



# Health Services COVID-19 Situation Report

## 12/04/2020

Dear Community Members,

Virus transmission across Alaska continues to accelerate at record highs and all regions in Alaska are in high alert status with widespread community transmission occurring. Hospitalizations for COVID-19 continue to rise and inpatient hospital capacity remains a significant concern.

What does this mean? Alaska is reaching a tipping point. When hospitals in other states have overflowed, more deaths have followed. ANMC is over capacity with COVID-19 patients and has opened an alternative care site to hold the overflow, and has dedicating another hospital wing to COVID-19 cases. The critical care unit is also nearly full. There aren't enough health care workers to treat COVID-19 patients as well as emergent cases such as strokes and heart attacks.

We understand people are getting restless and frustrated with the continued restrictions in place, but please understand they are put in place to protect you, your loved ones and your community. Currently there is no widespread, well established medical treatment for individuals experiencing a serious infection of COVID-19.

**We cannot stress enough the importance for individuals and communities to take action now to slow the spread of COVID-19,** which include: wear a mask when in public, keep social circles very small and remain physically distant (more than 6 feet) from anyone who does not reside in your household, **avoid all non-essential travel**, get tested right away if you have any signs or symptoms, practice regular handwashing, and frequently disinfect high-touch surfaces in your home. **It takes a collective effort, as a community, to stop the transmission of this highly contagious virus.**

### Current Case Counts in Alaska

New Resident Cases Yesterday <b>744</b> Updated Daily by Noon	Total Resident Cases <b>34,041</b> <small>Cumulative (includes recovered cases)</small>	Currently Hospitalized <b>134</b> <small>Confirmed COVID Positive</small>	Total Resident <b>141</b> <small>Deaths Statewide</small>
New Nonresident Cases Yesterday <b>12</b> Updated Daily by Noon	Total Nonresident Cases <b>1,284</b> <small>Cumulative (includes recovered cases)</small>	Total Hospitalizations <b>794</b> <small>Cumulative (does not reflect current stays)</small>	Total Nonresident <b>1</b> <small>Deaths Statewide</small>



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## Chugachmiut COVID-19 Testing:

	Testing Past Two Weeks	Testing YTD	Results Negative YTD	Pending Results YTD	Results Positive YTD	Testing Collection Kits to ANMC	ID Now Rapid Testing Kits	Binax Now Rapid Testing Kits
Chenega	5	99	99	0	0	223	76	40
Nanwalek	29	389	389	0	0	139	43	40
Port Graham	11	339	339	0	0	169	147	40
Seward	43	456	414	1	26	325	368	75
Tatitlek	13	97	97	0	0	208	61	40
<b>Total</b>	<b>101</b>	<b>1380</b>	<b>1338</b>	<b>1</b>	<b>26</b>	<b>1064</b>	<b>695</b>	<b>235</b>

## What's New?

**CDC Provides Options to Reduce Quarantine Using Symptom Monitoring & Diagnostic Testing:** Local health authorities determine and establish the quarantine options for their jurisdictions. CDC currently recommends a quarantine period of 14 days. However based on local circumstances and resources, the following options to shorten quarantine are acceptable alternatives.

- Quarantine can end after Day 10 without testing and if no symptoms have been reported during daily monitoring. **With this strategy, transmission risk is estimated to be about 1% with an upper limit of about 10%.**
- When diagnostic testing resources are sufficient and available, then quarantine can end after Day 7 if a diagnostic specimen tests negative and if no symptoms were reported during daily monitoring. The specimen may be collected and tested within 48 hours before the time of planned quarantine discontinuation (e.g., in anticipation of testing delays), but quarantine cannot be discontinued earlier than after Day 7. **With this strategy, transmission risk is estimated to be about 5% with an upper limit of about 12%.**

In both cases, additional criteria (e.g., continued symptom monitoring and masking through Day 14) must be met.

**Although these new alternatives have been released by CDC and supported by the State of Alaska DHSS, Chugachmiut Health Services recommends quarantining through day 14 to reduce transmission risk. We just can't afford to take *any* risk. Per CDC, "this option maximally reduces risk of post-quarantine transmission risk and is a strategy with the greatest collective experience at present."**

**December 6<sup>th</sup>-12<sup>th</sup> is National Influenza Week:** National influenza week is a call to all Americans 6 months and older to get their annual flu vaccine if they have not already. Since COVID-19 and flu could spread simultaneously this winter, this week will serve to remind people that there is still time to get a flu vaccine to protect against flu illness and serious complications, such as worsening of chronic conditions or pneumonia, for example.



