



# Health Services COVID-19 Situation Report

7/2/2020

Dear Community Members,

Nothing is more important than ensuring the health and safety of our patients, our communities and our workforce. Chugachmiut continues to work closely with federal, state, local, tribal, and our public health partners, to respond to this immediate public health threat. Through these challenging times, we are proud to work together as a united team supporting the health and wellness of the Chugach Region. **We thank you all for doing your part in overcoming the pandemic!**

COVID-19 cases are increasing in Alaska and the public health threat is very high. Case counts have increased throughout the Chugach Region to include Seward and Valdez, as well as both major hub areas traveled to and through to include Kenai Borough and Anchorage. It is a sobering reality that many community members within the Chugach Region are among the most vulnerable in this pandemic. Now more than ever, we must focus all of our energy on defeating this pandemic and the challenges associated with it. **Everyone, at every age, plays an important role in stopping the spread of this infection.** We must take precautions and make good decisions in our efforts to slow the spread of infections among our communities.

As we approach the holiday weekend, if you are planning a backyard barbeque or get-together with those outside your household, here are a few tips for how to do so safely:

- Gather outside and avoid indoor settings
- Wear a face mask covering
- Stay at least 6 feet apart from others outside of your household
- Wash hands or use hand sanitizer often (especially before and after eating)
- Avoid sharing any finger foods
- If you feel even mild symptoms of illness, **STAY HOME** and away from others
- Before the celebration comes to a close, write down all of the guests in attendance in case you need it for contact tracing in the future

## 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



*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.](#)*



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## Chugachmiut COVID-19 Testing:

This past week we hit an all-time high for total COVID-19 testing. Thank you community members for contacting the clinics for 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>	1	6	6	0	0	100	62
<b>Nanwalek</b>	19	87	74	13	0	104	100
<b>Port Graham</b>	20	109	102	7	0	80	140
<b>Seward</b>	31	90	73	17	0	101	95
<b>Tatitlek</b>	3	26	26	0	0	95	104
<b>TOTAL</b>	74	318	281	37	0	480	501

## What's New?

**Anchorage Emergency Order EO-13 (effective 6/29/2020):** In response to the increasing case counts in Anchorage over the last few weeks, Mayor Ethan Berkowitz mandated the use of cloth face coverings or masks in the Municipality of Anchorage. This emergency order follows recommendations by the Anchorage Health Department and the Centers for Disease Control and Prevention (CDC) to slow the spread of COVID-19. Wearing a face covering or mask reduces droplets passed on to others when people talk, cough, sing, or sneeze. Face coverings are especially helpful to prevent asymptomatic people from transmitting the virus to others.

**City of Seward Emergency Ordinance 2020-008 (effective 7/1/2020):** In response to the rapid increase in COVID-19 cases within the city of Seward, Mayor Christy Terry and City Council implemented ordinance to limit the capacity of campgrounds to 50%, prohibit gatherings of no more than 20 people, require facial coverings inside buildings open to the public, and limit eating establishments, bars and retail stores to 50% capacity.

## 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



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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.
- **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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### Chugachmiut

- **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 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*



### 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>

Thank you for your continued support. It means so much to all of us. Together, we will get through this.

Sincerely,

*K. Baker*

Kelley Baker, Health Services Division Director