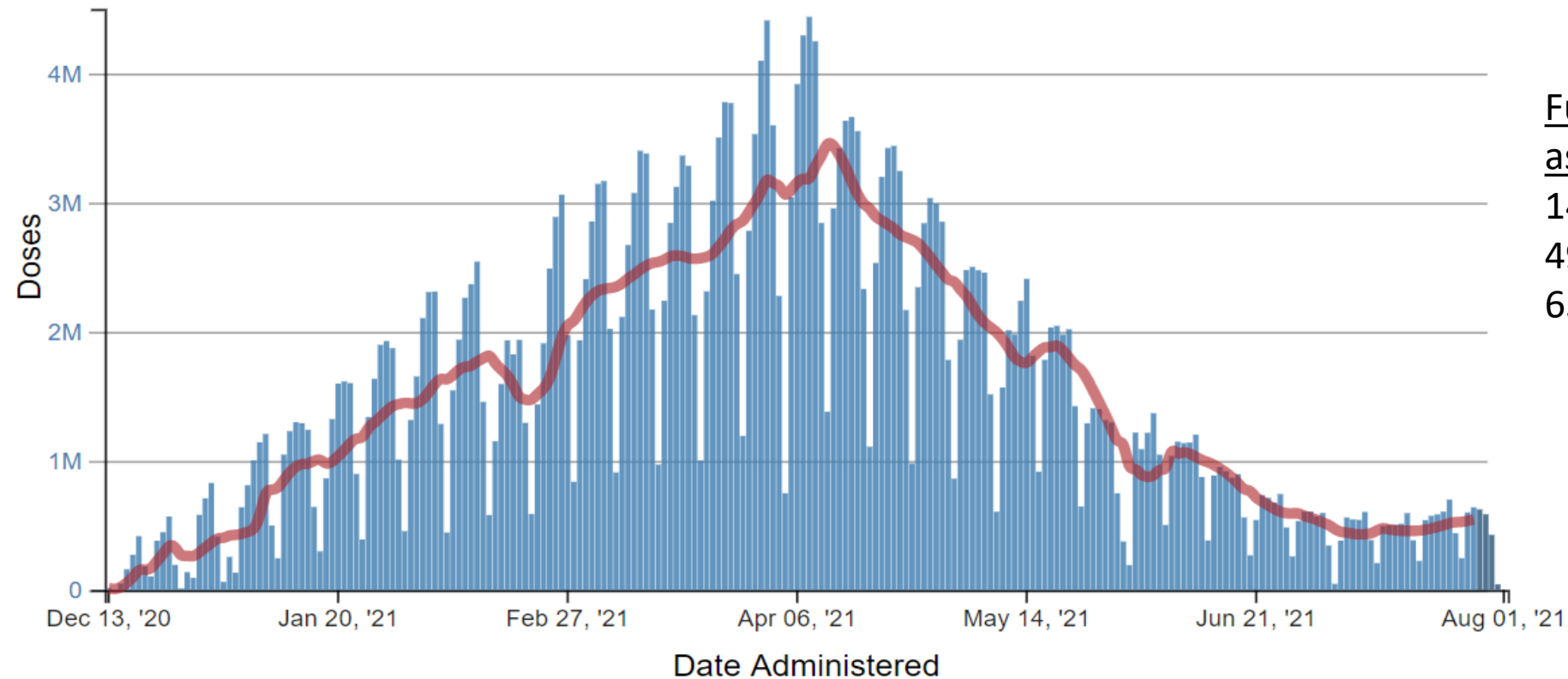
<https://usafacts.org/visualizations/coronavirus-covid-19-spread-map/>

