

Dear Community Members,

This week was the worst week of the pandemic in terms of rapid increases in resident and nonresident new cases, the total cases in Alaska residents rose 34% percent. With the current rates of physical distancing, face covering use and other measures to prevent transmission, cases are expected to continue to rise rapidly. We can't emphasize enough that Alaskans should avoid large and indoor gatherings, wear face coverings in public, keep six feet of distance from non-household members and practice good hand hygiene to slow transmission of COVID-19.



Last week I mentioned that while we are in a pandemic other diseases don't stop. This week the Alaska Department of Health and Social Services published an [Epidemiology Bulletin](#) on syphilis rate in Alaska, the rate is more than double that of 2018 and 2019. The bulletin suggested that this is the largest number of cases reported for syphilis in one year. This is just to provide an example of diseases that could impact you and your family during this difficult time. Make sure your family practice healthy living as well as do your annual wellness checkups. So what exactly is a healthy lifestyle? According to an article by Harvard Medical School, these are the 5 components of a healthy life style:

1. Healthy diet – make sure to eat foods like vegetables, fruits, nuts, whole grains, fish. Also avoid unhealthy foods like red and processed meats, sugar-sweetened food and beverages, trans fat, and sodium
2. Healthy physical activity level – which means at least 30 minutes per day of moderate to vigorous activity
3. Healthy body weight – having a normal body mass index (BMI) which is between 18.5 and 24.9
4. Not smoking – if you are a current smoker, contact the clinic to get a tobacco cessation consult
5. Moderate alcohol intake – this means about 5 to 15 grams per day for women and 5 to 30 grams for men. Generally, one drink contains about 14 grams of pure alcohol. That's 12 ounces of regular beer, 5 ounces of wine, or 1.5 ounces of distilled spirits.

Also, this past week our regions also had a chance to practice our evacuation plans as we received tsunami alert on July 21st. Some of the concerns we received from our staff are the fact that there were no plans to keep people separated during an evacuation as well as making sure that each



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individual had a mask. Thus each community should look into the evacuation plan and designate a place to separate people who might have COVID-19. One suggestion considering space availability is to use tarps and tape to physically create a divide. Also, everyone should include a mask on your evacuation bag. Here is a basic disaster supplies kit:

- Water (one gallon per person per day for at least three days, for drinking and sanitation)
- Food (at least three-day supply of non-perishable food)
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Plastic sheeting and duct tape (to shelter in place)
- Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- Wrench or pliers (to turn off utilities)
- Manual can opener (for food)
- Local maps
- Cell phone with chargers and a backup battery

The following items are additional emergency supplies based on your individual needs:

- Cloth face coverings (for everyone ages 2 and above), soap, hand sanitizer, disinfecting wipes
- Prescription medications
- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Prescription eyeglasses and contact lens solution
- Infant formula, bottles, diapers, wipes and diaper rash cream
- Pet food and extra water for your pet
- Cash or traveler's checks
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children

[Here is the link to the most updated recommended supplies kit](#)

