



Health Services COVID-19 Situation Report

Date 10/23/2020

Dear Community Members,

For the third week in a row, more cases were reported in Alaskans this past week than any previous week ever reported. Hospitalizations hit record highs last week also. Alaska remains on high alert level as we continue to see acceleration in new cases.

The Alaska Department of Health & Social Services Weekly Case Analysis Report provided last night for the week of October 11-17 describes how COVID-19 is spreading in Alaska:

How COVID-19 spreads in Alaska

- Most new infections among Alaskans are from community spread, not from travel. **Most Alaskans get the virus from someone they work, socialize, or go to school with.**
- Many cases do not have a clear source, meaning that contact tracers have not been able to identify where the person got the virus. **This means that there are cases in our communities that we do not know about.**
- **Many Alaskans who are diagnosed with COVID-19 report that they went to social gatherings, community events, church services and other social venues while they were contagious but before they knew they had the virus.**
- The distribution of cases among people of different races and ethnicities has not changed significantly since last week.
- Contrary to what has been seen in recent weeks, with the proportion of cases previously increasing most rapidly in Alaskans aged 10-39, the proportion of cases in Alaskans aged 40-69 increased slightly this week compared to previous weeks, although there were still higher numbers of new cases seen in Alaskans aged 20-39 than any other groups. **This follows patterns seen in other states of increases in viral transmission occurring in younger age groups first, and then followed by increases in older age groups, after which typically an increase in hospitalizations and deaths is seen.**

Alaskans should wear masks, stay six feet from non-household members and avoid indoor gatherings.

Current Alaska Resident Case Counts

Explore the latest COVID-19 data for Alaska

New Resident Cases Yesterday 239 Updated Daily by Noon	Total Resident Cases 12,118 <small>Cumulative (includes recovered cases)</small>	Recovered Resident Cases 6,270 Statewide Total	Currently Hospitalized 59 <small>Confirmed COVID Positive</small>	Total Resident 68 Deaths Statewide
New Nonresident Cases Yesterday 3 Updated Daily by Noon	Total Nonresident Cases 1,043 <small>Cumulative (includes recovered cases)</small>	Recovered Nonresident Cases 645 Statewide Total	Total Hospitalizations 392 <small>Cumulative (does not reflect current stays)</small>	Total Nonresident 0 Deaths Statewide



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Appreciate those who have taken action and got a flu shot! The higher percentage of those who receive a flu shot will not only help to protect you and your loved ones, but also your entire community. The table below shows our progress we have made for full community protection against influenza. **Please take action now and get a flu shot, your life and the lives of others depend on it.**

Flu Vaccine Coverage Rates by Community	2020 Active Users	2019 Active Users	2020 Active Users Received Flu Vaccine	2019 Active Users Received Flu Vaccine	YTD Difference	2020 Flu Vaccine % Active Users	2019 Flu Vaccine % Active Users
Chenege	48	46	*12	14	-2	25%	30%
Nanwalek	282	278	123	84	39	44%	30%
Port Graham	167	173	36	36	0	22%	21%
Seward	690	710	103	211	-108	15%	30%
Tatitlek	88	91	44	47	-3	50%	52%
TOTAL FLU VACCINE	1275	1298	318	392	-74	25%	30%

Active Users: defined by Indian Health Services as active patients seen at local clinics during fiscal year 2019- 10/1/18 to 9/30/19 and 2020- 10/1/19 to 9/30/20

**We reported on 10/09/2020 that there were 13 Active Users at Chenege Clinic receiving the flu vaccine, but after further review one of the patient was a test patient so that patient was removed from the report.*

Chugachmiut COVID-19 Testing:

	Testing This Week	Testing YTD	Results Negative YTD	Pending Results YTD	Results Positive YTD	Testing Collection Kits to ANMC	Rapid Testing Kits
Chenege	14	75	75	0	0	223	49
Nanwalek	43	290	290	0	0	139	81
Port Graham	17	288	288	0	0	169	102
Seward	40	337	328	1	8	336	43
Tatitlek	6	77	77	0	0	208	106
TOTAL	120	1067	1058	1	8	1075	381

What's New?