Trend: Maine



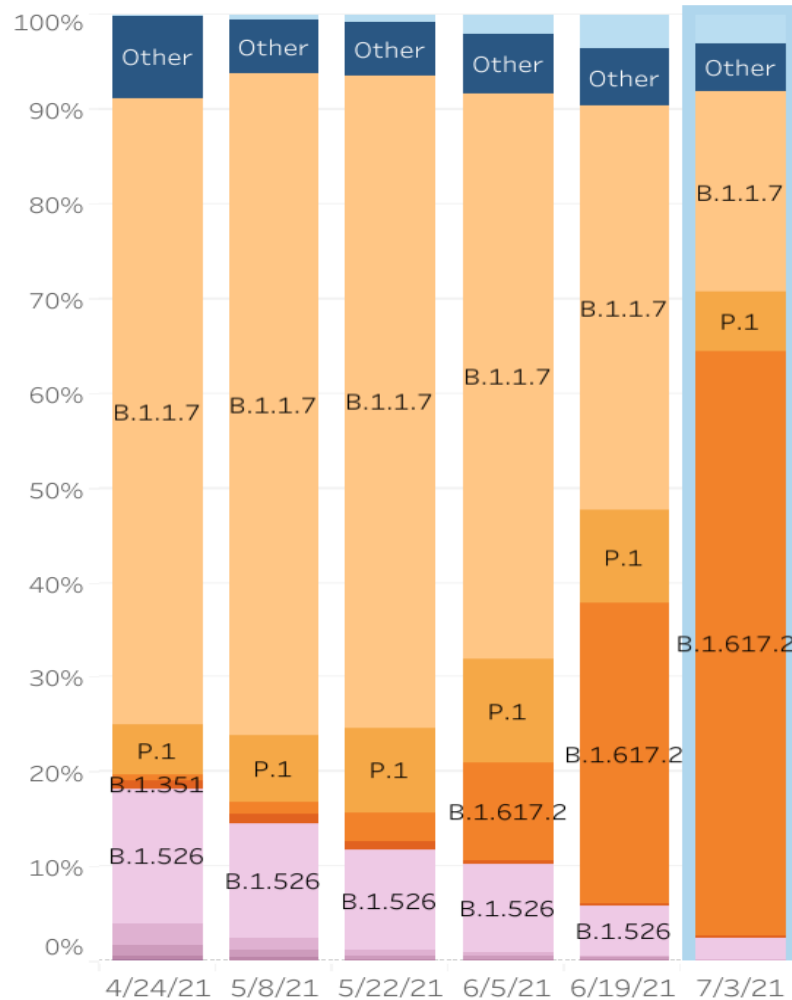
Trend: Vaccinations in US

Daily Count of Total Doses Administered and Reported to CDC by Date Administered, United States



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

Delta Variant is Dominant



United States: 6/20/2021 – 7/3/2021

USA

Lineage	Type	%Total	95%..
B.1.617.2	Delta	VOC	61.7% 55.8-67.4%
B.1.1.7	Alpha	VOC	21.2% 18.1-24.7%
P.1	Gamma	VOC	6.3% 4.8-8.4%
B.1.621		3.0%	2.1-4.2%
B.1.526	Iota	VOI	2.5% 1.8-3.5%
B.1.427	Epsilon	VOI	0.1% 0.0-0.2%
B.1.351	Beta	† VOC	0.0% 0.0-0.1%
B.1.429	Epsilon	† VOI	0.0% 0.0-0.1%
B.1.525	Eta	† VOI	0.0% 0.0-0.1%
B.1.617.3		† VOI	0.0% 0.0-0.0%
B.1.617.1	Kappa	† VOI	0.0% NA
Other		5.1%	3.7-7.0%

Delta Variant Information

- 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

CDC Information for Fully Vaccinated

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

Introduction

Maine's new vaccine law goes into effect on September 1, 2021. This brochure is intended to offer an overview of the requirements by age/grade level and give you information on medical exemptions.

This information is provided by a partnership including Maine Immunization Coalition, Maine Medical Association, Maine Chapter of the American Academy of Pediatrics and Maine Osteopathic Association.

We work together to protect Maine's children from outbreaks and preventable diseases, particularly in the school environment.

Fact or Fiction?

- 1) **Naturopaths can give medical exemptions.** ✗
Under Maine's vaccine laws, only licensed medical providers who hold an MD/DO, NP/PA can write medical exemptions.
- 2) **The Law does not apply to private schools.** ✗
The law applies to all institutions that previously allowed attendance with philosophical or religious exemptions, including private schools.
- 3) **HPV is a requirement for school entry.** ✗
Students are not required at this time to be protected against Hepatitis A, Hepatitis B, Human Papilloma Virus (HPV), Haemophilus Influenza B (Hib), Rotavirus, Tuberculosis (TB), Influenza (Flu), or COVID-19 though these immunizations are recommended by the CDC.
- 4) **My child has an IEP from 2019 and can be exempt from vaccines for any reason as long as I provide a statement that my provider counseled me.** ✓
MD/DO, NP/PAs may be asked by parents to provide a counseling note for a patient that had an IEP previously.
- 5) **Titers will be an acceptable alternative to vaccination as a proof of immunity.** ✓
Laboratory results or medical records demonstrating immunity from having had the disease will be considered acceptable evidence of meeting the immunity requirement. *This definition will be determined during the rulemaking process that is currently underway.

What Parents Need to Know: Maine's 2021 Vaccine Law

INFORMATION AND FREQUENTLY ASKED QUESTIONS

maine iggp Maine Medical Association Maine Osteopathic Association

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



Changes to Maine Vaccination Requirements for Children, Childcare, and Healthcare Workers

Beginning September 1, 2021, under Maine Law, religious and philosophical objections to vaccination in certain settings are no longer allowed, except under specific circumstance described below. This applies to childcare settings, public and private schools, and healthcare settings.

We know that parents and staff at these facilities will have questions and have drafted the information below to help our communities understand these changes, help providers facilitate education, and ensure compliance with the law.

What does the law mean?

- The law removes philosophical and religious exemptions leaving medical exemptions only.
- The law affects any institution that had previously allowed philosophical/religious exemptions including childcares, private and public K-12 schools, post-secondary schools, and some healthcare facilities.

Which vaccines are required?

