

To: All Trillium Members and Stakeholders
From: Cindy Ehlers, Executive Vice President
Date: November 9, 2020
Subject: Safe Schools Healthy Kids NC COVID Tip Sheets, NC DHHS Town Hall Webinar, Flu Vaccine Reminder

As the State of North Carolina continues reopening, Trillium will share information with our members, their families or guardians, and our community stakeholders. While some temporary COVID-19 changes will end, such as working from home and not visiting loved ones, we realize some changes may be here to stay. Throughout this process, Trillium will send email and other communications to share news about opportunities, updates from the State, and how we are serving you during this unusual time.

SAFE SCHOOLS HEALTHY KIDS NC COVID TIP SHEETS

[Safe Schools Healthy Kids NC](#) is dedicated to making information available to schools, students, and parents through free online trainings and tip sheets. This website is one-stop-shop for health and safety issues that affect the school environment where kids spend most of their days throughout their formative years.

We have recently published tip sheets to help during the COVID-19 pandemic. Topics are listed below and assist in circumstances for both in-school and at-home learning.

- 🌱 COVID-19 and Family Handwashing
- 🌱 COVID-19 and Back-to-school Decision Making
- 🌱 Helping Children Learn at Home
- 🌱 Talking with your Child about COVID-19
- 🌱 COVID-19: Caring for People with I/DD and Behavioral Disorders

Registration is free to use the site, and open to the public. Learn more at <https://safeschoolshealthykidsnc.org/>

NC DHHS TOWN HALL WEBINAR

NC's public Behavioral Health and Intellectual and Developmental Disabilities (I/DD) System is undergoing major changes. We want to hear from our members, families and advocates about how the system is working and how we can assist in creating a system that improves health outcomes and promotes recovery for all North Carolinians.

November 12, 2020

6:00 p.m.

Hosted on the NC Governor's Institute [Facebook Live page](#)
[Registration not required; more information available here](#)

We are encouraging the public to upload recorded video questions in advance for speakers to address during the webinar; you can [post your video here](#).

NC DEPARTMENT OF HEALTH AND HUMAN SERVICES
Division of Mental Health, Developmental Disabilities and Substance Abuse Services (DMHDDSAS)

HOSTS VIRTUAL TOWN HALL MEETINGS
With Deputy Secretary **Kody Kinsley**
& Director of DMHDDSAS **Victor Armstrong**

Upcoming Events

- Cardinal Innovations Healthcare
October 15, 2020
- Eastpointe
October 22, 2020
- Partners Health Management
October 29, 2020
- Sandhills Center
November 5, 2020
- Trillium Health Resources
November 12, 2020
- Vaya Health
November 19, 2020

NC's public Behavioral Health and Intellectual and Developmental Disabilities (I/DD) System is undergoing major changes. We want to hear from our consumers, families and advocates about how the system is working and how we can assist in creating a system that improves health outcomes and promotes recovery for all North Carolinians.

All events start at 6 pm. You can find more information and submit questions prior to the meetings on the [DHHS website](#).

FOR MORE INFORMATION EMAIL Suzanne.Thompson@dhs.nc.gov

FLU VACCINE REMINDER

Influenza (flu) is a contagious respiratory illness that infects the nose, throat and lungs caused by influenza viruses. It can cause mild to severe illness, and at times complications from flu can lead to hospital stays and death. The best way to reduce the risk of flu and its potentially serious complications is to get a flu vaccine each year.

The U.S. healthcare system is already expected to be strained in the fall by a resurgence in COVID-19.

You are at high risk for flu complications because you are:

-  An Adult 65 years or older,
-  A Child younger than 5, but especially children younger than 2 years old,
-  Or Have a chronic medical condition(s)

Medical Conditions that puts us at high risk of developing serious flu complications:

-  Asthma
-  Neurologic and neurodevelopment conditions [including disorders of the brain, spinal cord, peripheral nerve and muscle, such as cerebral palsy, epilepsy (seizure disorders), stroke, intellectual disability, moderate to severe developmental delay, muscular dystrophy, or spinal cord injury]
-  Chronic lung disease (such as cystic fibrosis)
-  Heart disease (such as congenital heart disease, congestive heart failure and coronary artery disease)
-  Blood disorders (such as sickle cell disease)
-  Endocrine disorders (such as diabetes mellitus)
-  Kidney disorders
-  Liver disorders
-  Metabolic disorders (such as inherited metabolic disorders and mitochondrial disorders)
-  Weakened immune system due to disease or medication (such as children or adolescents with HIV or AIDS, cancer, or those on chronic steroids)
-  Children who are taking aspirin or salicylate containing medicines
-  Extreme obesity, which has been associated with severe influenza illness in some studies of adults, may also be a risk factor for children.

Dr. Tilson Encourages Everyone to Get Their Flu Shot



PROTECT YOURSELF BY:

- 🌱 Getting a flu vaccine every year, as soon as vaccine is available. While everyone six months of age and older should get an annual flu vaccine, it's especially important for people at high risk of serious flu complications. High risk patients are recommended to receive the flu shot, not the nasal spray flu vaccine.
- 🌱 Asking family and caregivers to get a flu vaccine to protect you.
- 🌱 If you're 65 years or older, you should get either a regular flu shot, a high-dose flu shot, or an adjuvanted flu shot (made with smaller amounts of the virus and promotes a better response from the immune system). The latter two are designed especially for people in your age group. You should not get the nasal spray flu vaccine.

Flu vaccines are generally **free** for anyone with Medicaid, Medicare Part B, employer health insurance or other insurance that conforms to the Affordable Care Act. You can get your flu shot at doctor's office, Health Department, or Local Pharmacy.

The CDC's website has a [flu shot locator](#), but you may have to contact each location directly for social distancing details, such as which entrance to use. Please call Trillium at 1-877-685-2415 if you need to ask for help on where you can get a flu shot.

More information about flu is available online through the [Division of Public Health](#) and from the CDC at www.cdc.gov/flu. For information about COVID-19 in North Carolina, visit covid19.ncdhhs.gov.

As always, members may contact our Call Center 24 hours a day through our **Access to Care Line at 1-877-685-2415**. The health, safety, and overall well-being of our community is first and foremost in everything we do. To learn more, please check out [our website](#), follow us on [social media](#), or give us a call if you have any questions.

If you were forwarded this email and have not signed up to receive these notifications, [you can do so here](#).

Any questions about this Communication Bulletin may be sent to the following email: MemberEngagement@TrilliumNC.org.

These questions will be answered in a Q&A format and published on Trillium's website.