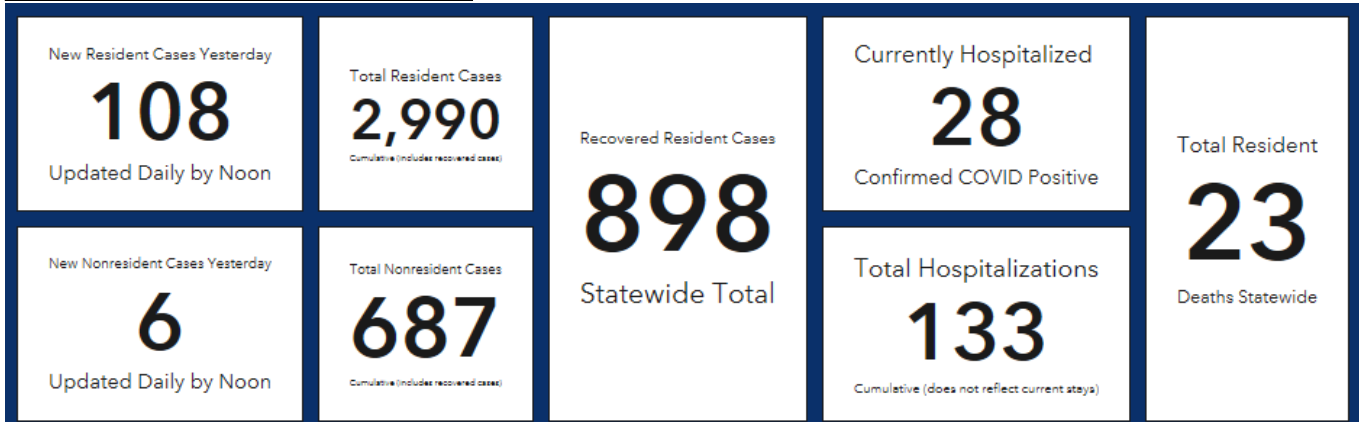


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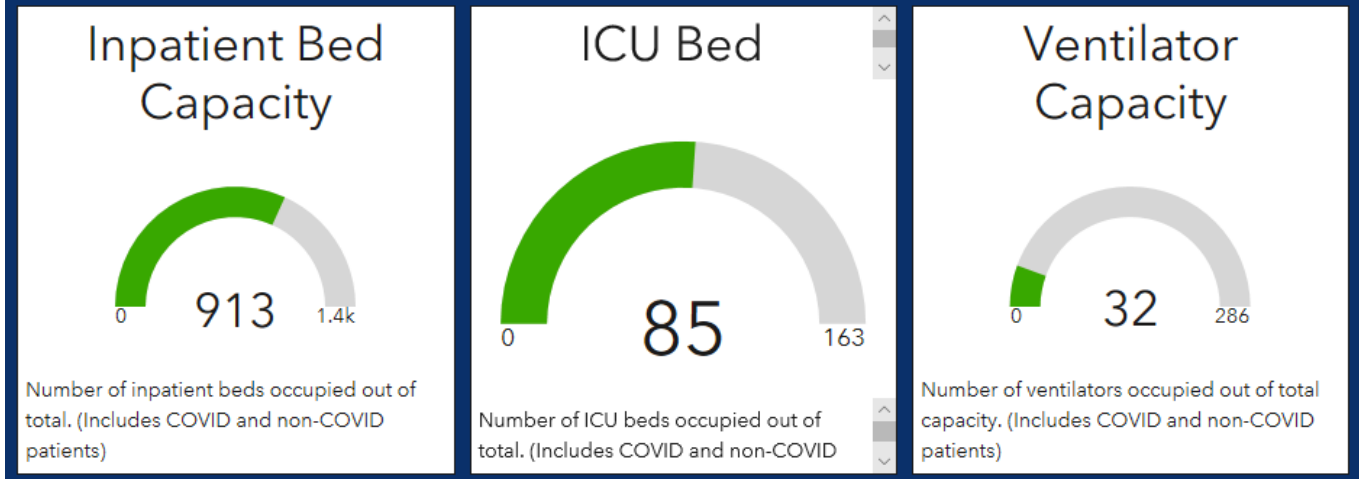
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Chugachmiut

Alaska Resident Case Counts



General Acute Care and Critical Access Facilities Only? Yes ▼



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	26	26	0	0	100	44
Nanwalek	17	140	132	8	0	131	95
Port Graham	33	167	165	2	0	53	114
Seward	14	155	155	0	0	192	115
Tatitlek	9	49	49	0	0	95	99
TOTAL	74	537	527	10	0	571	467



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What's New?

CRITICAL NEED DUE TO INCREASE IN PATIENTS: If you or someone you know has recovered from COVID-19, please ask them to contact the Blood Bank of Alaska to donate convalescent plasma to help other Alaskans. Call 907-222-5630 or visit the Blood Bank of Alaska website at www.bloodbankofalaska.org/covid-19-donor

On Mondays from 2-3 p.m., DHSS hosts a ECHO video conference to provide guidance on gatherings and community events. To join the meeting – [Click here](#) – For more information contact Kylie Cark at echo@teamonealaska.com

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.
- **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).
- **Dental Services:** We understand your dental health impacts your overall health and are working to coordinate a schedule for dental village visits during the month of August. Dr. Murphy continues to be available remotely to support any 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. What exactly will the rapid response team do to help your community?
 1. Establish and support isolation quarantine both in home and alternative isolation sites
 2. Support testing of contacts (bring additional rapid COVID-19 testing analyzer to support increased community testing needs)
 3. Support contact tracing
 4. Provide education and support to the community
- **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.
- **What are YOU passionate about?:** If you are passionate about helping people and making a difference in their lives, working in healthcare can be one of the most rewarding career choices there is. We are currently recruiting for local community health aide trainees throughout Region.

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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.

- **Universal 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 amid the COVID-19 pandemic.

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.



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,

K. Baker

Kelley Baker, Health Services Division Director