K-12	
Kindergarten Entry	<ul style="list-style-type: none">• 5 DTaP (diphtheria, tetanus, and pertussis; 4 DTaP if fourth is given on or after fourth birthday)• 4 Polio (fourth dose is not needed if the third dose is given on or after the fourth birthday, an additional age appropriate IPV should be given on or after the fourth birthday)• 2 MMR (measles, mumps, rubella)• 1 Varicella (chickenpox) or reliable history of disease
Grade 7 Entry	<ul style="list-style-type: none">• Tdap (tetanus, diphtheria, and pertussis)• 1 Meningococcal Conjugate (MCV4)
Grade 12 Entry	2 MCV4, only one dose is required if the first dose is given on or after sixteenth birthday
Childcare Facilities	
Staff	<ul style="list-style-type: none">• Proof of immunity (natural or via vaccination) against mumps, measles, and rubella unless born prior to 1957• Proof of vaccination against tetanus and diphtheria
Children	See table on page four for age-based immunization requirements for mumps, measles, rubella, varicella, diphtheria, polio tetanus, hemophilus influenza type B, and pneumococcus.
Healthcare Facilities	
Defined as licensed nursing facility, residential care facility, intermediate care facility for individuals with intellectual disabilities (ICF/IID), multi-level healthcare facility, hospital, or home health agency subject to licensure by the State of Maine, Department of Health and Human Services Division of Licensing and Certification.	
Staff	<ul style="list-style-type: none">• Mumps• Rubella (measles)• Rubella (German measles)• Varicella• Hepatitis B• Influenza annually <p>Healthcare facilities may include other mandatory vaccinations as part of internal policies and conditions of hire.</p>

07.13.21

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
 - 2MCV4 (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](#)

Which vaccines are required?

Daycare Immunization Standards

Age at which child must have vaccines to be in compliance:	Minimum Number of Doses Required of Each Vaccine							
	DTaP	Polio	HepB	Hib	PCV	MMR	Varicella	HepA
0 through 2 months	None	None	None	None	None	None	None	None
By 3 months	1 Dose	1 Dose	1 Dose	1 Dose	1 Dose	None	None	None
By 5 months	2 Doses	2 Doses	2 Doses	2 Doses	2 Doses	None	None	None
By 7 months	3 Doses	2 Doses	2 Doses	2 Doses ¹	3 Doses ²	None	None	None
By 16 months	3 Doses	2 Doses	2 Doses	3 Doses ¹	4 Doses ²	1 Dose ³	1 Dose ³	None
By 19 months	4 Doses	3 Doses	3 Doses	3 Doses ¹	4 Doses ²	1 Dose ³	1 Dose ³	None
By 25 months	4 Doses	3 Doses	3 Doses	3 Doses ¹	4 Doses ²	1 Dose ³	1 Dose ³	1 Dose ³
By 43 months	4 Doses	3 Doses	3 Doses	3 Doses ¹	4 Doses ²	1 Dose ³	1 Dose ³	2 Doses ³

Medical exemptions

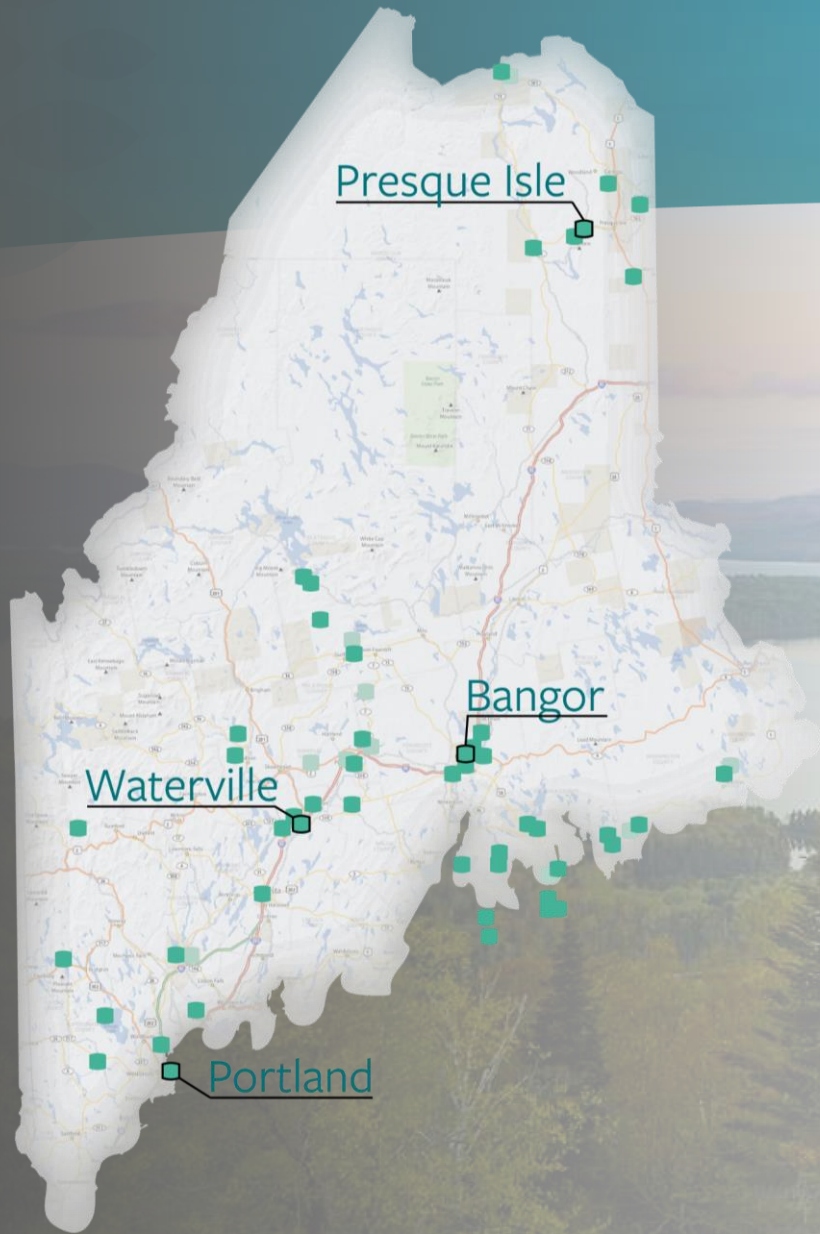
- The law supports the professional judgement of licensed MD, DO, NP or PA in whether a vaccine is advisable for a child.
- The Maine AAP supports the CDC/ACIP vaccine schedule and contraindications to vaccination which is evidence-based and continually updated.
- Maine AAP (American Academy of Pediatrics) form
 - School age: [Maine-AAP-School-Med-Exempt-Form-v3-20210511.pdf](https://www.maineaap.org/wp-content/uploads/2021/05/Maine-AAP-School-Med-Exempt-Form-v3-20210511.pdf) ([maineaap.org](https://www.maineaap.org))
 - Childcare: [Maine-AAP-Childcare-Med-Exempt-Form-v3-20210511.pdf](https://www.maineaap.org/wp-content/uploads/2021/05/Maine-AAP-Childcare-Med-Exempt-Form-v3-20210511.pdf) ([maineaap.org](https://www.maineaap.org))
- Northern Light Health form

