



Business to Business Zoom Conference Series

# COVID-19 Updates

Today's Topics:

1. Latest on COVID-19
2. Vaccine
3. Supporting your workforce

1.07.21



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1. Latest on COVID-19

2. Vaccine

3. Supporting your workforce



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



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



Matt Marston, PharmD,  
MBA, BCPS, BCOP,  
AVP Northern Light  
Pharmacy



Catharine MacLaren, Ph.D.,  
LCSW, CEAP  
VP Talent and Diversity,  
Northern Light Health

## 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 **chat** function to ask your questions at anytime.

**Safe Return to Business Survey**

Page 1 of 1

1. I am able to apply the tools and guidance provided today in supporting my safe reopening? \*
  - Strongly Agree
  - Agree
  - Neutral
  - Disagree
  - Strongly Disagree
2. My questions about opening safely were answered in a way that I understood? \*
  - 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

# Poll Question: For your business, how does 2020 compare with other challenging times?

**Mainebiz** NEWS ▾ EDITIONS ▾ LISTS PODCASTS VIEWPOINTS ▾ OUR EVENTS

For your business, how does 2020 compare with other challenging times?

**2020 HAS BEEN THE TOUGHEST YEAR EVER FOR MY BUSINESS.** (40%, 73 VOTES)



**2020 HAS BEEN TOUGH, BUT THE GREAT RECESSION OF 2007-2009 WAS TOUGHER.** (17%, 32 VOTES)



**2020 HAS BEEN TOUGH, BUT THE MONTHS AFTER THE 9/11 ATTACKS WERE TOUGHER.** (2%, 3 VOTES)



**2020 HAS BEEN A YEAR OF UPS AND DOWNS, NOTHING EXTRAORDINARY.** (14%, 25 VOTES)



**2020 HAS BEEN A GOOD YEAR FOR MY BUSINESS.** (27%, 50 VOTES)



 183 Votes |  4 Comments

# Latest on COVID-19

# COVID-19 Numbers

## Cases overview

### Maine

Total cases  
**25,592**  
+347

Recovered  
-

Deaths  
**359**  
+1

### United States

Total cases  
**20.7M**  
+201K

Recovered  
-

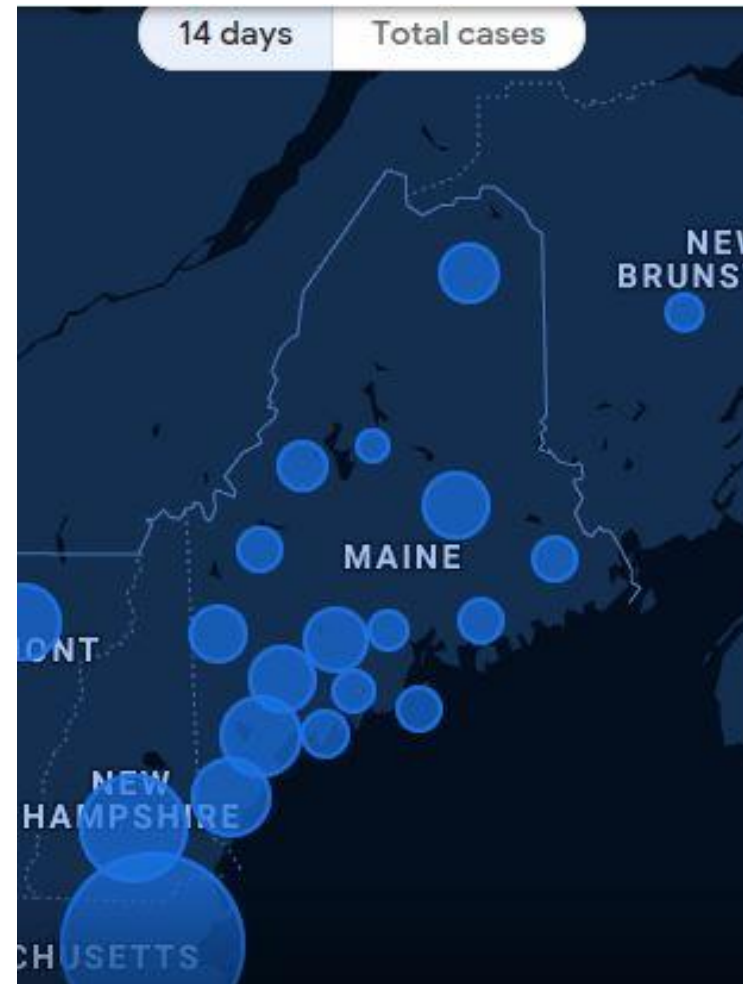
Deaths  
**352K**  
+1,353

### Worldwide

Total cases  
**85.2M**

Recovered  
**47.9M**

Deaths  
**1.84M**

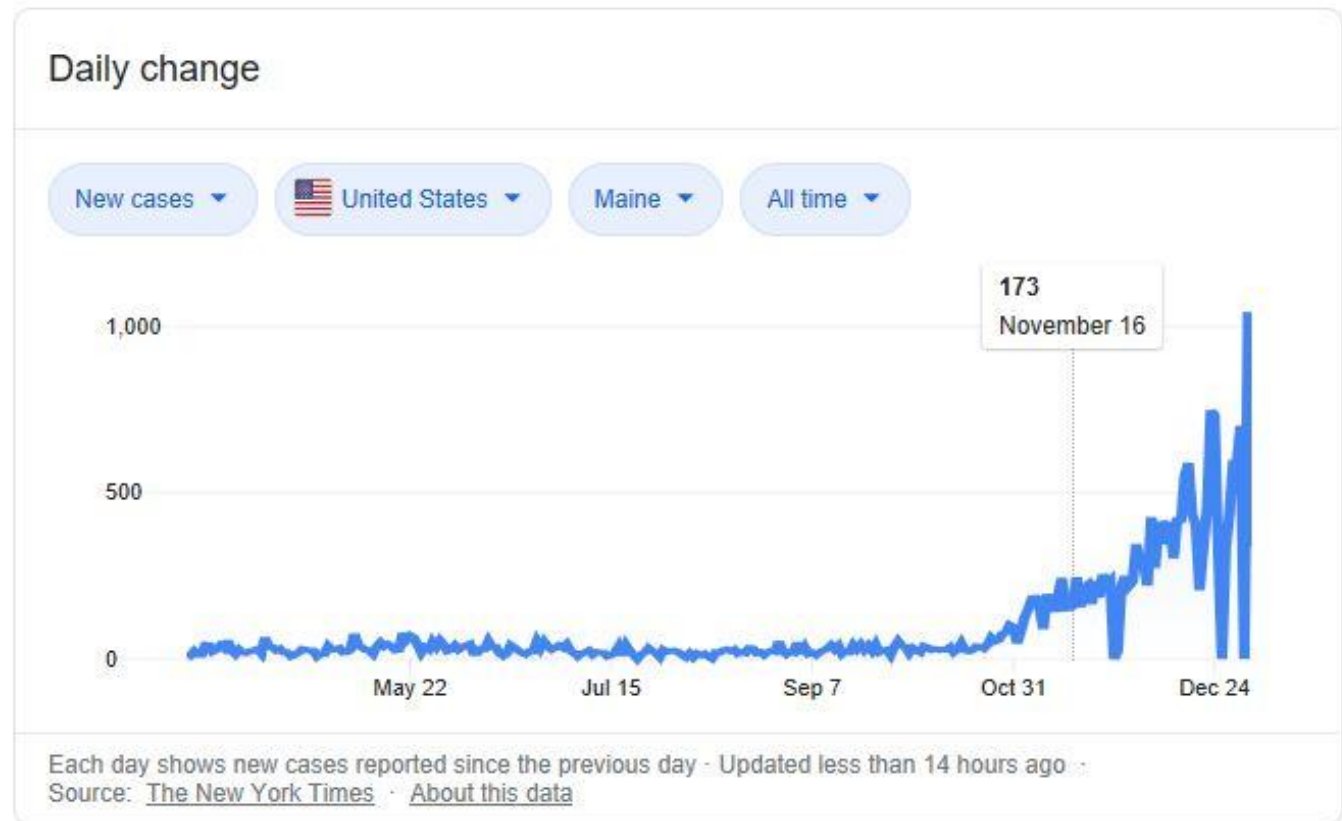




# Testing, testing, testing

Where are we now?

## Statistics

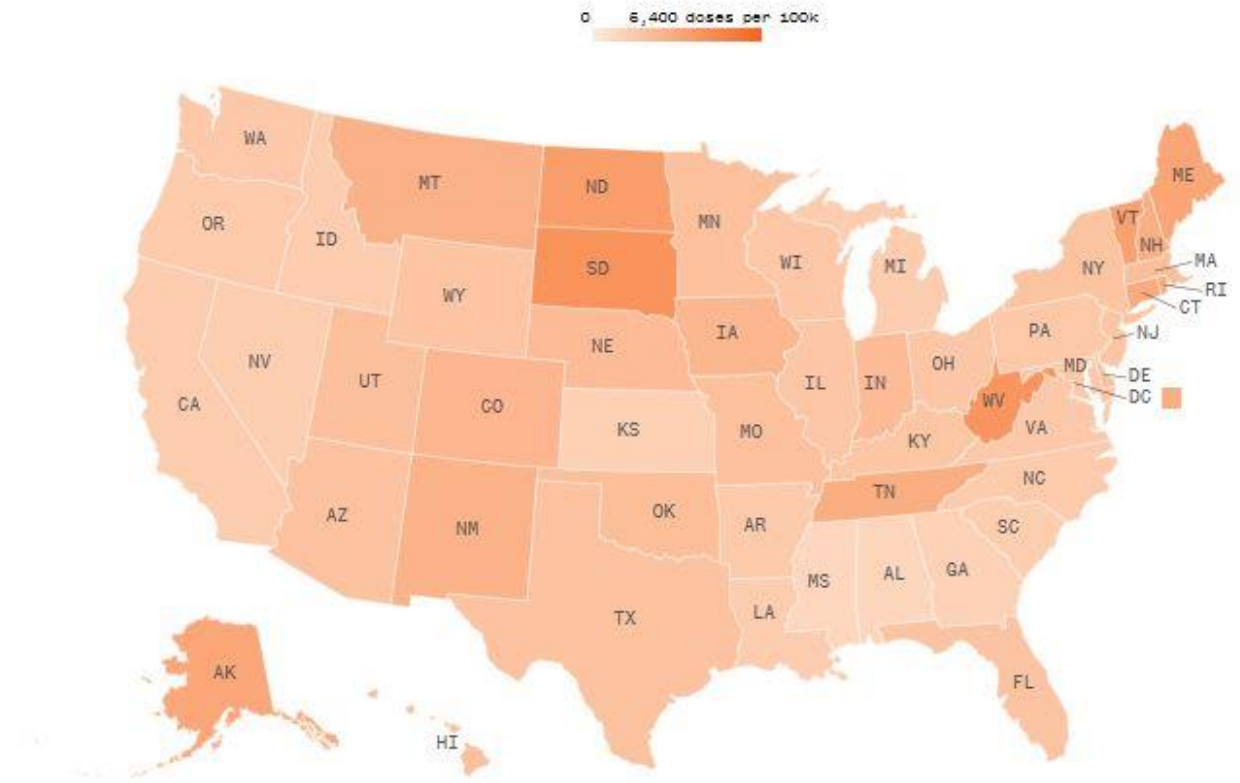


# Light beginning to shine....

- Vaccine Numbers in Maine
- What's the plan for the future?
- Where are they and how do I get min

## Covid-19 vaccination tracker

NBC News is tallying the vaccination numbers across the country. See how many have received initial doses as states and territories roll out vaccination plans.



