



# Health Services COVID-19 Situation Report

## Date 08/21/2020

Dear Community Members,

This week Alaska ranks highest in the nation for COVID-19 testing, per capita. This is the result of the combined efforts of your healthcare support system in adopting an aggressive testing strategy early on. The ability to test and prevent the spread of the virus is essential in keeping you, your family and communities safe. Your local healthcare team has helped in these efforts by not only making sure we have the adequate equipment and supplies to provide testing when needed, but also making testing available at alternative convenient locations like your home and/or offering drive thru testing availability to help keep you and others safe from the virus. Most importantly, like to extend my sincere appreciation to those of you doing your part in keeping all of us safe and healthy. Quyana!

### Alaska Resident Case Counts

New Resident Cases Yesterday <b>70</b> Updated Daily by Noon	Total Resident Cases <b>4,588</b> <small>Cumulative (includes recovered cases)</small>	Recovered Resident Cases <b>1,416</b> Statewide Total	Currently Hospitalized <b>41</b> Confirmed COVID Positive	Total Resident <b>30</b> Deaths Statewide
New Nonresident Cases Yesterday <b>3</b> Updated Daily by Noon	Total Nonresident Cases <b>815</b> <small>Cumulative (includes recovered cases)</small>	Recovered Nonresident Cases <b>185</b> Statewide Total	Total Hospitalizations <b>195</b> <small>Cumulative (does not reflect current stays)</small>	Total Nonresident <b>0</b> Deaths Statewide

### 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
<b>Chenege</b>	0	33	33	0	0	190	112
<b>Nanwalek</b>	3	160	158	2	0	191	178
<b>Port Graham</b>	10	186	181	5	0	121	140
<b>Seward</b>	5	180	180	0	0	294	91
<b>Tatitlek</b>	1	51	51	0	0	182	93
<b>TOTAL</b>	19	610	603	7	0	978	614



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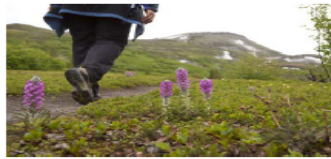
Date 08/21/2020

## Chugachmiut

### 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).
- **National Immunization Awareness Month:** Staff is continuing to contact those due for vaccines to help protect against preventable diseases. If you have not been contacted yet and know vaccines are due- contact clinic and schedule an appointment ASAP!
- **Step Challenge:** Physical activity helps your overall health. As of today, 37 participants have signed up resulting in a total step count of 3,128,009 steps. Currently leading the "Chugachscoot Pedometer Step Challenge" as top steppers are Cyrena Joseph, Michelle Moonin, Tania McMullen, Shane Moonin, Kilann Tanape and Stacy Hetrick. Way to GO!!! There is still time to join in on the fun!

### **EXPLORE WITH YOUR FEET**



#### **CHUGACHMIUT 2020 PEDOMETER CHALLENGE**

**START DATE: 8/10/2020 – 9/10/2020**

**OPEN TO ALL COMMUNITY MEMBERS**

**THIS CHALLENGE IS SPONSORED BY THE DIABETES PROGRAM. PARTICIPANTS WITH DIABETES ARE ELIGIBLE TO RECEIVE A FITBIT.**

**THERE WILL BE A PRIZE FOR MOST STEPS.**

**DOWNLOAD THE MOVESPRING APP THEN ENTER THIS CODE: E5DGV5** it will ask if Chugachmiut is your organization. Click [confirm](#).

**If you have a smart phone that supports QR please use this one, if not use the code. Any questions [gala@chugachmiut.org](mailto:gala@chugachmiut.org) 907-224-4930**



**NOTE: SCAN WITH YOUR PHONE CAMERA APP OR A DEDICATED QR CODE APP**

- **Dental Services:** We understand your dental health impacts your overall health. Dr. Murphy and Angela McKinney are currently in Nanwalek providing much needed dental and hygiene services and will be traveling next to both Chenege and Tatitlek.



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

August 26, 2:00pm **"Gratitude"**

*Hosted by: Donna Malchoff*

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

*Hosted by: Gail Evanoff*

September 9, 2:00pm **"Meditation"**

*Hosted by: Sharon Whytal*

September 16, 2:00pm **"TBA"**

*Hosted by: Kjersti Langnes*



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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>

Every day we come to work with the health and safety of you in mind. Thank you for entrusting us with your care.

Sincerely,

*K. Baker*

Kelley Baker, Health Services Division Director