



Health Services COVID-19 Situation Report

5/29/2020

Dear Community Members,

The clinics remain ready to serve you and your family during the COVID-19 pandemic. If you or a loved one needs care for any health concern, your health care team is here and ready.

We understand that seeking medical care during this time may be concerning, but we want you to know that care delayed often becomes more complicated. We continue to keep the safety of our patients, visitors, employees and the community as our top priority at all times.

As of today, Alaska has 430 confirmed cases, 367 recovered cases, 47 hospitalizations, and 10 deaths. ANMC's currently COVID-19 inpatient status update- 0 positive inpatient and 0 suspected inpatient.

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	1	1	0	0	100	71
Nanwalek	7	28	5	2		150	100
Port Graham	15	35	13	2		134	153
Seward	1	24	24	0	0	130	88
Tatitlek	0	6	6	0	0	100	115
TOTAL	24	94	49	4	0	614	527

What's New?

Initial assumptions about the coronavirus have been overturned as case counts and deaths increase around the world. Doctors know now that the coronavirus spreads easily from person to person, it can be spread by people who don't have any symptoms at all and children can also contract the illness.

Local Clinic Service Updates:

- **COVID-19 Testing for Travelers:** All communities have had residents traveling outside or coming in from places where there are confirmed cases = increased risk. The clinics offer testing for all community members. However, we want to be clear that even though a person tests negative, it doesn't mean they don't have the virus. That's why it is especially important for travelers to honor the 14 day self-quarantine requirements and those who are sick to stay home.



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Why is 14 days recommended for self-quarantine?

According to the World Health Organization, the coronavirus's incubation period- meaning the time it takes from a person being infected with the virus to when they start showing symptoms- appears to be anywhere from two to 14 days.

- **COVID-19 Testing:** All clinics currently have rapid testing capabilities and test collection kits available to send swabs to ANMC or the State lab for testing. Please understand your healthcare team selects the best testing option for each case. It's a careful balance of testing options and testing supply availability. We know there is a national demand for rapid tests and supplies are limited. We want to be sure we have an ample amount of rapid tests available when a positive case is confirmed within your community. Contact tracing (identifying who was in close contact with the positive case) and testing will be essential in order to mitigate the spread of the virus. Generally, those with symptoms are tested with the rapid testing kits and those without symptoms, swabs are collected and sent to ANMC or the State Lab for testing. Of course each presenting case is unique and taken into careful consideration when selecting testing options available.
 - **Clinic Services-** Your best defense against this virus is making sure you're healthy (physically, mentally & spiritually). With all this going on, we want to make sure that you know we are here and available for your preventive and routine healthcare needs such as regular checkups, vaccines, physicals, blood draws for labs, well child visits etc. Although we are not accepting walk-ins at this time, you are more than welcome to call your local clinic to schedule an appointment.
 - **Health & Nutrition Services:** This is the perfect time to improve your health while practicing social distancing. To keep your immune system in top condition, healthy eating is especially important. Joe Nyholm, Registered Dietitian is available to help you- contact your local clinic to get an appointment with Joe or contact the North Star Clinic directly at 1-800-224-3076.
 - **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.
 - **Contact Tracing Workforce Opportunity:** Time is of the essence. Identifying contacts and ensuring they do not interact with others is critical to protect your communities from further spread. There is still time to sign up for contact tracing training.
Link for details: <https://www.uaa.alaska.edu/academics/college-of-health/departments/ACRHHW/>
If interested, sign up here by Friday June 5th: http://bit.ly/AK_COVID_Tracing
- Please notify your tribal council if you have signed up to become a contract tracer so we can get a good idea how many local contact tracers we have to support communities within the Chugach Region.
- **First Responders:** Gear bags were sent to Chenege, Tatitlek and Nanwalek for your first responders. N-95 mask fitting continues. This week Port Graham's first responders were fit tested. We continue to reach out to your local ETTs for mask fittings. It's important they are



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protected and have the training and skills to put on and take off PPE to prevent cross contamination. As of today, both Nanwalek and Port Graham have been completed.

- **COVID-19 Pandemic Preparations for Prevention & Mitigation, Testing & Response:** Meetings occurred this week with Port Graham and Tatitlek. Discussion highlights included Alternative Home Isolation Site Needs & Readiness (Tatitlek's still in progress and Port Graham's ready), Critical Workforce Testing Capabilities (ANMC and Homer testing availability) prior to village entry, Alaska Travel Mandate (Chenege & Tatitlek Tribal Councils can write ferry system to inform them no passengers are permitted in villages) & Tribal Travel Restrictions (air travel restrictions remain in effect for medical and critical workforce only).
Nanwalek's follow-up meeting is scheduled for Monday, June 1, 2020 at 11:30am.
Tatitlek's follow-up meeting is scheduled for Wednesday, June 3, 2020 at 1:00pm.
Port Graham's follow-up meeting is scheduled for Wednesday, June 3, 2020 at 3:00pm.
Chenege's and Seward's follow-up meetings will be scheduled upon request of Tribal Council.
- **Response Team:** When a positive case is confirmed within your community, we are working to develop an internal response team to be deployed to your community within 24 hours of notification to assist.

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 through these times of international pandemic.
- **Crisis Line:** For the duration of the COVID-19 emergency response, our Crisis Line is also working as a point of contact to link people up with their preferred counselors. Please feel free to call our 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 with an attendance of as many as 8. We are also 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