# Vaccine Update

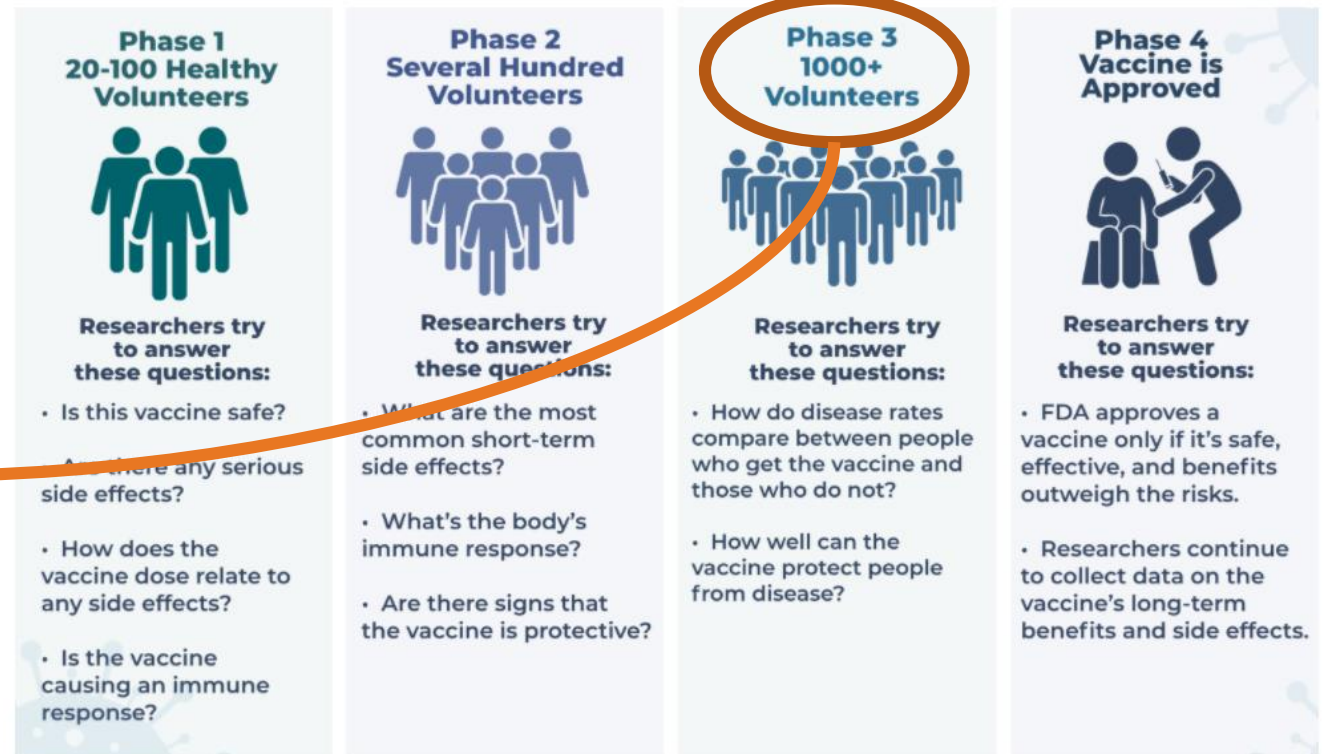
# Adding new measures for prevention: COVID-19 vaccines

Multiple COVID-19 vaccines are in development, several of which are in large scale (Phase 3) trials.

FDA's Emergency Use Authorization is a process that helps facilitate the availability and use of medicines and vaccines during public health emergencies, such as the current COVID-19 pandemic.

COVID-19 vaccines are being held to the **same safety standards** as all vaccines.

70,000+ volunteers for Pfizer and Moderna studies



# COVID-19 vaccines having received FDA Emergency Use Authorizations (EUAs)

Two vaccines have received Emergency Use Authorizations (EUAs) from the FDA:

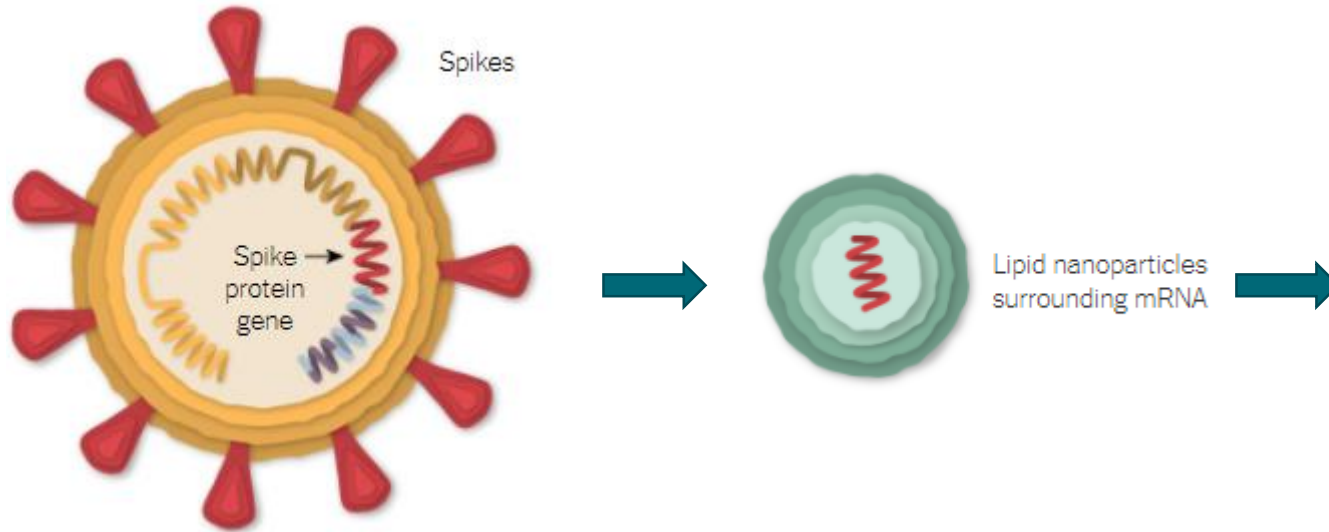
- ✓ **Pfizer/BioNTech (BNT162b2):** 2 doses given at least **21 days** apart
- ✓ **Moderna (mRNA-1273):** 2 doses given at least **28 days** apart

