



Health Services COVID-19 Situation Report

Date 08/05/2020

Dear Community Members,

This week we saw some decline in transmission rate, but the worst is not behind us. It’s hard to imagine that we’ve been combatting COVID-19 for more than five months now. August is National Immunization Awareness Month to highlight the importance of vaccination for people of all ages. You have the power to protect yourself and your family against serious diseases like the flu, whooping cough, cancers caused by HPV, and pneumonia through on-time vaccination. Furthermore, routine vaccination prevents illnesses that lead to unnecessary medical visits, hospitalizations and further strain the healthcare system. I recommend that you visit the CDC’s [Interactive Vaccine Guide](#), which provides information on the vaccines recommended during pregnancy and throughout your child’s life.

Throughout our regions, we’re seeing a decline in people getting vaccines, this month we are 576 short of being current on vaccines. I encourage you to talk to the clinics to ensure you and your loved ones are up to date on recommended vaccines. If you have an appointment, actively talk to your provider about vaccine. You can also call the clinics to check on your vaccine record.

And talking about vaccines, it’s almost time to start focusing on flu vaccine again for the coming flu season. It’s paramount that you get a flu vaccine this year to reduce the burden of respiratory illness during the upcoming flu season because we can prevent the flu with a vaccine and we can’t prevent COVID-19 with a vaccine yet. Please make plans to get your flu vaccine. During flu season, when you feel sick, it might be hard to know whether you have the flu or COVID-19. I’ve created the following tables to help you know what are some similarities and also to distinguish the two. The best way to know when you feel sick is to get tested.

Table I: Similarities between the flu and COVID-19

Symptoms	Both have symptoms of fever, cough, body aches, shortness of breath, sore throat, fatigue and congestion or runny nose; sometimes vomiting or diarrhea. Can be mild, severe. Can result in pneumonia
Transmission	Both can be spread from person to person through droplets in the air from an infected person coughing, sneezing or talking. They both can also be spread by an infected person for several days before their symptoms appear.
Treatment	Neither virus is treatable with antibiotics, which only work on bacterial infections
Prevention	Both may be prevented by frequent, thorough hand washing, coughing into the crook of your elbow, staying home when sick and limiting contact with people who are infected. Physical distancing can limit the spread of COVID-19 in communities.





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Chugachmiut

Table II: Differences between the flu and COVID-19

	Flu	COVID-19
Cause	Any of several different types and strains of influenza viruses	By the novel 2019 coronavirus, now called severe acute respiratory syndrome coronavirus 2, or SARS-CoV-2
Symptoms	Symptoms develop 1-4 days after infection	Symptoms develop 2-14 days after infection. Also a different in symptom that COVID-19 has that the flu doesn't is change in or loss of taste or smell
Transmission	Most people with Flu are contagious for about 1 day before they show symptoms. Older children and adults with flu appear to be most contagious during the initial 3-4 days of their illness but many remain contagious for about 7 days. Infants and people with weakened immune systems can be contagious for even longer	It's possible for people to spread the virus for about 2 days before experiencing signs or symptoms and remain contagious for at least 10 days after signs or symptoms first appeared. If someone is asymptomatic or their symptoms go away, it's possible to remain contagious for at least 10 days after testing positive for COVID-19. Another possible difference is that COVID-19 might be spread through the airborne route, meaning that tiny droplets remaining in the air could cause disease in others even after the ill person is no longer near.
Risk for severe illness	Young children are at higher risk of severe illness from flu	School-aged children infected with COVID-19 are at higher risk of multisystem inflammatory syndrome in children, a rare but severe complication of COVID-19
Vaccine	A vaccine is available and effective to prevent some of the most dangerous types or to reduce the severity of the flu	No vaccine is available at this time, though development and testing is in progress
Complications	Include inflammation of the heart, brain, or muscles, tissues, and multi-organ failure	Lasting damage to the lungs, heart, kidneys, brain and other organs is possible after a severe case of COVID-19
Infections	The WHO estimates about 1 billion people worldwide get the flu every year, in the US - for Oct.1, 2019- Apr. 4, 2020 the CDC estimated that there were 39 million to 56 million cases of flu	Approximately 18,560,630 cases have been confirmed worldwide and as of Aug. 5th, 2020 there have been 4,771,846 cases in the U.S. as of August 5, 2020.

How to Help Your Child Adapt to Wearing a Mask

7 Quick Tips for Parents

Explain WHY

Use easy-to-understand language and positive phrasing.

For example, 'Many people are sick right now. Wearing a mask will protect you from germs.'

Take a Picture

Ask family members or friends to take pictures of themselves wearing masks.

You can even arrange a virtual get together so everyone can show off their masks.