[illegible][illegible]

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.



48
Primary Care
Locations

[CLICK TO VIEW](#)

20
Pediatric Care
Locations

[CLICK TO VIEW](#)

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

Maine CDC Guidance on Masking as of July 28

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

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

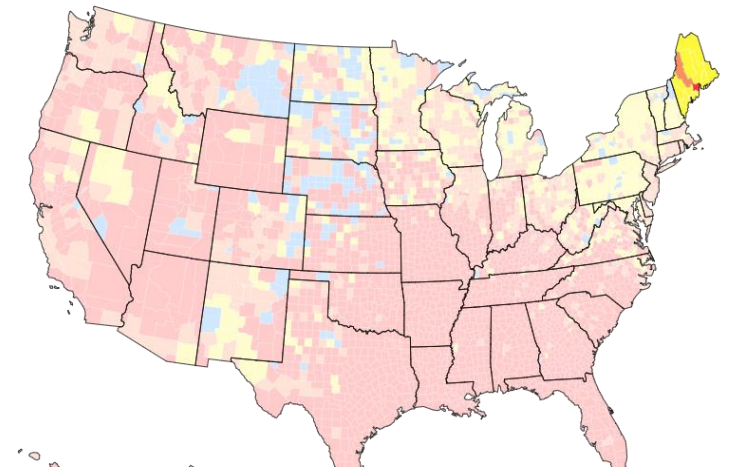


cdc.gov/coronavirus

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Be prepared to require mask in schools