Both vaccines were tested in tens of thousands of adults from diverse backgrounds, including older adults and communities of color.

Clinical trial data show that both vaccines are safe and effective at preventing COVID-19.

It is unknown how long protection from vaccines might last.

# How mRNA Vaccines Work

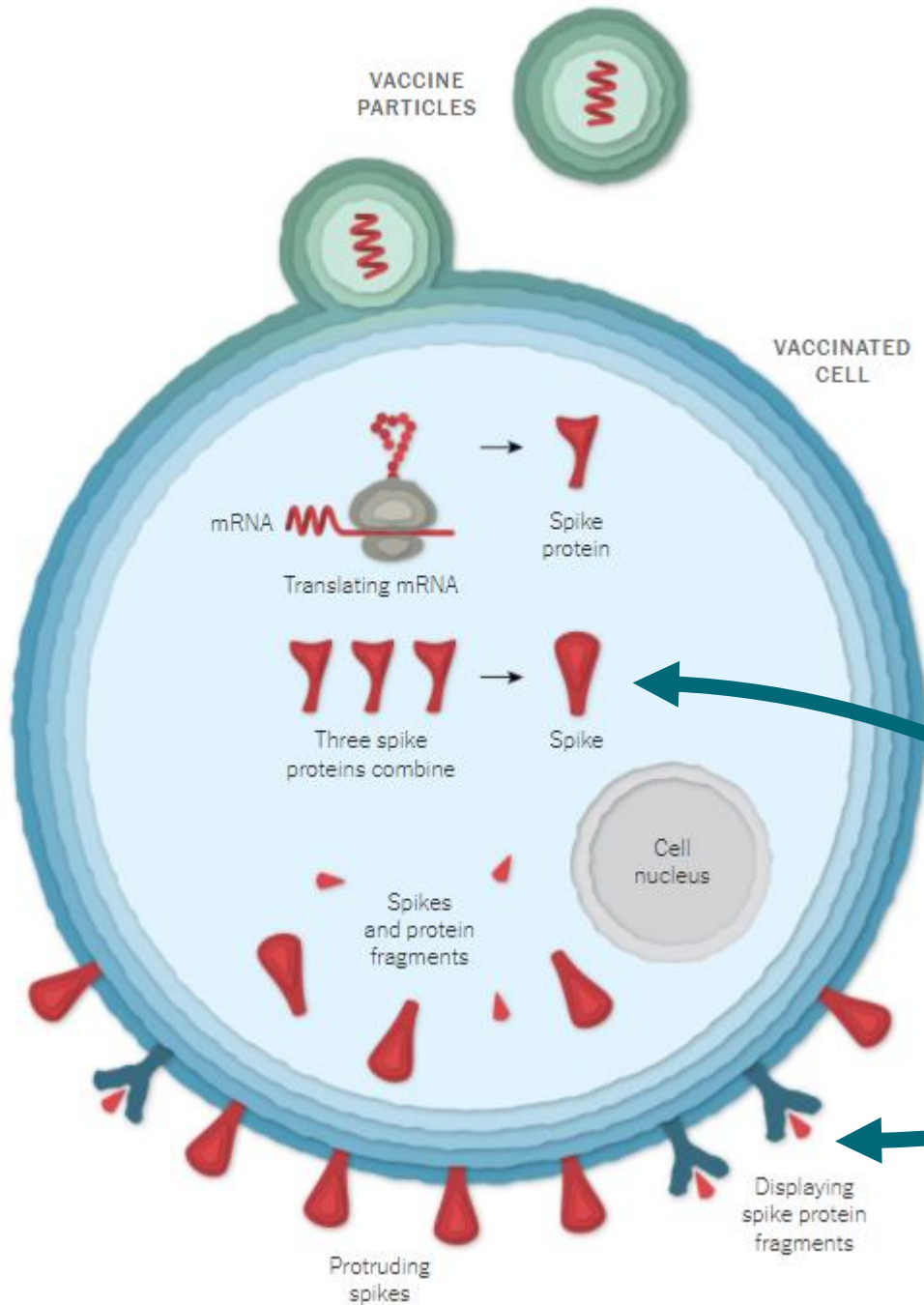


1. Find a target protein mRNA sequence (Spike protein)

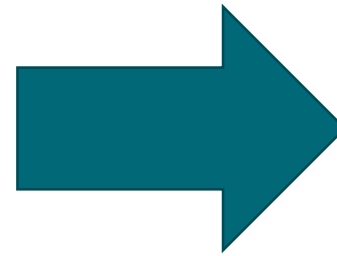
2. Make the RNA copies and make it deliverable