COVID-19 Vaccine Planning- Both the IHS and State of Alaska submitted plans to the CDC in preparation for COVID-19 vaccine planning. As of today, a vaccine has not been approved yet by the FDA (the agency responsible for making sure vaccines are safe and effective), however some vaccines are in the final phase of testing. Local planning will be essential to effectively distribute the vaccine and we plan to start working with your tribal council in developing local vaccine distribution plans for your community.





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ANTHC COVID-19 Testing Site Relocated- As of October 15th, testing site has temporarily relocated to the Consortium Office Building at 4000 Ambassador Drive. This change is expected to last until plans are finalized for a winter testing site. Patients will now park, walk-in and wait inside for their nasal swab collection. Mask and physical distancing is being enforced.

Health Mandate 10: Interstate & International Travel - As of October 16th, updated travel mandates are in effect. This mandate addresses requirements regarding travel into Alaska. The changes keep protective protocols in place but are aimed at making rules simpler and easier to understand. Check out the following link to review the key changes: <http://www.dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/travel.aspx>

Local Clinic Service Updates:

- **Clinic Services:** **Please 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).
- **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. It is vitally important to get tested at the first sign of any symptoms. Testing is our best tool for understanding virus transmission and risk in your community and to empower individuals to prevent the spread of the virus to others.
- **Flu Vaccine:** All clinics have flu vaccine! Call clinic to make an appointment to get your flu shot (for those 6 months and older).
- **Dental Services:** We understand your dental health impacts your overall health. Dr. Murphy remains on-call for any dental emergencies. Dental and hygiene services will be provided in Nanwalek & Port Graham on the following dates:
 - Dr. Murphy & Angela McKinney- Port Graham- 11/8 to 11/14 (service dates)
 - Dr. Murphy & Angela McKinney- Nanwalek- 11/15 to 11/22 (service dates)
- **Step Challenge:** In recognition of Breast Cancer Awareness Month, the "Cruisin for a Cure" step challenge started October 19th and goes to November 17th with weekly prize drawings for participants. Today makes day 5 of the challenge and so far 49 participants have joined throughout Region.

Celebrating this week's Top 5 Steppers as the following:

1. McMammaJamma (**Charlemagne McMullen**) with 69,663 steps
2. kjt97 (**Kilann Tanape**) with 62,968 steps
3. michelle884 (**Michelle Moonin**) with 61,363 steps
4. Raen83 (**Nicole Norman**) with 58,188 steps
5. averageturtle (**Rick Yeaton**) with 56,059 steps

There is still time to join in on the FUN! 3 Easy Steps to Join!

1. Download the Movespring app or go to movespring.com to create an account
2. Enter Organizational Code: E5DGV5
3. Join group called: cruisin for a cure

If you have been diagnosed with diabetes and live in Seward, Port Graham, Nanwalek, Tatitlek or Chenege and are interested in joining this next step challenge, we have a FitBit for YOU! Contact your local clinic.



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- **MyHealth Enrollment:** Do you want immediate access to your medical record 24/7 to get 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.

Access your MyHealth portal on your smartphone or other mobile devices. In your app store search: HealthLife. The app gives you real-time and easy access to your MyHealth online portal.

Community & Family Services Division Updates:

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



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>

Halloween Tips: Traditional trick-or-treating with kids gathering on doorsteps isn’t recommended during the pandemic. Try some creative ways to celebrate the day. If your family chooses to trick-or-treat, we recommend these changes this year: Children should only trick-or-treat with family members, not with other friends or people outside their household. They should visit houses that are prepared to deliver treats only at a distance, not from the doorstep. Households in quarantine/isolation should not provide treats. All children and parents should wear face coverings (which can be easily decorated and a part of costumes).



Sincerely,

K. Baker

Kelley Baker, Health Services Division Director