Practice Makes Perfect

Shape the behavior by breaking it down into smaller steps. Then practice & reinforce each step.

1. Holding the mask.
2. Putting it against his or her face.
3. Securing the elastic.

Let's Pretend

Integrate masks into your favorite pretend play schemes.

Encourage your child to dress up as a doctor, nurse, or veterinarian.

Get Creative

Allow your child to decorate their mask using crayons or markers.

If you are planning to make a DIY cloth mask, allow him/her to pick the fabric color or pattern.

Start with Familiar Clothing

Choose clothing that your child already wears and turn it into a mask.

Some ideas include: a scarf, balaclava or bandana.

Stuffed Animals & Dolls Need Masks Too

Put a mask on your child's favorite stuffed animal or doll as a reminder that we are all in this together!

FOR MORE INFORMATION VISIT BIASBEHAVIORAL.COM OR FOLLOW @BIASBEHAVIORAL ON SOCIAL MEDIA

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KIDS WEARING MASKS CLIPART BY: BUNNY ON A CLOUD



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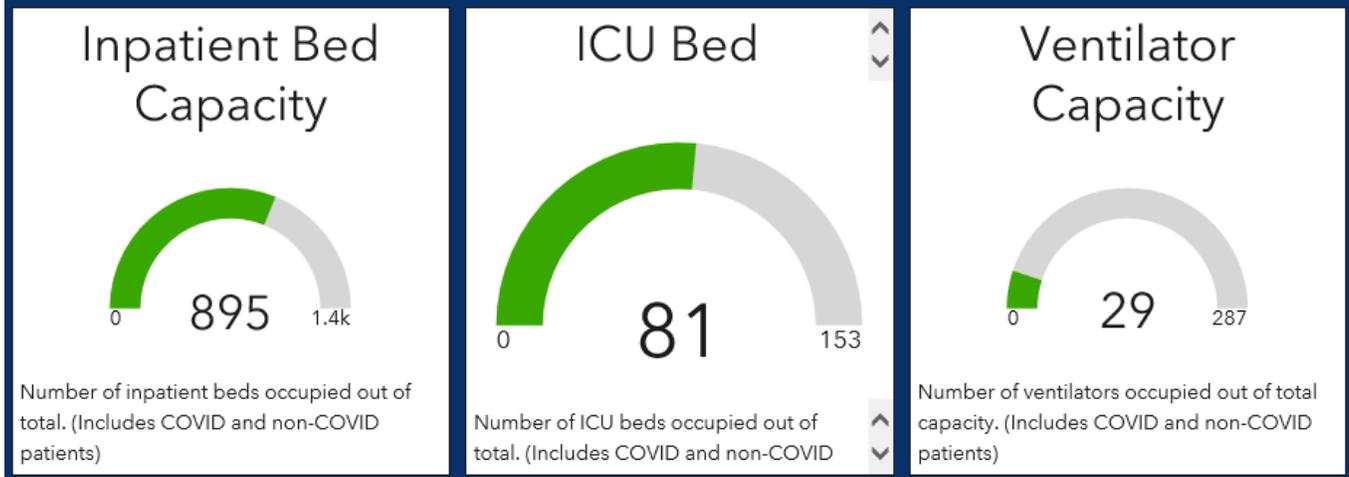
Date 08/05/2020

Chugachmiut

Alaska Resident Case Counts

New Resident Cases Yesterday 53 Updated Daily by Noon	Total Resident Cases 3,536 <small>Cumulative (includes recovered cases)</small>	Recovered Resident Cases 1,062 Statewide Total	Currently Hospitalized 32 Confirmed COVID Positive	Total Resident 25 Deaths Statewide
New Nonresident Cases Yesterday 14 Updated Daily by Noon	Total Nonresident Cases 752 <small>Cumulative (includes recovered cases)</small>	Recovered Nonresident Cases 176 Statewide Total	Total Hospitalizations 145 <small>Cumulative (does not reflect current stays)</small>	Total Nonresident 0 Deaths Statewide

General Acute Care and Critical Access Facilities Only?



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	3	29	29	0	0	100	112
Nanwalek	9	147	140	7	0	123	158
Port Graham	2	169	167	2	0	52	110
Seward	16	171	169	2	0	191	104
Tatitlek	1	50	50	0	0	95	95
TOTAL	31	566	555	11	0	561	579



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What's New?

Health Mandate 010: Interstate and International Travel: Health Mandate 010 gives clear requirements for all travelers arriving in Alaska from another state or country. These new requirements go into effect on Tuesday, August 11, 2020. For more details visit: <https://covid19.alaska.gov/travelers>

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 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.



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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!

August 12, 2:00pm "Parenting Hacks"

Hosted by: Kimber Geffe, Community Health Rep



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