3. Administer the vaccine

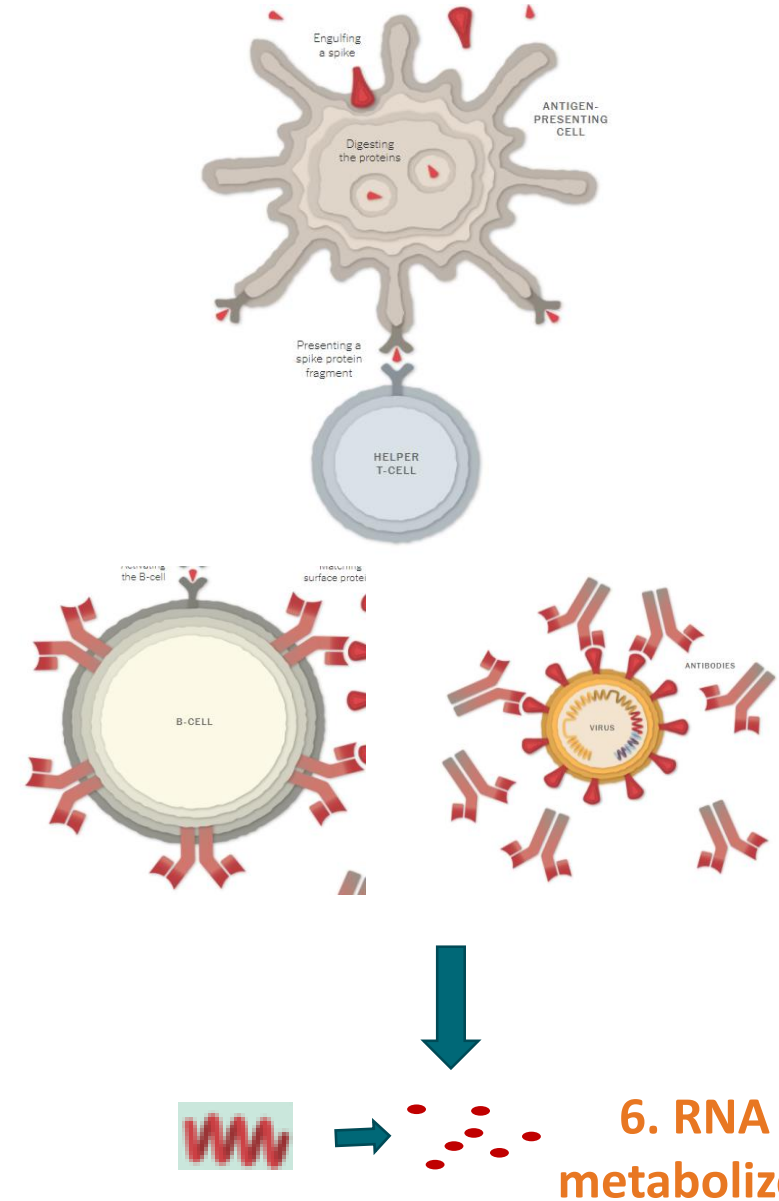
# IMMUNE SYSTEM KICKS IN!!!



