



Health Services COVID-19 Situation Report

7/10/2020

Dear Community Members,

Across the country, the total number of confirmed coronavirus cases is again on the rise. Alaska continues to have one of the country's lowest case counts per capita but the pace of disease spread is quickening and hospitalizations are also trending up. With the virus spreading in Alaska, it is increasingly important that we take action to stop COVID-19 to protect ourselves, our family and friends, our co-workers and the many vulnerable people this virus most severely impacts.

You have the power to control the spread of this virus. Each of the following actions is proven to decrease the transmission of COVID-19:

- Wear a face covering over your mouth & nose when in public spaces
- Socially distance by at least 6 feet
- Self-isolate and use curbside or to-go deliveries
- Maintain a small social bubble and only frequent public places when necessary
- Wash hands throughout the day
- Wipe down often-touched surfaces with disinfectant wipes

COVID-19 Risk Index

Risk levels for exposure vary based on four main factors:

- Enclosed space**: Icon of two people in a room.
- Crowds**: Icon of a group of people. Description: Density of people + challenges for social distancing.
- Duration of interaction**: Icon of two people and a clock. Description: Time spent interacting.
- Forceful exhalation**: Icon of a person sneezing. Description: Sneezing, yelling, singing, and coughing.

Alaska Resident Case Counts

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

| | | | | |
|--|--|---|--|---|
| <p>New Cases Yesterday</p> <p>51</p> <p>Updated Daily by Noon</p> | <p>Total Cases</p> <p>1,323</p> <p><small>Cumulative (includes recovered cases)</small></p> | <p>Recovered Cases</p> <p>588</p> <p>Statewide Total</p> | <p>Total Hospitalizations</p> <p>80</p> <p><small>Cumulative (does not reflect current stays)</small></p> | <p>Total Deaths</p> <p>17</p> <p>Statewide</p> |
|--|--|---|--|---|

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.



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 | 7 | 13 | 13 | 0 | 0 | 100 | 54 |
| Nanwalek | 8 | 95 | 87 | 8 | 0 | 104 | 99 |
| Port Graham | 10 | 119 | 119 | 0 | 0 | 80 | 120 |
| Seward | 23 | 113 | 112 | 1 | 0 | 193 | 108 |
| Tatitlek | 2 | 28 | 28 | 0 | 0 | 95 | 126 |
| TOTAL | 50 | 368 | 359 | 9 | 0 | 572 | 507 |

What's New?

City of Valdez Public Health Mandate #3 (effective 7/10/2020): The COVID-19 pandemic continues to threaten the health and well-being of Valdez. Recent studies indicate that mask wearing by the public can help reduce the spread of the virus. All people in Valdez over the age of five shall wear a protective mask or cloth facial covering that covers their mouth and nose when they are indoors in public settings or communal spaces outside the home where social distancing of six feet cannot be maintained.

Alaska DHSS New Weekly Case Summary Report: Alaska DHSS is now producing a COVID-19 weekly case summary that provides information on trends and includes updates on testing, what we know about where people acquired the virus, hospital capacity and more. Find all the weekly case summaries plus a link to subscribe to these bulletins here: dhss.alaska.gov/dph/Epi/id/PagesCOVID-19/communications.aspx

Alaska DHSS Expands Contact Tracing Workforce: The Alaska Department of Health and Social Services (DHSS) is working to expand Alaska's public health contact tracing workforce to help prevent the spread of COVID-19. DHSS has roughly doubled the statewide contact tracing workforce since the COVID-19 response began and stands out among states as having one of the more intensive contact tracing programs. However, the recent increase in cases has strained the ability of the current workforce to provide ongoing outreach to all close contacts.

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:** We understand your dental health impacts your overall health and are working to coordinate a schedule for dental village visits during the month of August. Dr. Murphy





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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. What exactly will the rapid response team do to help your community?
 1. Establish and support isolation quarantine both in home and alternative isolation sites
 2. Support testing of contacts (bring additional rapid COVID-19 testing analyzer to support increased community testing needs)
 3. Support contact tracing
 4. Provide education and support to the community
- **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.
- **What are YOU passionate about?:** If you are passionate about helping people and making a difference in their lives, working in healthcare can be one of the most rewarding career choices there is. We are currently recruiting for local community health aide trainees throughout Region. You would be joining an awesome team committed to the health and wellness of our Region. Great benefits package too! Check out our website and apply.
- **Universal Masking:** It is our collective responsibility to exemplify and uphold a culture of health and safety. **Chugachmiut has a universal masking requirement to apply to 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.

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.



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

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



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>

Every day we come to work with the health and safety of you in mind. Thank you for entrusting us with your care.

Sincerely,

Kelley Baker, Health Services Division Director