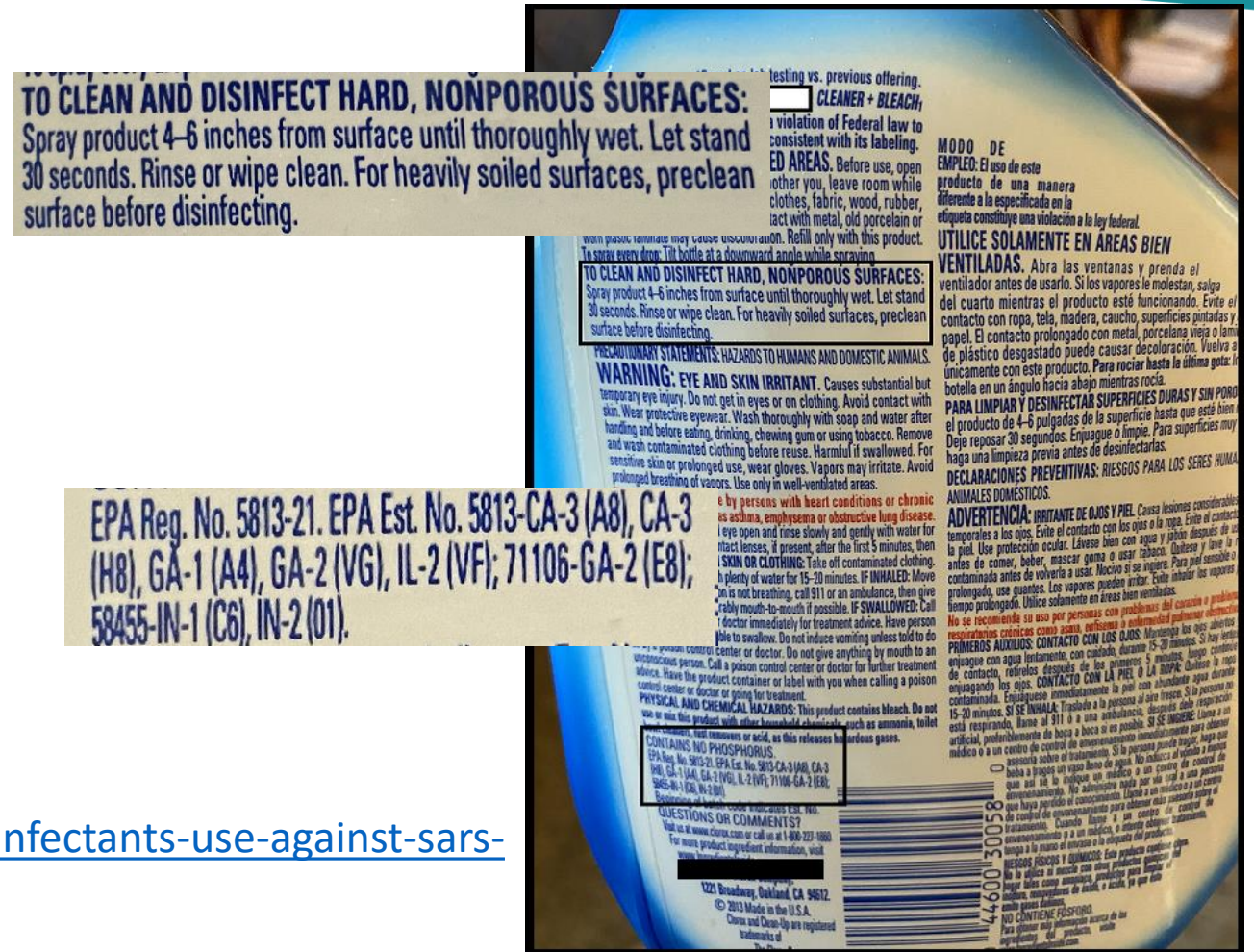
- **What learned about masks:**
- **Slow and/or stop the spread of COVID**
- **Differences between indoor and outdoor wear**
 - Indoors is still riskier than outside.
- **Fit is crucial**
- **Nose bridge is important**
- **What not to wear**
 - Gaters
 - bandana,
 - masks with valves
- **[CDC COVID Data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

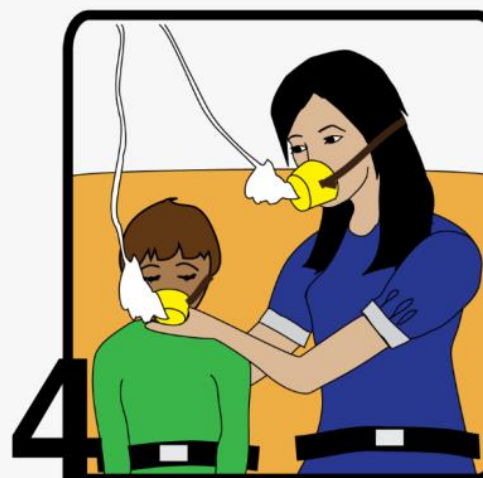
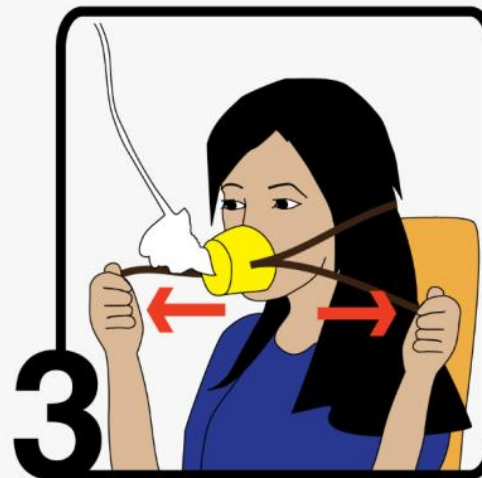
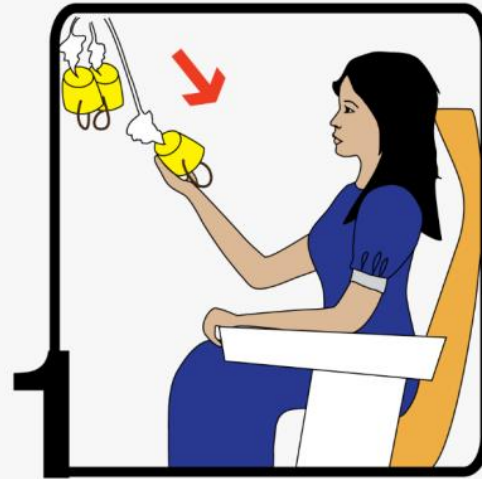
- Restless and/or agitated
- Increased frustration or anger
- Sense of worry and being overwhelmed (sometimes, without knowing the “why”)
- Trouble sleeping or eating
- Physical fatigue or other body symptoms, (butterflies in stomach, GI issues, rapid breathing/heart rate, clenched jaw, etc.)
- Regressive 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...