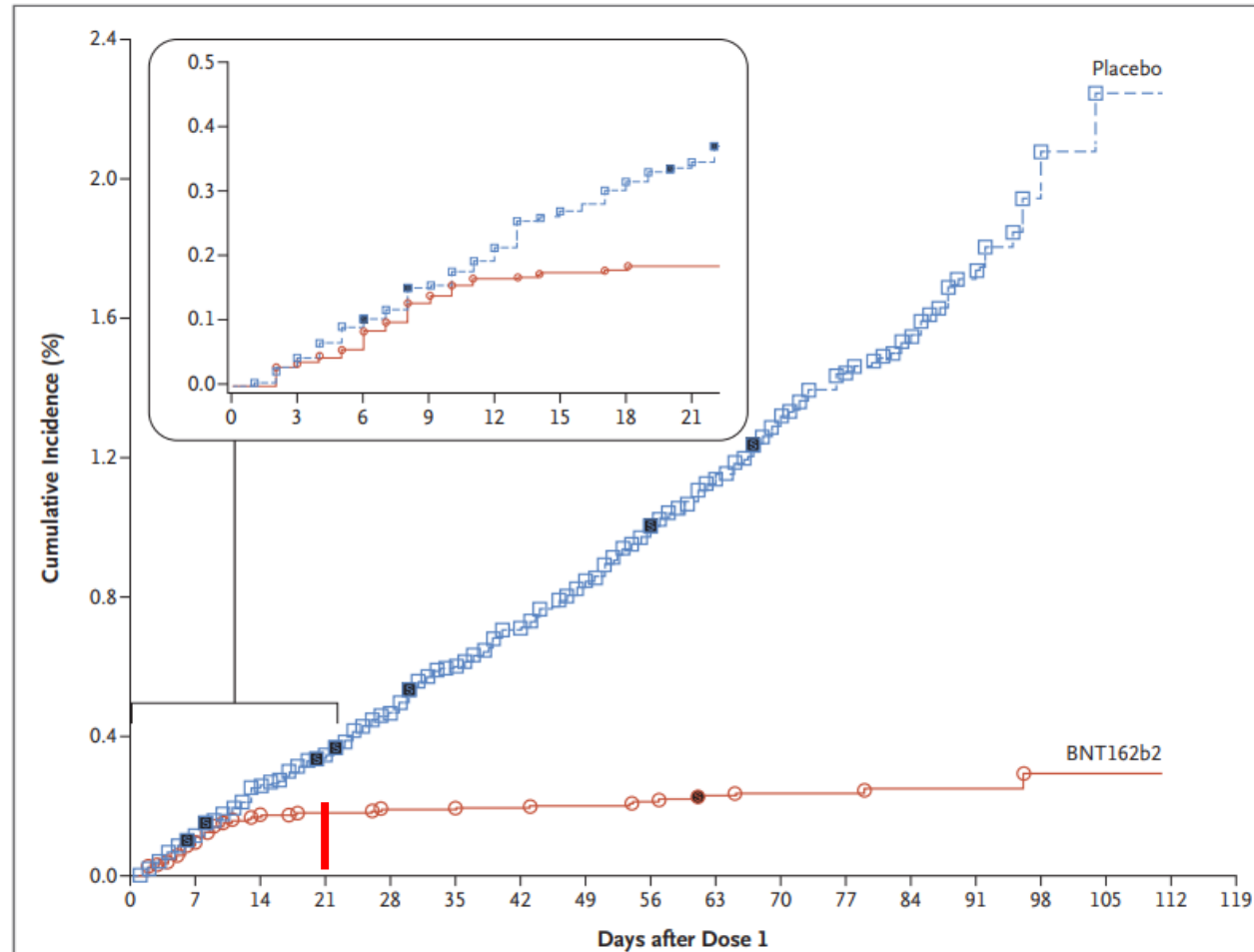
4. mRNA goes into some cells



5. Cell makes spike protein



# Is the Pfizer/BioNTech Vaccine Effective?



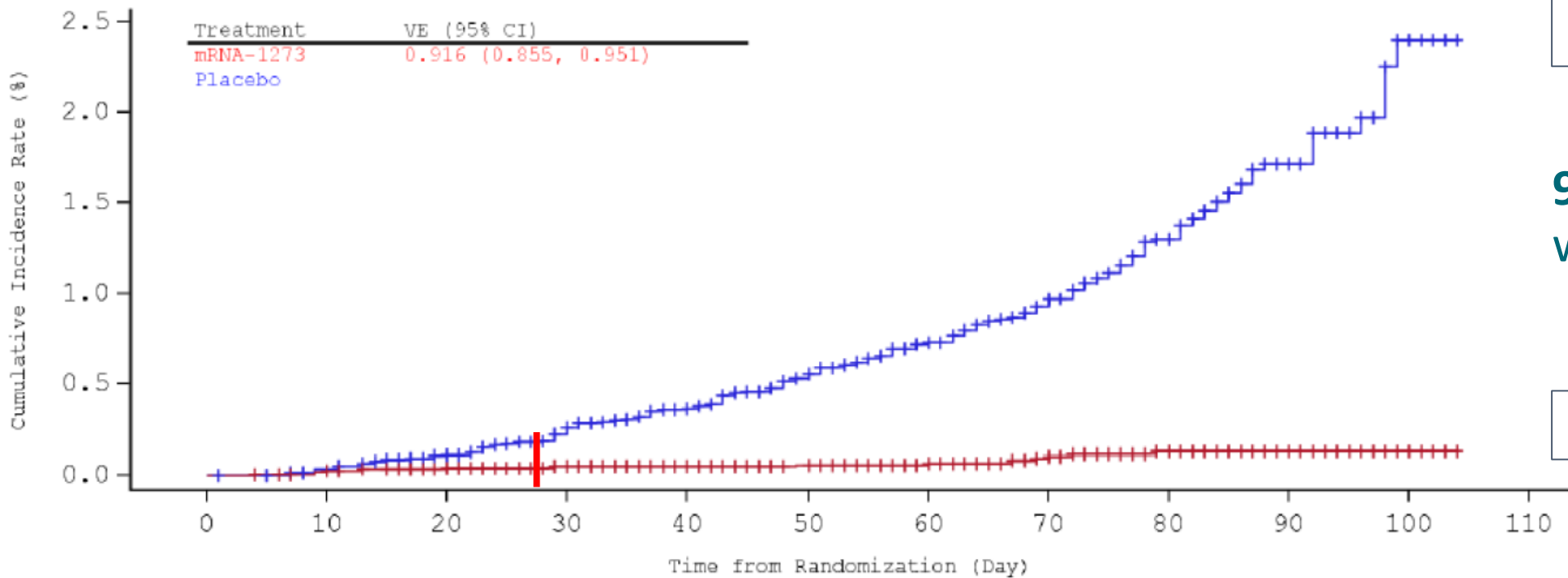
Placebo Group

95% efficacy with  
2 dose series

Vaccine Group



# Is the Moderna Vaccine Effective?



Placebo Group

94.1% efficacy  
with 2 dose series

Vaccine Group

No. at risk

14312	14306	13964	13490	12981	12284	10742	8327	5705	2621	583	0
14370	14363	14000	13515	12972	12225	10657	8283	5663	2594	586	0

