



Health Services COVID-19 Situation Report Date 08/14/2020

Dear Community Members,

This week we continue to see more cases of COVID-19, but our transmission curve is starting to trend downward. The COVID-19 forecast released from the state this week showed cases declining by half about every 38 days which is a very different picture than last week where the trend was expected to double every three weeks. Part of the change is due to fewer cases in Anchorage and a drop in large outbreaks. This is eleven (11) days since Anchorage closed bars and restaurants to all in-person service on August 3rd in response to community-wide spread. The disease trends for the future will continue to fluctuate and will largely depend on how Alaskans behave when it comes to wearing masks and social distancing, especially in indoor spaces.

August is Immunization Awareness Month! Help protect the health of your child, your family and others in your community by staying on track for immunizations. Postponing immunization visits could increase the risk of a communicable vaccine-preventable disease outbreak in the midst of the response to the COVID-19 pandemic. Local clinics have received detailed lists for vaccines due and you can expect to receive a reminder to schedule an appointment. If you have not been contacted yet and know you or your child have vaccines due, please contact your local clinic ASAP.

2020-2021 Flu Vaccine- We anticipate receiving this year's flu vaccine mid-September and are encouraging every community member to get one.



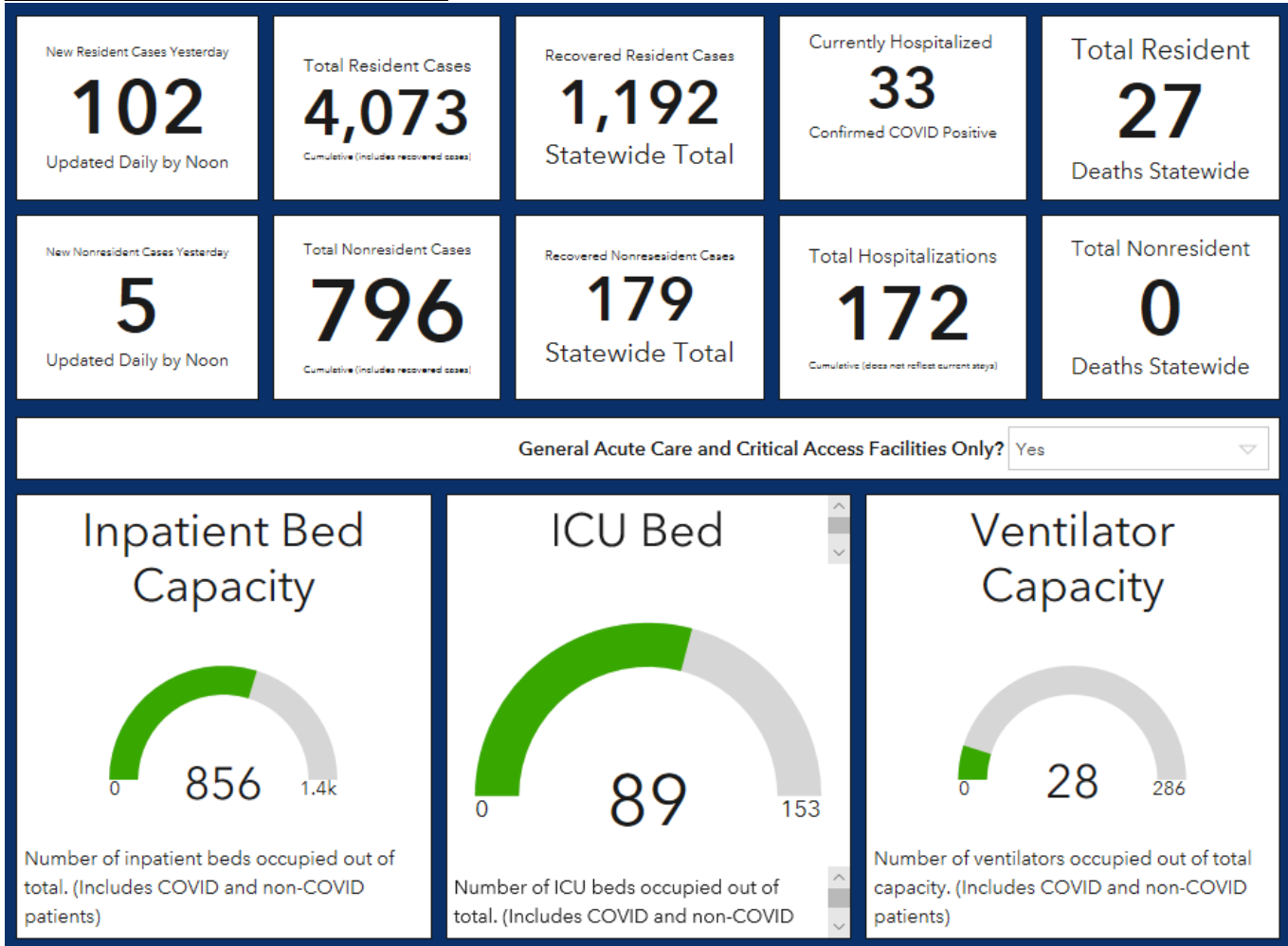


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Chugachmiut

Alaska Resident Case Counts



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	4	33	33	0	0	100	112
Nanwalek	10	157	150	7	0	114	178
Port Graham	7	176	176	0	0	45	137
Seward	4	175	175	0	0	191	96
Tatitlek	0	50	50	0	0	95	93
TOTAL	25	591	584	7	0	545	616



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What's New?

Healthy Alaskans 2030: The State of Alaska Department of Health and Social Services (DHS) and the Alaska Native Tribal Health Consortium (ANTHC) released the draft for the state health improvement plan, Healthy Alaskans 2030, for public comments. The comment period is open until Sept. 2, 2020, at 5 p.m. at <https://aws.state.ak.us/OnlinePublicNotices/Notices/View.aspx?id=199049>. Dr. Anne Zink, Alaska's Chief Medical Officer, encourages as many Alaskans whether you're an individual, a business owner or a tribal leader to make comments to make the plan more relatable to help you.

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 specimens sent to ANMC for testing, we are currently experiencing an approximate 5 day result turnaround time.
- **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. Dr. Murphy continues to be available remotely to support any dental concerns. SCF village travel is still on hold until further notice. This month the dental team will be providing dental and hygiene services in Nanwalek on the following dates:
 - Hygiene Services by Angela McKinney August 14th to August 19th, 2020
 - Dental Services by Dr. George Murphy August 20th to August 26th, 2020
- **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.
- **Step Challenge:** Physical activity is important in order to maintain your physical and mental health. On Monday, August 10th, we rolled out a 1 month step challenge and encourage your participation. Contact your local clinic for more information.

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,

Kelley Baker, Health Services Division Director