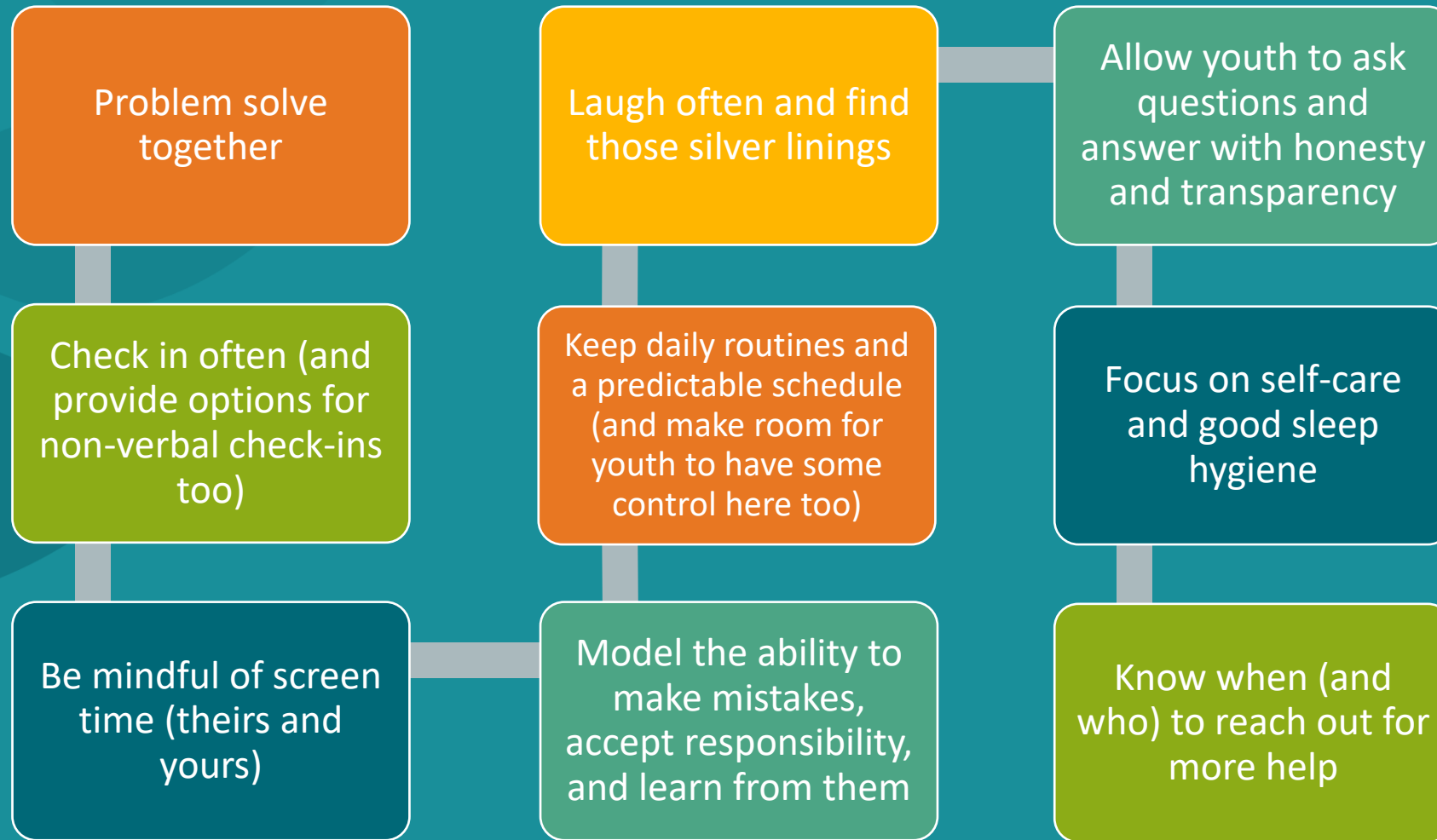


Self-Care in 2021

- 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



Resiliency Strategies for Parents, Caregivers, and Educators



Resiliency



Healthy Life Resources

Powered by  Northern Light.. Acadia Hospital

The mental and emotional well-being of your organization is critically important. Northern Light Acadia 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

Employees 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.

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

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 utilize during staff meetings and/or team huddles. This service also provides practical ways to prevent compassion fatigue and burnout, and provides on-going, live Q&A.

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

Resiliency Training/Development

Resilience is the ability for individuals, teams, and organizations to adapt to change 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.

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

Critical Incident and Stress Management

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

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

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-licensed clinician in your school. This 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 Chris McLaughlin, LCSW
207.973.6175 or
csmclaughlin@northernlight.org.

Now's your time to ask questions. Please use the Q and A option.



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Beacon Health



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Physician Executive,
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Mercy, Dr. Harry E.
Davis Pediatrics



Suzanne Moreshead,
RN, BSN, AVP Infection
Prevention, Northern
Light Health



Chris McLaughlin,
LCSW, AVP Community
and Pediatric Services,
Northern Light Acadia
Hospital

Tools you can use:

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

Northern Light Health.