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### Local Clinic Service Updates:

- Clinic Services:** Please **DO NOT** delay necessary medical care. Call the clinic to schedule an appointment (currently not accepting walk-ins).  
**Note:** Effective Monday, December 7, 2020 entrance to the Tatitlek Clinic for emergencies and scheduled appointments will change to the side entrance of the building due to planned construction in waiting room.
- Dental Services:** Dr. Murphy remains on-call for any dental emergencies.
- COVID-19 Testing:** It is vitally important to get tested at the first sign of any symptoms. Testing is our best tool for understanding virus transmission and risk in your community.
- Flu Vaccine: Protect yourself, your loved ones, and your community!** Make an appointment with your local clinic to get a flu shot. The higher percentage of those who receive a flu shot will provide better protection and help to prevent hospitalizations.

Are you interested in entering a drawing for weekly and monthly **PRIZES** for getting your flu shot? Check Facebook. Chugachmiut and Chugach Alaska Corporation teamed up to promote Flu Vaccinations on Facebook. **Goal to reach at least 60%!**

The table below shows community progress towards protection against flu:

Date Range 9/1/2020 to 12/3/2020							
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
Chenega	48	46	21	14	7	44%	30%
Nanwalek	282	278	130	84	46	46%	30%
Port Graham	167	173	45	36	9	27%	21%
Seward	690	710	163	211	-48	24%	30%
Tatitlek	88	91	46	47	-1	52%	52%
<b>TOTAL FLU VACCINE</b>	<b>1275</b>	<b>1298</b>	<b>405</b>	<b>392</b>	<b>13</b>	<b>32%</b>	<b>30%</b>

Active Users= IHS Active User Population Report seen at local clinics during fiscal year (2019- 10/1/19 to 9/30/19 and 2020- 10/1/19 to 9/30/20).

**COVID-19 Vaccine:** As of today, no vaccine is currently available in the United States. However, vaccine may be available as early as mid-December, pending FDA authorization. Common questions & answers:

#### *When will a vaccine be available?*

A small amount of a COVID-19 vaccine could be available in Alaska by December 11, 2020. The exact date depends on FDA authorization and CDC recommendations. In the beginning, supply will be very limited - there will not be enough COVID vaccine for



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everyone, but supply will continually increase in the weeks and months that follow. The ultimate goal is to have a safe and effective vaccine available to all Alaskans who want it.

### *Is a COVID-19 vaccine safe?*

Clinical trials of COVID-19 vaccines must first show they are safe and effective before any vaccine can be authorized or approved for use. The known and potential benefits *must* outweigh the known and potential risks of the vaccine. No steps are skipped during the clinical trial process for COVID-19 vaccine. Vaccine safety checks are in progress and will continue as long as a vaccine is available.

### **No steps are skipped during the clinical trial process for COVID-19 vaccine.**

- The FDA authorizes vaccines after they pass three phases of clinical trials.
- These clinical trials require thousands of people and months of data.
- The vaccine development is faster than normal because some steps are being done at the same time instead of one after another.

### *Is a COVID-19 vaccine effective?*

A safe and effective COVID vaccine is an important tool for ending the global pandemic. Vaccines can protect individuals in different ways. Vaccines also protect the people around you - including Alaska's healthcare workers and their patients.

### **A safe and effective COVID vaccine is an important tool for ending the global pandemic.**

- Vaccines work to protect people by helping the body produce immunity.
- A COVID vaccine must meet standards for effectiveness from the FDA. Data is still being reviewed by the FDA.
- Vaccines have already helped us reduce vaccine preventable diseases in Alaska (such as measles, influenza, and diphtheria).

### *How will a COVID-19 vaccine work in my body?*

The COVID-19 vaccine teaches your immune system to recognize the coronavirus. When you get the vaccine, your immune system makes antibodies ("fighter cells") that stay in your blood and protect you in case you are infected with the virus. You get protection against the disease without having to get sick. When enough people in the community can fight off the coronavirus, it has nowhere to go. This means we can stop the spread quicker and get a little closer to ending this pandemic.

Please help with our planning efforts and complete a COVID-19 vaccine survey now. Email completed surveys to [chucovid19team@chugachmiut.org](mailto:chucovid19team@chugachmiut.org)

- **Universal Masking:** It is our collective responsibility to exemplify and uphold a culture of health and safety. **Chugachmiut has a universal masking requirement for 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.



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- **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.

### 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!



Respectfully,

*K. Baker*

Kelley Baker, Health Services Division Director