



Health Services COVID-19 Situation Report

6/19/2020

Dear Community Members,

Viruses don't respect borders and don't discriminate between different types of people. Testing positive for COVID-19 can happen to anyone. Chugachmiut is here to help you; please contact us immediately if you suspect you've been exposed or show symptoms.

As COVID-19 continues to spread worldwide and as case counts continue to increase in Alaska, any of us could get sick and need community support.

Therefore, I would like to provide a few essential terms to know and important planning information if you become sick or if someone in your household contracts the virus and is well enough to recover at home and home isolation is needed.

Why is this important? As a family, you can plan and make decisions now that will protect you, your family and community.

During this pandemic, you probably have seen or heard the terms **isolation** and **quarantine** used frequently, and it's helpful to know the difference.

Isolation and quarantine help protect the public by preventing exposure to people who have or may have a contagious disease. They both are essential actions we must take in stopping the spread of COVID-19.

- **Isolation** separates sick people with a contagious disease from people who are not sick.
- **Quarantine** separates and restricts the movement of people who may have been in *close contact* and exposed to a contagious disease to see if they become sick.

What does it mean to be a "close contact" of someone with COVID-19?

You are a "close contact" if ANY of the following situations happened while you spent time with the person with COVID-19 (even if they didn't have symptoms)?

- Were within 6 feet of the person for more than 15 minutes
- Had direct physical contact with the person (hug, kiss, handshake)
- Had contact with the person's respiratory secretions (e.g. coughed/sneezed on, contact with dirty tissue, shared a drinking glass, food or towels or other personal items).
- Stayed overnight for at least one night in a household with the person.

People who are self-quarantining and isolating are **doing the right thing** and helping to protect others and their community. It will be much harder to contain the spread of the virus if people are fearful about how they will be treated (stigma) if they come forward for testing and need assistance.

Home Isolation Planning- What are some things to think about and plan for?

If you or someone was to contract the virus in your household, the entire household will have been in *close contact* and exposed to the virus. Meaning the sick person will be in isolation (separated in a designated room within the household) and the entire household quarantined (not able to leave home and go to public places such as the store, laundry mat, post office, and airport etc.).

- If essential items are needed, who can help you and your household *outside* your home with getting these items?
- If you become sick, who will help take care of your essential needs *inside* your home while you are isolated (taking care of your kids, taking care of your pets, preparing food, doing laundry at home, helping with basic health monitoring, cleaning and disinfecting etc.)?



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- What room in your household could be designated as an isolation room? Make sure the room selected has good ventilation (can open windows).
- A designated separate bathroom for the sick person is recommended. If you have one bathroom in your home the CDC provides recommendations for shared bathrooms.
- What items will you need for basic health monitoring and infection prevention?
Please note if someone within your community becomes sick with the virus, the clinic will provide the items highlighted below.

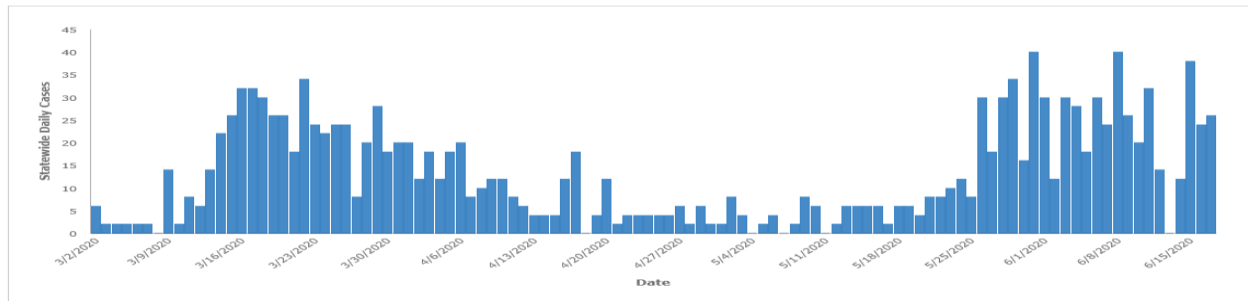
- Thermometer
- Face masks
- Gloves
- Tissue boxes
- Hand sanitizer
- Medicine
- Hand soap
- Household cleaning supplies & disinfectant
- Disposable paper towels
- Disposable plates, cups, forks, knives & spoons
- Garbage can and liners for sick person

During your planning, if you have any concerns with regard to not being able to safely isolate a sick person in your home, reach out to your tribal council or clinic so we can help you develop an alternative plan.

