



Health Services COVID-19 Situation Report

Date 7/17/2020

Chugachmiut

Protect Yourself and Others

Together we can slow the spread of COVID-19 and keep our communities safe.



Practice Good Hygiene

Wash your hands for at least 20 seconds, practice good hygiene, and cover any cough or sneeze. Don't touch your face with unwashed hands.



Practice Social Distancing

When you have to leave home, keep a minimum of six feet away from others at all times.



Wear a Mask

The state does not require the use of masks by the public, however health and science experts recommended that you wear a mask in public wherever social distancing is challenging.



Get Tested If You Are Sick

If you are experiencing COVID-19 symptoms, isolate yourself from others and call a provider to get tested. If you require medical attention, call your doctor before going in.

Alaska Resident Case Counts

<p>New Cases Yesterday</p> <p>39</p> <p>Updated Daily by Noon</p>	<p>Total Cases</p> <p>1,733</p> <p><small>Cumulative (includes recovered cases)</small></p>	<p>Recovered Cases</p> <p>697</p> <p>Statewide Total</p>	<p>Total Hospitalizations</p> <p>98</p> <p><small>Cumulative (does not reflect current stays)</small></p>	<p>Total Deaths</p> <p>17</p> <p>Statewide</p>
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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	11	24	24	0	0	100	44
Nanwalek	22	117	117	0	0	154	98
Port Graham	4	123	123	0	0	66	128
Seward	15	128	128	0	0	190	92
Tatitlek	5	33	33	0	0	95	121
TOTAL	57	425	425	0	0	605	483



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What's New?

- **Alaska DHSS Division of Public Health COVID-19 Weekly Live Meetings:** If you have questions about COVID-19, please join DHSS for this COVID-19 Science ECHO. DHSS Division of Public Health leadership will provide up-to-date information about the science of the virus, cases in Alaska and current best practices.

The Public Health leadership Team includes:
Anne Zink, MD, Alaska Chief Medical Officer
Joe McLaughlin, MD, Chief Epidemiologist
Anna Frick, MPH, CIC
Coleman Cutchins, PharmD
Louisa Castrodale, DVM, MPH

This call occurs every Wednesday from 12-1 pm.

Register to attend the webinar - seats are limited!

Register at: https://bit.ly/COVID-19_Science_Registration

Ask a question: https://bit.ly/COVID-19_Science_Questions

Or join their FaceBook Live Stream on Wednesday! @alaskachd and also shared at @alaska.dhss

- **Alaska Smart Start 2020:** School districts must submit plans for the new school year to the State of Alaska by July 31, 2020. School Districts have been hosting meetings with communities to discuss options and plans for opening. Generally we have seen schools develop plans addressing risk level scenarios based upon confirmed cases per community. We also have seen plans to offer online schooling options. More to come as plans are finalized.

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:** Below are the schedule for services. Please make plans so you're able to use the services when dental staff are in your community.
 - Aug. 3 - 7: Angela Hygiene in Nanwalek
 - Aug. 3 - 7: Dr. Murphy and Shanana in Seward
 - Aug. 10 -14: Dr. Murphy and Angela in Nanwalek
 - Aug. 17 - 21: Dr. Murphy and Angela in Port Graham
 - Aug. 24 - 28: Dr. Murphy and Angela in Tatitlek
 - Aug. 31- Sept 2: Dr. Murphy and Angela in Chenequa.
 - Sept. 28 - Oct. 2: Dr. Murphy and Shanana in Seward
 - Oct. 5 - 9: Dr. Murphy and Shanana in Seward



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- Oct. 26 - 30: Dr. Murphy and Angela in Nanwalek
 - Nov. 2 - 6: Dr. Murphy and Angela in Port Graham
 - Nov. 9 - 13: Dr. Murphy and Angela in Tatitlek
- **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 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>

Sincerely,

K. Baker

Kelley Baker, Health Services Division Director

