



Health Services COVID-19 Situation Report

05/08/20

Dear Community Members,

Alaska is reopening far ahead of widespread COVID-19 testing. With the reopening of communities, we highly recommend that everyone be cautious and remain on high alert. The large majority of villages throughout Alaska have maintained travel restrictions to/from their communities; this will help keep COVID-19 out of your homes and families. Chugachmiut is doing all it can to ready staff and gather supplies but like the rest of the country, we don't have enough supplies (testing supplies are especially limited) and medical staff can easily be overwhelmed if an outbreak occurs. If residents are allowed to travel in, remind them that they must quarantine for 14 days. Everyone is reminded to call the clinic immediately if symptoms appear.

As of today, Alaska has 377 confirmed cases, 305 recovered cases, 38 hospitalizations, and 10 deaths. ANMC's currently COVID-19 inpatient status update- 0 positive inpatient and 1 suspected inpatient.

Chugachmiut COVID-19 Testing

(Weekly Testing #s reported from 12:00pm Wednesday to 12:00pm following Wednesday)

	Testing This Week	Testing YTD	Results Negative	Pending Results	Results Positive	Testing Collection Kits to ANMC	Rapid Testing Kits
Chenege	0	0	N/A		0	100	
Nanwalek	5	12	10	2		198	
Port Graham	10	14	14		0	150	164
Seward	0	11	11		0	150	
Tatitlek	2	5	5		0	100	118

Note: Correction for Seward testing (previously reported 12)

Self-Quarantine: Separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. These people may have been exposed to a disease and do not know it, or they may have the disease but do not show symptoms.

Health Mandate 010: International and Interstate Travel- Order for Self-Quarantine
Travelers are required to self-quarantine for 14 days upon returning to your resident

Why self-quarantine is important

You may have been exposed to COVID-19 and even though you feel well now, it is possible that you are also infected. It can take 2-14 days to show symptoms, so you may not know for up to 14 days if you are infected or not. You are being asked to self-quarantine (separate yourself from others) in case you are infected so that you don't pass on the infection to anyone else. It may turn out that you are not infected but it is too soon to tell.

Restrictions during quarantine

To prevent you from possibly spreading COVID-19 to uninfected people, you must restrict activities and limit all movements that may put you in contact with others during the quarantine period.

- Stay home. Do not go to work, grocery store, post office or any public areas.





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- If unable to quarantine alone, household to self-quarantine also.
- Do not allow any visitors.
- Separate yourself from others in your home.
 - Stay in a specific room and away from other people in your home. It is very important to stay away from people who are at higher risk of serious illness.
 - Use a separate bathroom, if available.
 - Stay at least 6 feet away from others. When this is not possible, wear a cloth face cover.
 - Do not handle pets or other animals.
 - Do not prepare or serve food to others.
- Monitor your health for signs and symptoms of COVID-19.
- Do not share any personal items such as dishes, drinking glasses, towels or bedding.
- Wash hands frequently.
- Clean all high-touch surfaces every day.
- If you develop any symptoms, call your local health clinic.

What's New?

Health Mandate 016: Reopen Alaska Responsibility Plan- Phase II. Effective 5/8/20. This mandate seeks to balance the ongoing need to maintain diligent efforts to slow and disrupt the rate of infection with the corresponding critical need to resume economic activity in a reasonable and safe manner.

Protective Guidelines To Slow Transmission:

Continue social distancing. Cloth face coverings. Wash hands frequently. Minimize social interactions. Stay home and isolate yourself if sick. Individuals consider your personal level of risk (high risk continue to minimize exposure to others). Continue to encourage telework. Pre-shift screening of employees.

Asymptomatic (no symptoms) Testing- Even if a person has mild or no symptoms, COVID-19 can be spread and early detection is essential in keeping you and your communities safe. We are now offering testing during clinic business hours to include the following groups:

- Tribal Council Members
- Health Staff
- First Responders and VPSOs
- Grocery Workers
- Travelers returning to village from **medical travel** (must self-quarantine for 14 days)

Asymptomatic testing specimens will be sent to ANMC and results received within 48-72 hours.

Local Clinic Service Updates:

- **COVID-19 Rapid Testing:** We received two (2) additional testing analyzers and testing kits yesterday and mailing to Chenega and Nanwalek. All villages will now have rapid testing capabilities to test symptomatic individuals that present an immediate risk to the community and/or household. Please note **we have a limited supply of rapid testing kits due to nationwide need and plan to reserve testing to help identify immediate risk** and mitigate exposure and spread of the virus.



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- **Oxygen Concentrators:** The oxygen concentrators previously ordered have arrived at each village clinic. An oxygen concentrator is a type of medical device used for delivering oxygen to individuals with breathing-related disorders. These concentrators will help support the oxygen supply in the villages.
- **High Risk Outreach:** As of today, all high risk community members have been contacted in Seward, Tatitlek, Chenege, and Nanwalek. Almost all (6 remaining) high risk community members were contacted this week in Port Graham.
- **COVID-19 Pandemic Preparations for Prevention & Mitigation, Testing, & Response:** Meetings occurred this week with Port Graham (discussed protocols for hatchery workers coming to community to ensure safety of village, exposure risk from mail & freight, visitor access & asymptomatic testing) and Tatitlek (discussed alternative care site needs, surge plans if virus is spread in community, additional healthcare provider support plan if needed, & medevac process).
 - Nanwalek's follow-up meeting is scheduled for Monday, May 11, 2020 at 11:30am.
 - Tatitlek's follow-up meeting is scheduled for Wednesday, May 13, 2020 at 1:00pm.
 - Port Graham's follow-up meeting is scheduled for Wednesday, May 13, 2020 at 3:00pm.
 - Chenege's follow-up meeting will be scheduled upon request of Tribal Council.

Community & Family Services Division Updates:

- **Counseling Services:** The clinical staff is meeting with people throughout the region while following the guidelines of the Centers for Disease Control (CDC) in order to maintain "social distancing" while working from home. Staff members are calling, Skyping, using Facetime, and even texting- and receiving the same- to ensure that no one feels alone through these times of international pandemic.
- **Crisis Line:** For the duration of the COVID-19 emergency response, our Crisis Line is also working as a point of contact to link people up with their preferred counselors. Please feel free to call our Crisis Line number: 1-844-891-0444.
- **Group Support:** The behavioral health team continues to offer virtual/online groups to address mental health issues and to ensure that our partners in sobriety can maintain their resolve to stay clean and sober. We are holding regular AA meetings with an attendance of as many as 8. We are also hosting Zoom group meetings on a variety of topics. If interested in joining one of these groups, please feel free to call our Crisis Line number: 1-844-891-0444.

What are the most reliable resources to get updates?

Alaska DHSS COVID-19 website: <http://www.dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/default.aspx>

CDC COVID-19 website: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Sincerely,

Kelley Baker, Health Services Division Director