# COVID-19 effects vs. mRNA Vaccine Side Effects

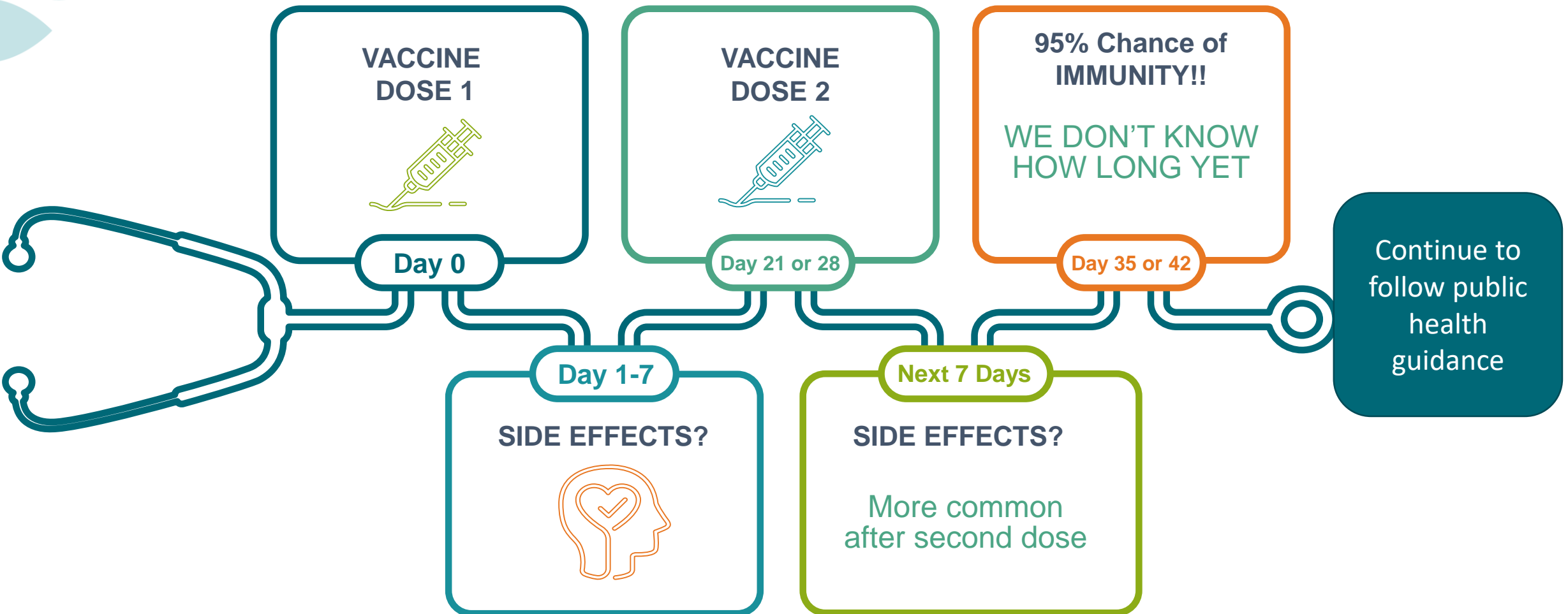
	Effects of COVID-19 Disease <sup>1</sup>	Side Effects of mRNA COVID-19 Vaccine <sup>2,3</sup>
<b>Common</b>	Shortness of Breath	Injection site pain
	Cough (can be severe)	Injection site redness/swelling
	Fever (can be severe)	Headache
	Body Aches	Fatigue
	Fatigue	
	Chills	
	Headache	
	Sore Throat	
	Loss of Appetite	
	Loss of taste/smell	
<b>Less Common</b>	Nausea	Fever
	Vomiting	Chills
	Diarrhea	Body Ache
	Long-term COVID-19	Nausea (Moderna)
	Hospitalization	
	Low oxygen level	
<b>Rare</b>	Stroke	Allergic reaction - same or less than other vaccines
	Death	Swollen lymph nodes
	COVID Toe	Bell's Palsy??
	Confusion / Lethargy	

1. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-care.html>. Accessed 12/16/2020.

2. Polack FP, et al. Safety and efficacy of the BNT162b2 Covid-19 vaccine. N Engl J Med. DOI: 10.1056/NEJMoa2034577.

3. VRBP Advisory Committee FDA Briefing Document Moderna COVID-19 Vaccine. Accessed 12/16/2020

# What to expect – mRNA Vaccine



# COVID-19 symptoms or mRNA Vaccine Side Effects?

The vaccine does not contain live virus and cannot cause COVID-19  
But some vaccine side effects may look like COVID-19

Symptom/Side Effect	COVID-19	mRNA Vaccine
Fatigue	Green	Green
Headache	Green	Green
Fever	Green	Green
Chills	Green	Green
Body Aches	Green	Green
Cough	Green	Red
Sore throat	Green	Red
Shortness of Breath	Green	Red
Loss of taste/smell	Green	Red
Loss of appetite	Green	Red

Discuss with your provider if you have these symptoms or if other symptoms last > 24 hours



Cough



Sore Throat



Shortness of Breath



Loss of Taste/Smell

# What to Expect as an Employer and When?

## Maine CDC Vaccination Phases:

### Phase 1

**1a:** Health care workers and residents of long-term care facilities

**1b:** People age 75 and older and frontline essential workers

**1c:** People ages 65-74 , people ages 16-64 with high-risk medical conditions, and other essential workers

### Phase 2

All people ages 16 and older who are not in Phase 1, with vaccine starting to become available to the general public.



We are here

We are working as quickly as possible with Maine CDC to complete phase 1a and actively planning for phase 1b

# Vaccine Distribution Planning

## Unique COVID19 Vaccine Considerations:

- Complex cold storage requirements
- Multi-Dose Vials

## Approach to Public Vaccination

1. Healthcare facilities
2. Referral based public clinics
3. Mass vaccination
4. Employer sponsored vaccination clinics



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# Should the COVID19 Vaccine be Mandatory?

## Pros:

- Helps to ensure the safety of your employees and customers
- Vaccinations reduce time out of work and lower healthcare expenses
- Maine is an “at will” employment State, which allows for making vaccines a condition of employment

## Cons:

- COVID19 vaccines do not yet have full FDA approval
- Valid medical exemptions do exist to vaccination
- Employees may hold strong religious or philosophical beliefs surrounding vaccination

# Additional COVID19 Vaccine Information

Maine CDC: <https://www.maine.gov/covid19/vaccines>

Federal CDC: <https://www.cdc.gov/vaccines/covid-19/index.html>

ACIP Clinical Considerations: <https://www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html>



# How to support your workforce

# Poll Question: When was the last time you were physically at your place of work?

**Mainebiz**

NEWS ▾

EDITIONS ▾

LISTS

PODCASTS

When was the last time you were physically at your place of work?

