



# Health Services COVID-19 Situation Report

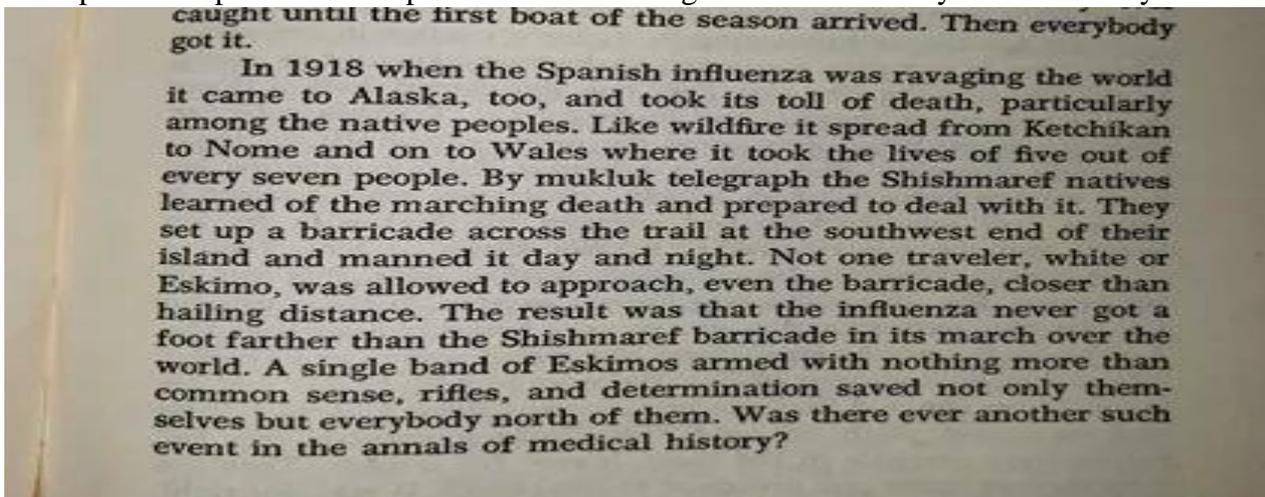
6/26/2020

Dear Community Members,

Alaska confirmed COVID-19 case counts continue to increase. Yesterday we experienced the most cases reported in one day since the start of the pandemic. **Now is not the time to let your guard down to this virus.** We are at increased risk with more confirmed cases and as we interact with more people, the risk increases considerably.

We understand people are getting tired of the protocols set in place during this pandemic. Please understand protocols are put in place to protect you, your loved ones, and everyone around you.

More people per capita died in Alaska from the Spanish flu in 1918 than almost anywhere in the world; we don't want a repeat of that sad statistic. How did some villages escape the Spanish flu? See the following account about actions taken by an Alaskan village to protect their people, ultimately saving lives. Chugachmiut isn't recommending you take such drastic measures; we use the report to emphasize the importance of restricting travel into/out of your community.



Most people who get the coronavirus get better on their own. However, people who are older or have other health problems can get very sick and may not survive. It's especially important to carefully consider those who are at most risk of suffering fatal effects from the virus and take action to protect them. **Remain vigilant** and maintain distance, wear masks, wash your hands, clean & disinfect frequently- and take responsibility for your own health and that of those around you. Until there is treatment and/or a vaccine to combat this virus, it poses a risk to all, especially elders and those at high risk.

Last week's report I discussed important planning information if anyone in your home becomes sick but is well enough to recover at home (**home isolation**). For this week's report, like to review how **case investigation** and **contact tracing** works.

Why is this important? Case investigations and contact tracing are trusted public health tools used to prevent further spread of contagious diseases. Specifically, it helps prevent the spread of COVID-19, and the more people who answer the call, the more lives protected.



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## What Happens During Contact Tracing?

Contract tracers work with the person recently diagnosed with COVID-19 to track down everyone they've been in close contact with. The contacts can then quarantine/isolate themselves and get tested to prevent further spread.

When the contact tracer calls the close contacts, they will NEVER identify you or share your name and health information. They will talk to the people you've been in contact with about their own health. Contacts are provided with education, information, and support to understand their risk, what they should do to separate themselves from others who are not exposed, monitor for symptoms/illness, and discuss the possibility that they could spread the infection to others even if they themselves do not feel ill.

## Contact Tracer Security

Scammers will ask for highly personal information. A contact tracer will **NEVER** ask a person's:

- Credit card or debit card information
- Private financial information
- Social security number

## 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>	3	5	5	0	0	100	63
<b>Nanwalek</b>	7	68	61	7	0	151	101
<b>Port Graham</b>	7	89	82	7	0	84	140
<b>Seward</b>	6	59	58	1	0	124	60
<b>Tatitlek</b>	2	23	23	0	0	95	106
<b>TOTAL</b>	25	244	229	15	0	554	470



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### What's New?

**Center for Disease Control (CDC) Updates & Expands High Risk List of People at Increased Risk to Severe Illness from COVID-19 (6/25/20)** - Based on detailed review of available evidence to date, CDC has updated and expanded the list of who is at increased risk for getting severely ill from COVID-19. These specific conditions increase a person's risk- Chronic kidney disease, COPD, Obesity (BMI above 30 or higher), weakened immune system, serious heart conditions, sickle cell disease, type 2 diabetes. CDC has removed the specific age threshold and now warns that among adults, risk increases steadily as you age, and it's not just those over the age of 65. Other conditions identified that *might* increase a person's risk to severe illness include- asthma, high blood pressure, neurological conditions such as dementia, stroke and pregnancy.

CDC Director Robert Redfield MD said, "Understanding who is most at risk for severe illness helps people make the best decisions for themselves, their families, and their communities. While we are all at risk for COVID-19, we need to be aware of who is susceptible to severe complications so that we take appropriate measures to protect their health and well-being."

### 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).
- **Dental Services:** Dr. Murphy continues to be available remotely to support any dental concerns. SCF village travel is still on hold until further notice.
- **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.
- **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.



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## 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!

June 24, 2:00pm **“Don’t be a Doormat, learn about MAT”** (medication assisted treatment)  
*Hosted by: Neil Miller, Addictions Counselor*

July 1, 3:00pm **“First Things First” An Introduction to Recovery Camp**  
*Hosted by: Eydie Flygare, Camp Director*

July 8, 3:00pm **“Kick the Butts” An Intro to Giving Up Tobacco**  
*Hosted by: Jason Opheim, Tobacco Cessation Specialist*

July 15, 3:00pm **“Cluck like a Chicken?” The Truth and Practice of Hypnotherapy**  
*Hosted by: Joy Roberts, Hypnotherapist*

July 22, 3:00pm **“Get the World Off Your Back” Strategies for Stress Reduction**  
*Hosted by: Sandra Kleven, LCSW, Clinical Director*





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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>

### Data dashboard

The Alaska Coronavirus Response Hub provides information, maps and resources about the COVID-19 response.

Explore the latest COVID-19 data for Alaska



The cases depicted above represent Alaska residents and may not reflect where they are located currently or were located when they were exposed or diagnosed. Information about cases for nonresidents is available.

Stay safe and well and take care of yourself and others during this challenging time.

Sincerely,

Kelley Baker, Health Services Division Director



Picture courtesy of Alaska Health & Social Services updated Facebook cover photo.