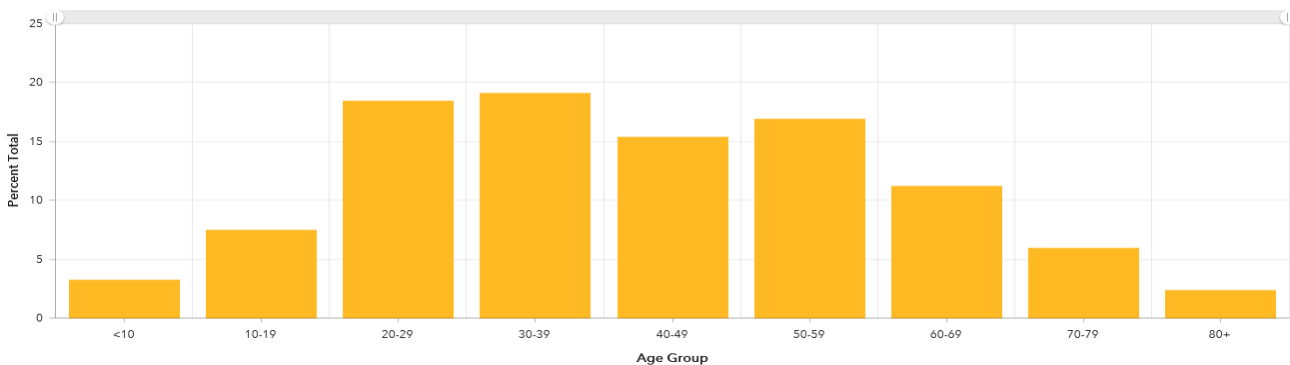
Alaska Cases



Statewide Daily Cases



Statewide Cases by Age Group





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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	1	2	2	0	0	100	70
Nanwalek	15	61	50	11	0	160	104
Port Graham	12	82	75	7	0	91	141
Seward	10	53	53	0	0	127	63
Tatitlek	6	21	21	0	0	95	110
TOTAL	44	219	201	18	0	573	488

What's New?

Center for Disease Control (CDC)- A new CDC report highlights the need to protect our most vulnerable populations. As of May 30, 2020, among COVID-19 cases, the most common underlying health conditions were cardiovascular disease (32%), diabetes (30%), and chronic lung disease (18%).



Alaska Health & Social Services- Recently published a summary of survey results online about the impact of COVID-19 on the mental health of Alaskans. Survey was administered by the DHSS Maternal Child Health Epidemiology Unit May 13-28 and 818 people completed the survey. Check out the results online- dhss.alaska.gov/dph/wcfh/pages/mchebi/default.aspx.

Local Clinic Service Updates:

- **COVID-19 Testing:** We want to make it as easy as possible for you to get tested for COVID-19. All clinics have testing capabilities and adequate supply to support testing.
- **Clinic Services:** Don't delay necessary medical care during the COVID-19 pandemic. We are here to serve you. Call the clinic to schedule an appointment (currently not accepting walk-ins).



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- **Dental Services:** Dr. Murphy continues to be available remotely to support any Region dental concerns. SCF village travel is still on hold until further notice.
- **First Responders:** If you are a local first responder, we want to make sure you are protected when called to assist with someone who is sick with COVID-19. Our goal is to provide fit testing and personal protective equipment training for all local first responders. If you are a first responder and haven't received fit testing or training, contact the clinic.
- **Response Team:** When a positive case is confirmed in your community, we plan to send a team of providers to your community for extra help and continue to prepare and plan for this instance.
- **MyHealth Enrollment:** Do you want immediate access to your test results, clinical documents, medication list, and the ability to connect with your provider and care team, or view and request appointments? Contact clinic to enroll and gain access to YOUR MyHealth account.

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 during this time.
- **Crisis Line:** For the duration of the COVID-19 emergency response, you can call our Crisis Line anytime for any needed support during this time. 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 also and 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.
- **Summer "Laugh and Learn" Series:** Everyone is invited and welcome to attend! Offered virtually via Zoom link! Text 907-764-1945 for link invite!

June 17, 3:00pm **"Help me make it through the night" Insomnia and Ways to Beat It**

Hosted by: Giovanna Atkins, LMSW Clinician at Seward Clinic

June 24, 2:00pm **"Don't be a Doormat, learn about MAT"** (medication assisted treatment)

Hosted by: Neil Miller, Addictions Counselor

July 1, 3:00pm **"First Things First" An Introduction to Recovery Camp**

Hosted by: Eydie Flygare, Camp Director

July 8, 3:00pm **"Kick the Butts" An Intro to Giving Up Tobacco**

Hosted by: Jason Opheim, Tobacco Cessation Specialist

July 15, 3:00pm **"Cluck like a Chicken?" The Truth and Practice of Hypnotherapy**

Hosted by: Joy Roberts, Hypnotherapist

July 22, 3:00pm **"Get the World Off Your Back" Strategies for Stress Reduction**

Hosted by: Sandra Kleven, LCSW, Clinical Director



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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>

We are all in this together, and we will get through it. Please stay strong, be safe and be kind to one another.

Sincerely,

Kelley Baker, Health Services Division Director



Picture courtesy of Alaska Health & Social Services updated Facebook cover photo.