**THIS WEEK** (24%, 73 VOTES)



**THIS MONTH** (11%, 34 VOTES)



**WITHIN THE LAST SIX MONTHS** (6%, 19 VOTES)



**NOT SINCE THE PANDEMIC BEGAN** (21%, 64 VOTES)



**I NEVER STOPPED BEING THERE REGULARLY** (31%, 94 VOTES)



**I WORKED REMOTELY BEFORE THE PANDEMIC** (7%, 22 VOTES)



 306 Votes

 1 Comments

# When It Makes Business Sense: Benefits of Remote Work

## Possible Cost Savings

- \*Organizations save \$11,000 per year per remote worker
- \*Potential to reduce leases, maintenance, other costs

- \*Allows for social distancing
- \*Employees save between \$2,000-\$4,000 annually

## Improved employee retention

- \*An average nationally of 12% reduction in turnover
- \*54% of employees say they would leave their current job for a remote position

## Absenteeism

- \*Employees are absent 41% less

## Improved Quality

- \*Workers produce results with 40% fewer quality defects

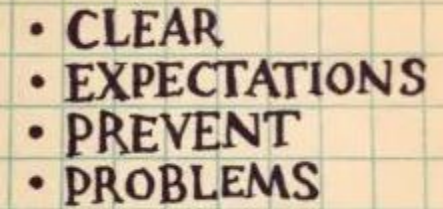
## Improved Productivity

- \*Remote workers are an average of 35-40% more productive than office counterparts



Farrer, L. (2020, February 12). 5 Proven Benefits Of Remote Work For Companies. Retrieved June 04, 2020, from <https://www.forbes.com/sites/laurelfarrer/2020/02/12/top-5-benefits-of-remote-work-for-companies/> "A collection of statistics was sourced from the world's leading research institutions studying the topic of telework, including Gallup, Harvard University, Global Workplace Analytics, and Stanford University"

# Setting Clear Expectations for Remote Work Success



• CLEAR  
• EXPECTATIONS  
• PREVENT  
• PROBLEMS

- Policy: sets clear general definitions, procedures and expectations such as what the employee and employer are responsible for, equipment, work time, requirements for the remote work space, when and how the employee may need to be on-site at the workplace, and safety
- Agreement: a signed document that establishes specifics such as the individual's work schedule, productivity standards/metrics, internet connectivity requirements, identifies the specific remote work location(s), etc.
- Practice:
  - Use video communication whenever possible
  - Be deliberate about checking in with people; create forums for teams and coworkers to connect
  - Establish IM and response time etiquette
  - Address and resolve any concerns quickly
  - Be consistent

# Keeping Remote Workers Engaged

## Maintain the feeling of a team

- Engaged employees want to work with a team
- Have team calls that are led by other employees
- Practice team recognition

## Connect the work to the bigger picture

- Keep employees informed
- Promote discussion around future goals of the group

## Encourage learning, growth, and development

- Have employees share best practices with others
- Assign employees to become an expert and teach others
- Continue to promote all available learning opportunities

## Know your employees

- What excites them about their jobs?
- What discourages them?
- How do they like to be recognized?

# Please use chat to ask your questions



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



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Senior Physician Executive  
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Director, Clinical Education,  
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AVP Northern Light  
Pharmacy



Catharine MacLaren, Ph.D.,  
LCSW, CEAP  
VP Talent and Diversity,  
Northern Light Health

# Tools you can use:

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

## Week 1 - Resources and Downloadables

Filter the results below by entering keywords into the search

Enter Search Text Here



Handshake Free Zone - Poster

Hi! This is a handshake free zone. In order to stop the spread of germs our office is currently a handshake-free zone.

Download File



For the safety of all - Poster

For the safety of all. Thanks for helping us keep patients, visitors, and staff safe.

Download File



Wearing a face covering - Poster

Wearing a face covering. Risk of spreading germs.

Download File



Please Wear a Face Covering - Poster

Please Wear a Face Covering Beyond This Point

Download File



Safely providing care for Medical Office visits - Video

Safely providing care for Medical Office visits | Northern Light Health

Watch Video

# For more information or to submit a topic for a future Zoom Conference:

Contact:

Lanie Abbott

Director of Communications

[lwabbott@northernlight.org](mailto:lwabbott@northernlight.org)





# Join us Thursday, January 21: The impact of isolation on employee health and wellness

## Topics:

- Latest on COVID-19
- Employee mental health and feelings of loneliness
- Increased substance use and abuse



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

zoom MEETING SERIES

## SAFE RETURN TO BUSINESS

The impact of isolation on employee health and wellness



### Topics will include:

- Latest on COVID-19
- Employee mental health and feelings of loneliness
- Increased substance use and abuse

Learn how to support your employees and your customers to make a successful return to business.

Thursday, January 21 at 11 AM

The Zoom meeting ID will be sent to you upon registering

### Our Panelists:

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

**Angela Fileccia, LCSW**  
Manager, Healthy Life Resource Program  
Northern Light Acadia Hospital

**Jacqueline Cyr, NPC**  
Adult Outpatient Services  
Northern Light Acadia Hospital

**Moderated by Ed Gilkey, MD, MS, MBA, CPE**  
Senior Physician Executive  
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 [labbott@northernlight.org](mailto:labbott@northernlight.org)

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