



Health Services COVID-19 Situation Report

Date 10/09/2020

Dear Community Members,

COVID-19 is a highly infectious and fast spreading disease. We are seeing a lot of new cases in Alaska as well as across the United States in the past two weeks. Our statewide numbers reached all-time highs for a 14-day average case rate. **Alaska’s Statewide Alert Level is HIGH.**

Remember those who have been infected may not have any symptoms and can spread the virus to others without knowing. We urge you to exercise caution and take the following steps to help prevent the spread of COVID-19:

- Get tested if you feel sick at all. Stay home and isolate; don’t be around others if you are not feeling well.
- If you test positive, let close contacts know so they can protect others.
- Quarantine for a full 14 days if you are a known close contact to a person with COVID-19.
- Get tested 5-14 days after any possible exposure.
- Avoid the 3 C's: Crowded settings, close contacts and confined spaces. Keep you contacts limited and your social circles small.
- Do the 3 W's: Wear a mask, watch your distance and wash your hands.

If you have recently traveled, are sick or have been exposed, even if you test negative for COVID-19, you are still at risk to others and self-quarantining and monitoring for illness is essential. The testing is just a picture in time at the time of testing. It can take up to 14 days for the virus to build in your body for testing to detect that you are infected and positive for COVID-19.

All clinics have flu vaccine! Appreciate those who have taken action and got a flu shot! The higher percentage of those who receive a flu shot will not only help to protect you and your loved ones, but also your entire community. As of today, here is the progress we have made for full community protection against influenza. Please take action now and get a flu shot, your life and the lives of others depend on it.

Flu Vaccine Coverage Rates by Community	2020 Active Users	2019 Active Users	2020 Active Users Received Flu Vaccine	2019 Active Users Received Flu Vaccine	YTD Difference	2020 Flu Vaccine % Active Users	2019 Flu Vaccine % Active Users
Chenege	48	46	13	14	-1	27%	30%
Nanwalek	282	278	99	84	15	35%	30%
Port Graham	167	173	13	36	-23	8%	21%
Seward	690	710	72	211	-139	10%	30%
Tatitlek	88	91	44	47	-3	50%	52%
TOTAL FLU VACCINE	1275	1298	241	392	-151	19%	30%

Active Users: defined by Indian Health Services as active patients seen at local clinics during fiscal year 2019- 10/1/18 to 9/30/19 and 2020- 10/1/19 to 9/30/20





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Alaska Resident Case Counts

Explore the latest COVID-19 data for Alaska

New Resident Cases Yesterday 170 Updated Daily by Noon	Total Resident Cases 9,182 <small>Cumulative (includes recovered cases)</small>	Recovered Resident Cases 5,110 Statewide Total	Currently Hospitalized 35 Confirmed COVID Positive	Total Resident 60 Deaths Statewide
New Nonresident Cases Yesterday 4 Updated Daily by Noon	Total Nonresident Cases 994 <small>Cumulative (includes recovered cases)</small>	Recovered Nonresident Cases 624 Statewide Total	Total Hospitalizations 324 <small>Cumulative (does not reflect current stays)</small>	Total Nonresident 0 Deaths Statewide

Chugachmiut COVID-19 Testing:

	Testing the Last 2 Weeks	Testing YTD	Results Negative YTD	Pending Results YTD	Results Positive YTD	Testing Collection Kits to ANMC	Rapid Testing Kits
Chenege	11	61	61	0	0	230	63
Nanwalek	52	247	247	0	0	134	51
Port Graham	33	271	271	0	0	169	48
Seward	63	297	292	0	5	293	59
Tatitlek	1	71	71	0	0	208	110
TOTAL	160	947	942	0	5	1034	331

What's New?

October is National Domestic Violence Awareness Month: To shine a light on a very serious, painful but often hidden crisis in our world. This problem is not only limited to women. Many men and children are also victims of domestic violence. Domestic violence was a problem long before COVID-19, but isolating at home has caused an increase of abuse. The impact of COVID-19 has made the need for support and services for those experiencing domestic abuse more critical than ever and we are here to help. Join us throughout the month of October to raise awareness by sharing information that can help those who are experiencing violence in their relationships.

If you need help call the Behavioral Health Crisis Line @ 1-844-891-0444 or the National Domestic Violence hotline @ 1-800-799-SAFE (7233).

Great Alaska Shakeout: Thursday, October 15th at 10:15 a.m. This is an opportunity for Alaskans to practice and prepare themselves before the next big earthquake. Practice with your family, community or organization on how to be safe during an earthquake.

To learn how to participate visit: www.shakeout.org/alaska/howtoparticipate/





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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).
- **Flu Vaccine:** All clinics now have the flu vaccine! Call clinic to make an appointment to get your flu shot (for those 6 months and older).
- **Dental Services:** We understand your dental health impacts your overall health. Dr. Murphy remains on-call for any dental emergencies. Dental and hygiene services will be provided in Nanwalek & Port Graham the following dates:
 - Dr. Murphy & Angela McKinney- Port Graham- 11/8 to 11/14 (service dates)
 - Dr. Murphy & Angela McKinney- Nanwalek- 11/15 to 11/22 (service dates)
- **Step Challenge:** Next step challenge will start October 19, 2020! Weekly prize drawings for participants!
 - 1) Download the Movespring app or go to movespring.com to create an account
 - 2) Enter Organizational Code: E5DGV5
 - 3) Join group called: Cruisin for the cure

If you have been diagnosed with diabetes and live in Seward, Port Graham, Nanwalek, Tatitlek or Chenege and are interested in joining this next step challenge, we have a FitBit for YOU! Contact your local clinic.

- **School Teacher or Child Sick:** If you were sent home from work or school due to having COVID-19 symptoms (fever or chills, cough, shortness of breath, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea), you have two options as the following:
 - 1) Not see a healthcare provider and stay home for 10 days. Can return when it has been 10 days and you or child have not had a fever in 24 hours without the use of fever reducing medicine and symptoms are improving.
 - 2) Contact your healthcare provider for medical evaluation including COVID-19 testing. May return to work or school sooner than the 10 days if test is negative and no fever within 24 hours without the use of fever reducing medicine and symptoms are improving.

Please note- clinics will complete the "Return to School After Symptoms Form" after medical evaluation and only when criteria is met listed in #2.
- **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.

Access your MyHealth portal on your smartphone or other mobile devices. In your app store search: HealthLife. The app gives you real-time and easy access to your MyHealth online portal.



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Community & Family Services Division Updates:

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



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>

Alaska’s COVID-19 Extension for Community Healthcare Outcomes (ECHO) Informational Sessions

Keep informed about COVID-19 in Alaska with DHSS, the Alaska Department of Education & Early Development (DEED) and Project ECHO through the [UAA Center for Human Development](#). These video conferences create virtual learning communities by connecting Alaska’s COVID-19 experts with specific audiences on specific topics.

More information can be found at [UAA’s Alaska ECHO Projects webpage](#) and also through the [Alaska Department of Education and Early Development](#).

- **COVID-19 Science ECHO**

For the general public

Wednesdays, 12:00 pm-1:00 pm

You can also tune in via Facebook Live, @alaskachd

- **COVID Vaccine ECHO**

The COVID Vaccine ECHO occurs every 2nd & 4th Wednesday of each month from 3:00 pm-4:00pm.

The target audience is emergency managers, immunizations coordinators/teams and community and healthcare partners.

Stay safe and healthy!

Sincerely,

Kelley Baker, Health Services Division Director