Vaccination Declination Medical Counseling Attestation
To be used for philosophical/religious

Child's Name: _____ Child's ID#: _____
Parent/Guardian Name: _____ Provider Name: _____

My child's healthcare provider has advised me that my child (parent/abuser) should receive the following vaccine(s):

Recommended Vaccine to Consider	Declined Service to Consider
<input type="checkbox"/> Hepatitis B vaccine	<input type="checkbox"/>
<input type="checkbox"/> Diphtheria, tetanus, acellular pertussis (DTaP or Tdap) vaccine	<input type="checkbox"/>
<input type="checkbox"/> Diphtheria tetanus (DT or Td) vaccine	<input type="checkbox"/>
<input type="checkbox"/> Hemophilus influenzae type b (Hib) vaccine	<input type="checkbox"/>
<input type="checkbox"/> Pneumococcal conjugate or polysaccharide vaccine	<input type="checkbox"/>
<input type="checkbox"/> Inactivated poliovirus (IPV) vaccine	<input type="checkbox"/>
<input type="checkbox"/> Measles-mumps-rubella (MMR) vaccine	<input type="checkbox"/>
<input type="checkbox"/> Varicella (chickenpox) vaccine	<input type="checkbox"/>
<input type="checkbox"/> Influenza (Flu) vaccine	<input type="checkbox"/>
<input type="checkbox"/> Meningococcal conjugate or polysaccharide vaccine	<input type="checkbox"/>
<input type="checkbox"/> Hepatitis A vaccine	<input type="checkbox"/>
<input type="checkbox"/> Rotavirus vaccine	<input type="checkbox"/>
<input type="checkbox"/> Human papillomavirus (HPV) vaccine	<input type="checkbox"/>
<input type="checkbox"/> COVID-19	<input type="checkbox"/>
<input type="checkbox"/> Other	<input type="checkbox"/>

I understand the following:

- The purpose of and the need for the recommended vaccine(s).
- The risks and benefits of the recommended vaccine(s).
- The same vaccine preventable diseases are common in other countries and that my unvaccinated child could easily get one of these diseases while traveling or from a traveler.
- If my child does not receive the vaccine(s) according to the medically accepted schedule, the consequences may include:
 - Contracting the disease to which the vaccine is designed to prevent (the outcomes of these diseases may include one or more of the following: certain types of cancer, pneumonia, illness requiring hospitalization, death, brain damage, paralysis, meningitis, seizures, and deafness; other severe and permanent effects from these vaccine-preventable diseases are possible as well).
 - Transmitting the disease to others (including those too young to be vaccinated or those with immune problems), possibly requiring my child to stay out of childcare or school and requiring someone to miss work by stay home with my child during disease outbreaks.
- My child's doctor and the American Academy of Pediatrics, the American Academy of Family Physicians, and the Centers for Disease Control and Prevention all strongly recommend that the vaccine(s) be given according to recommendations.

Nonetheless, I have decided at this time to decline or defer the vaccine(s) recommended for my child, as indicated above, by checking the appropriate box under the column titled "Declined." I know that failure to follow the recommendations about vaccination may endanger the health or life of my child and others with whom my child might come into contact. I therefore agree to tell all health care professionals in all settings what vaccine(s) my child has not received because he or she may need to be isolated or may require immediate medical evaluation and tests that might not be necessary if my child had been vaccinated.

I know that I may reallocate this issue with my child's doctor or nurse at any time and that I may change my mind and accept vaccination for my child any time in the future.

I acknowledge that I have read this document in its entirety and fully understand it.

Parent/Guardian Signature: _____ Date: _____
Witness Signature: _____ Date: _____
Provider Signature: _____ Date: _____

I have had the opportunity to rediscuss my decision not to vaccinate my child and still decline the recommended immunizations.

Parent's Initials: _____ Date: _____ Parent's Initials: _____ Date: _____
07.15.21

Northern Light Health.

Vaccination Declination Medical Exemption
To be used for exemptions due to medical contraindication

Child's Name: _____ Child's ID#: _____
Parent/Guardian Name: _____ Provider Name: _____

Provider to complete: Check the box of any vaccine that cannot be administered, circle the appropriate contraindication(s). For each box checked, at least one contraindication should be circled.

Vaccine	Contraindication
<input type="checkbox"/> Diphtheria tetanus (DT or Td)	Severe allergic reaction (e.g., anaphylaxis) after a previous dose or to a vaccine component
<input type="checkbox"/> Diphtheria, tetanus, acellular pertussis (DTaP or Tdap)	Severe allergic reaction (e.g., anaphylaxis) after a previous dose or to a vaccine component
<input type="checkbox"/> Hepatitis A	Severe allergic reaction (e.g., anaphylaxis) after a previous dose or to a vaccine component
<input type="checkbox"/> Hepatitis B	Severe allergic reaction (e.g., anaphylaxis) after a previous dose or to a vaccine component
<input type="checkbox"/> Hemophilus influenzae type b (Hib)	Severe allergic reaction (e.g., anaphylaxis) after a previous dose or to a vaccine component
<input type="checkbox"/> Human papillomavirus (HPV)	Severe allergic reaction (e.g., anaphylaxis) after a previous dose or to a vaccine component
<input type="checkbox"/> Inactivated poliovirus (IPV)	Severe allergic reaction (e.g., anaphylaxis) after a previous dose or to a vaccine component
<input type="checkbox"/> Live, attenuated influenza vaccine (LAIV)	Severe allergic reaction (e.g., anaphylaxis) after a previous dose or to a vaccine component
<input type="checkbox"/> Quadrivalent meningococcal conjugate vaccine (MenACWV)	Severe allergic reaction (e.g., anaphylaxis) after a previous dose or to a vaccine component
<input type="checkbox"/> MMR	Severe allergic reaction (e.g., anaphylaxis) after a previous dose or to a vaccine component

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Northern Light Health.

