



Health Services COVID-19 Situation Report

Date 08/28/2020

Dear Community Members,

This past week we saw an 11% increase in cases, despite an overall decrease in active cases since a high in late July. To date, 37 deaths among Alaskans have been attributed to the coronavirus. As of today, the four remote villages within our Region have no confirmed positive COVID-19 cases and we want to keep it that way.

We have been combating this virus for more than 7 months. The greatest challenge going forward is the potential for complacency, particularly for those locations that remain COVID-19 free. So, the question is, we're hunkered down for COVID-19, now what? The answer is maintaining your posture because the virus is still here and a threat. It only takes the miscalculation or complacency of one to jeopardize all. The health, safety and well-being of every community member, and the ability to execute precautions, is the responsibility of every individual and all of us have one responsibility at this time- to do no harm.

You have the power to protect yourself, your family and community. How? By practicing good hygiene, maintaining your distance from others outside of your home and keeping your social circle small, wearing a mask, cleaning and disinfecting frequently, knowing the symptoms, staying home and away from others when you are sick, staying home and quarantining for 14 days after returning from travel, not allowing others to visit you when quarantining, staying away from high risk households when you're supposed to be in quarantine, not going to public places during quarantine and getting tested. **Please do your part in helping to prevent the spread of COVID-19. Our lives and the lives of people we love depend on it.**

Alaska Resident Case Counts

New Resident Cases Yesterday 118 Updated Daily by Noon	Total Resident Cases 5,092 <small>Cumulative (includes recovered cases)</small>	Recovered Resident Cases 1,993 Statewide Total	Currently Hospitalized 35 <small>Confirmed COVID Positive</small>	Total Resident 37 Deaths Statewide
New Nonresident Cases Yesterday 3 Updated Daily by Noon	Total Nonresident Cases 831 <small>Cumulative (includes recovered cases)</small>	Recovered Nonresident Cases 190 Statewide Total	Total Hospitalizations 218 <small>Cumulative (does not reflect current stays)</small>	Total Nonresident 0 Deaths Statewide



Health Services COVID-19 Situation Report

Date 08/28/2020

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	33	33	0	0	190	106
Nanwalek	6	166	166	0	0	191	158
Port Graham	12	198	198	0	0	169	124
Seward	7	187	187	0	0	282	99
Tatitlek	7	58	58	0	0	177	97
TOTAL	32	642	642	0	0	1009	584

What's New?

CDC COVID-19 Testing Guidelines: The CDC has loosened guidelines about who should be tested for COVID-19, rolling back previous advice that all close contacts of a positive COVID-19 case or presumed positive case should be tested. Now the advice says you don't necessarily need testing if you were in close contact with a confirmed positive case if you are not experiencing any symptoms.

Despite CDC's recent updated guidelines, the state of Alaska and Chugachmiut do not plan to change our COVID-19 testing strategies and will stay on course in recommending anyone who has been near a confirmed COVID-19 positive case for more than 15 minutes get tested, regardless of whether or not a person is experiencing symptoms.

Local Clinic Service Updates:

- **COVID-19 Testing:** We want to make it as easy as possible for you to get tested for COVID-19. Every Chugachmiut clinic has testing capabilities and adequate supply to support testing. For the next few weeks we will be using our rapid testing kits for COVID-19 testing to use inventory prior to testing kits expiring in late September.
- **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). Here are the steps we are taking to protect your health and ours:
 - **Screening.** We conduct routine symptom screening on patients and employees.
 - **Masking.** It is our collective responsibility to exemplify and uphold a culture of health and safety. **Chugachmiut has a universal masking requirement to apply to all staff, contractors, patients and visitors** in all Chugachmiut operated medical and dental clinics and pharmacy to best protect our staff, patients and communities.
 - **Distancing.** We're taking steps to ensure appropriate distance between you and other patients and staff.





Health Services COVID-19 Situation Report

Date 08/28/2020

- **Sanitizing.** Our staff is regularly cleaning waiting areas and exam rooms in between visits and hand sanitizer stations are located at the entrance of all clinics.
 - **Separating.** Patients exhibiting symptoms of COVID-19 are safely isolated from the rest for scheduled appointments.
 - **Visitors.** We are not accepting visitors to help maintain appropriate physical distancing and the spread of germs.
 - **Virtual Visits.** For on-demand and routine medical care, we offer and support virtual visits- a reliable way to see your provider from the comfort of your home.
- **National Immunization Awareness Month:** Vaccines help protect against preventable diseases. Staff continues to reach out to those due. If you have not been contacted yet and know vaccines are due- contact clinic and schedule an appointment ASAP!
 - **Flu Vaccine:** We anticipate receiving the flu vaccine mid to late September and strongly recommend everyone to plan to get a flu shot this year (6 months and older). CDC recommends getting vaccinated by the end of October.
 - **Step Challenge:** Physical activity helps your overall health. As of today, 37 participants have signed up resulting in a total step count of 4,897,318 steps and total distance traveled 2070 miles! Currently leading the “Chugachscoot Pedometer Step Challenge” as top steppers are Cyrena Joseph, Tania McMullen, Michelle Moonin, Stacy Hetrick and Shane Moonin. Yahoo!!!
 - **Dental Services:** We understand your dental health impacts your overall health. Dr. Murphy and Angela McKinney are finishing up in Nanwalek this week and will be providing services in Chenege and Tatitlek on the following dates:
Chenege- August 29th to September 1st
Tatitlek- September 3rd to September 8th
 - **First Responders:** We need your help and are planning a Region wide meeting in September led by our Medical Director Dr. Wahl- more details to come next week. In the meantime, if you have not been FIT tested for the medical face mask needed to protect you, contact your local ASAP.
 - **MyHealth Enrollment:** Do you want immediate access to your medical record 24/7 to get 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.
 - **What are YOU passionate about?** If you are passionate about helping people, working in healthcare can be one of the most rewarding career choices there is. We are currently recruiting for many positions throughout Region. You would be joining an awesome team committed to the health and wellness of our Region. Great benefits package too! Check out our website and apply.

Community & Family Services Division Updates:

The COVID-19 pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing and travel restrictions can make people feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of COVID-



Health Services COVID-19 Situation Report Date 08/28/2020

19. Coping with stress in a healthy way will make you, the people you care about, and your community stronger.

Stress during an infectious disease outbreak can sometimes cause the following:

- Fear and worry about your own health and the health of your loved ones, your financial situation or job, or loss of support services you rely on.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Worsening of mental health conditions.
- Increase use of tobacco, and/or alcohol and other substances.

Take care of your mental health. There are many resources available to help you including Chugachmiut's team of professionals standing by to assist you 24/7.



- **Summer “Laugh and Learn” Series:** Everyone is invited and welcome to attend! Offered virtually via Zoom link! Text 907-764-1945 for link invite!

September 2, 2:00pm **“Cinquain: Five Lines of Fun”**

Hosted by: Gail Evanoff

September 9, 2:00pm **“Meditation”**

Hosted by: Sharon Whytal

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>

Stay safe and healthy.

Sincerely,

K. Baker

Kelley Baker, Health Services Division Director