



Health Services COVID-19 Situation Report

6/12/2020

Dear Community Members,

COVID-19 cases are increasing in Alaska and more cases are expected. We have never experienced something like this before and it has been a difficult adjustment for all of us. This virus is new and we are still learning about it as cases continue to spread throughout our Nation. So here is my best effort to provide you with some recent and known **facts** and offer a little **advice** to help keep you and others safe and ready:

1. As of today, there are 0 confirmed cases in the village communities.
2. The virus spreads very easily between people.
3. 65% (409) of the confirmed cases in Alaska have been confirmed in the Kenai Peninsula Borough and Anchorage (both major hubs traveled through and too for needed services). If you travel, wear a mask, bring hand sanitizer, avoid any public places (gas stations, restaurants, visiting with family and friends and social gatherings) get tested before returning, self-quarantine for 14 days when you return, and while self-quarantining get tested 5-7 days after you return.
4. You can get the virus and spread the virus by being in close contact with another infected person or by touching a surface where the virus is and then touching your mouth, nose, and eyes. Maintain your distance, wear a mask, practice good hygiene, clean and disinfect high touched items and surfaces frequently.
5. Traveling and being in public areas increases your risk and exposure to the virus.
6. Some people, who infected others, didn't even know they had it because they did not have any symptoms until later on.
7. Approximately 44% of residents within our region are considered "high risk" for severe illness, based on criteria established by the CDC. If you are high risk or live with a high risk person, be extra careful and try to eliminate any risk to exposure (travel, public places, being around others who recently returned from travel, practice good hand hygiene, maintain your distance from others, wear a mask, clean and disinfect frequent touched surfaces, monitor your health for symptoms, get tested etc.).
8. Not all confirmed cases need hospitalization when infected. However, high risk individuals are more likely to need hospitalization.
9. Detecting the virus early and isolating the sick person from others is the best way to prevent the spread of the virus. Know the symptoms, monitor your health, take action to reduce your exposure and get tested if there is any chance you could have been exposed.

New Cases Yesterday 15 Updated Daily by Noon	Total Cases 625 <small>CHUGACH TRIBES AND BOROUGH</small>	Recovered Cases 403 Statewide Total	Total Hospitalizations 51 <small>Cumulative (does not reflect current rate)</small>	Total Deaths 12 Statewide
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As of 6/11/2020 in Alaska- 70,880 Tested for COVID-19 and 0.9% of tests were positive



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	0	1	1	0	0	100	71
Nanwalek	14	46	43	3		171	104
Port Graham	17	70	64	6		100	144
Seward	12	43	40	3		131	69
Tatitlek	9	15	15	0	0	100	113
TOTAL	52	175	163	12	0	602	501

What's New?

COVID-19 Health Mandate 018: Intrastate Travel, Revised June 5: Mandate was updated to permit travel to communities located off the road system, however communities may enact local travel restrictions of their own. This revision was made to provide flexibility to local communities off the road system to make their own decisions about when to open to travelers.

ANMC Visitor's Guide during COVID-19 Updated Procedure: Prior to the update, on the inpatient units, in-person visits were not permitted for adult patients. With the new updated procedure, adult patients with a court-appointed legal guardian may have one guardian visiting at a time and patients who reside with their spouse or caregiver may have visits from their spouse or caregiver. **All visitors will be screened prior to entry.**

Visitation cannot be permitted for COVID-19 or a Person Under Investigation for COVID-19. ANMC staff will facilitate interaction via non-contact methods to the extent possible (e.g., playing messages for the patient, facilitating secure videoconferencing).

Local Clinic Service Updates:

- **COVID-19 Testing:** All clinics have testing capabilities and adequate supply to support testing.
- **Clinic Services:** Clinics continue to not accept walk-in appointments and remain available to schedule appointments.
- **Dental Services:** Dental services continued in Seward this week. Patients were tested for COVID-19 prior to providing any dental procedures that could potentially produce aerosols. Dr. Murphy continues to be available remotely to support any village dental concerns. SCF village travel is still on hold until further notice.
- **First Responders:** N-95 mask fitting and personal protective equipment training continues.





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- **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.
- **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.

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