Changes to Vaccination Requirements for School Aged Children

Beginning September 1, 2021, under Maine Law, religious and philosophical objections to vaccination in certain settings are no longer allowed, except under specific circumstance described below. This applies to childcare settings, and public and private schools.

Who does this law affect?
The law affects any institution that had previously allowed philosophical/religious exemptions including childcares, private and public K-12 schools, post-secondary schools, and some healthcare facilities.

Which vaccines are required?

Age Group	Vaccine Requirements
K-12 Kindergarten Entry	<ul style="list-style-type: none"> 5 DTaP (diphtheria, tetanus, and pertussis); 4 DTaP if fourth is given on or after fourth birthday) 4 Polio (fourth dose is not needed if the third dose is given on or after the fourth birthday, an additional age appropriate IPV should be given on or after the fourth birthday) 2 MMR (measles, mumps, rubella) 1 Varicella (chickenpox) or reliable history of disease 1 Tdap (tetanus, diphtheria, and pertussis) 1 Meningococcal Conjugate (MCV4)
Grade 7 Entry	<ul style="list-style-type: none"> 1 Tdap (tetanus, diphtheria, and pertussis) 1 Meningococcal Conjugate (MCV4)
Grade 12 Entry	2 MCV4, only one dose is required if the first dose is given on or after sixteenth birthday
Childcare Facilities	See table on page three for age-based immunization requirements for mumps, measles, rubella, varicella, diphtheria, polio tetanus, hemophilus influenza type B, and pneumococcus.

Maine CDC Guidance on Masking as of July 28

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.

- [CDC COVID Data Tracker](https://www.cdc.gov/covid-data-tracker) www.cdc.gov/covid-data-tracker
- <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fullly-vaccinated.html>






Introduction

Maine's new vaccine law goes into effect on September 1, 2021. This brochure is intended to offer an overview of the requirements by age/grade level and give you information on medical exemptions.

This information is provided by a partnership including Maine Immunization Coalition, Maine Medical Association, Maine Chapter of the American Academy of Pediatrics and Maine Osteopathic Association.

We work together to protect Maine's children from outbreaks and preventable diseases, particularly in the school environment.

Fact or Fiction?

- 1) Naturopaths can give medical exemptions.** 
 - Under Maine's vaccine laws, only licensed medical providers who hold an MD/DO, NP/PA can write medical exemptions.
- 2) The Law does not apply to private schools.** 
 - The law applies to all institutions that previously allowed attendance with philosophical or religious exemptions, including private schools.
- 3) HPV is a requirement for school entry.** 
 - Students are not required at this time to be protected against Hepatitis A, Hepatitis B, Human Papilloma Virus (HPV), Haemophilus influenza B (Hib), Rotavirus, Tuberculosis (TB), Influenza (Flu), or COVID-19 though these immunizations are recommended by the CDC.
- 4) My child has an IEP from 2019 and can be exempt from vaccines for any reason as long as I provide a statement that my provider counseled me.** 
 - MD/DO, NP/PAs may be asked by parents to provide a counseling note for a patient that had an IEP previously.
- 5) Titers will be an acceptable alternative to vaccination as a proof of immunity.** 
 - Laboratory results or medical records demonstrating immunity from having had the disease will be considered acceptable evidence of meeting the immunity requirement. This definition will be determined during the rulemaking process that is currently underway.

What Parents Need to Know: Maine's 2021 Vaccine Law


INFORMATION AND FREQUENTLY ASKED QUESTIONS



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)

**Northern Light Health.**

One-hour Zoom conferences
Twice a month on Thursdays at 11 am
Moderated forums with Q&A
presented by Northern Light Health

zoom Business to Business Conference Series

GOOD HEALTH IS GOOD BUSINESS
The latest on COVID-19 and how to get ready
for school and our new normal
Thursday, August 19 at 11 AM
The Zoom meeting ID will be sent to you upon registering



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

Topics will include:

- 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)

Our Panelists:

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

Elisabeth Marnik, Ph.D
Assistant Professor College of
Science and Humanities
Husson University

Moderated by
Ed Gilkey, MD, MS, MBA, CPE
Senior Physician Executive
Northern Light Beacon Health

Angela Filecda, LCSW
Director Healthy Life Resource Program
Northern Light Acadia Hospital

And more panelists yet to come from our community...

**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 lwabbott@northernlight.org

Legal Disclosure:

The Coronavirus pandemic is an ongoing, continuously evolving situation.

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

NLH does not know the particulars of your situation, so the information presented today is general in nature and is based upon NLH'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 NLH presents today in no way guarantees that you, your employees and/or your customers and clients will not contract or spread the Coronavirus.