



Health Services COVID-19 Situation Report

12/31/2020

Dear Community Members,

Happy New Year’s Eve, Chugach Region! We are starting to see a decline in virus spread in many regions of Alaska. However, we are still on high alert status with widespread community transmission occurring and hospitals across the state are carefully monitoring and balancing inpatient capacity rates.

You have the power to protect yourself, your family and community. The safest way to celebrate and protect yourself and others is at home with the people who live with you or virtually with friends and family. Gathering with family and friends who do not live with you can increase your chances of getting and spreading COVID-19. If you choose to host and/or attend an event for New Year’s or Russian Christmas with people outside your household, everyone can take steps to make it safer:

- Talk with guests ahead of time to set expectations for celebrating together.
- Limit the number of guests.
- Keep celebrations outside, if possible.
- If indoors, space people out in the home and try to make sure there is good ventilation (open windows & doors if able to) and set up window fan to blow air out and pull fresh air in.
- Clean & disinfect frequently touched surfaces and items between use.
- Wear a mask and have extra masks available in case someone shows up without one.
- Have hand sanitizer available and/or wash hands often.
- If guests use bathroom, remove toothbrushes off the top of sinks and secure them.
- Use disposable supplies as much as possible- plates, utensils, glasses, paper towels (place in bathroom to avoid using cloth hand towel) and napkins etc.
- No potlucks. CDC advises not to share food. Have everyone bring their own food or hosts provide the food (not advised) opposed to food coming from multiple homes.

In no way is Chugachmiut endorsing gatherings or events. Any gathering with non-household members, even with family or close friends, can increase the chances of spreading the virus to loved ones and contribute to another rise in cases.

Current Case Counts in Alaska

New Resident Cases Yesterday 367 Updated Daily by Noon	Total Resident Cases 45,461 <small>Cumulative (includes recovered cases)</small>	Currently Hospitalized 71 <small>Confirmed COVID Positive</small>	Total Resident 205 <small>Deaths Statewide</small>
New Nonresident Cases Yesterday 7 Updated Daily by Noon	Total Nonresident Cases 1,525 <small>Cumulative (includes recovered cases)</small>	Total Hospitalizations 1,023 <small>Cumulative (does not reflect current stays)</small>	Total Nonresident 1 <small>Deaths Statewide</small>



Chugachmiut

Chugachmiut COVID-19 Testing:

	Testing Past Two Weeks	Testing YTD	Negative Results	Positive Results	Pending Results	ANMC Test Collection Kits	ID Now Rapid Testing Kits	Binax Now Rapid Testing Kits
Chenege	10	114	114	0	0	223	91	33
Nanwalek	8	419	419	0	0	139	156	39
Port Graham	7	358	358	0	0	169	132	40
Seward	28	527	496	31	0	322	96	151
Tatitlek	4	109	109	0	0	311	93	37
Total	57	1527	1496	31	0	1164	568	300

What's New?

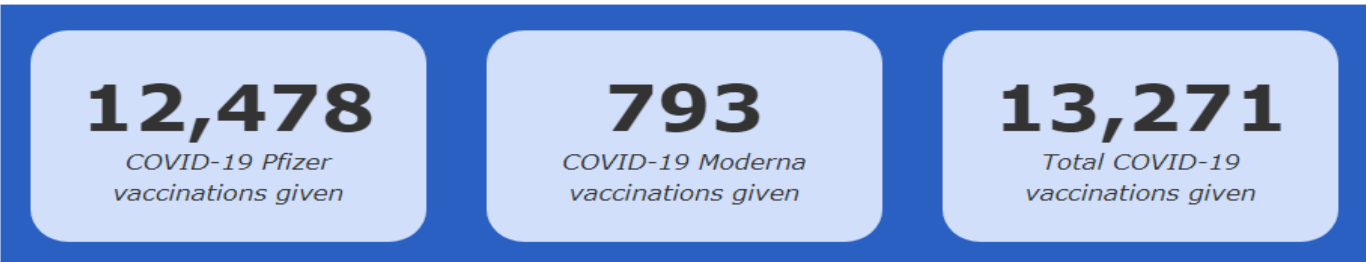
New Variant of COVID-19 Virus: A new variant of the virus causing COVID-19 has been reported in the UK. CDC is monitoring the new variant, which appears to spread faster but does not appear to cause more severe disease. As of 12/29/20, one case has been confirmed in the United States, in Colorado.

COVID-19 Vaccine: Vaccines will be offered to Alaskans in phases. As more vaccine becomes available, it will be offered to more groups of people over time.



COVID-19 vaccine dashboard

Administered and reported to Alaska's VacTrAK immunization information system as of 12/28:





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Chugachmiut

Local Clinic Service Updates:

- **Clinic Services:** Please **DO NOT** delay necessary medical care. Call the clinic to schedule an appointment (currently not accepting walk-ins). Upcoming holiday hours for clinics & pharmacy:
New Year’s Eve 12/31- Close at 3:00pm
New Year’s Day 1/1- Closed for holiday
Russian Christmas 1/6- Nanwalek Clinic will close at 12:00pm
Russian Christmas 1/7- Nanwalek Clinic Closed for Holiday
Clinic Staff will be on-call for emergencies during early closures & holidays.

- **Tatitlek Clinic Vaccines:** Due to unfortunate circumstances, we are unable to provide ANY vaccines at this time until further notice. We have a replacement refrigerator on order and it is expected to arrive in Anchorage on Monday, January 4th. We will ship refrigerator to village as soon as it arrives.

- **Dental Services:** Dr. Murphy remains on-call for any dental emergencies.

- **COVID-19 Testing:** Get tested at the first sign of any symptoms and after traveling. Testing is our best tool for understanding virus transmission and risk in your community.

- **Flu Vaccine: It’s not too late to get a flu shot!** The higher percentage of those who receive a flu shot will provide better protection and help to prevent hospitalizations. Chugachmiut & Chugach Alaska Corporation teamed up to offer weekly and monthly prizes to encourage YOU to get your flu shot. Check out Facebook! Goal is to reach at least 60%!

The table below shows community progress towards protection against flu:

Flu Vaccine Coverage Rates by Community	2020 Active Users	2020 Active Users Received Flu Vaccine	2020 Flu Vaccine % Active Users
Chenege	48	26	54%
Nanwalek	282	134	48%
Port Graham	167	51	31%
Seward	690	199	29%
Tatitlek	88	51	58%
TOTAL FLU VACCINE	1275	461	36%

- **COVID-19 Vaccine:** We received both Pfizer & Moderna vaccine last week and have started to administer the first doses in some locations. **If you would like to get the vaccine, call clinic to be added to the list.** Details and plan as follows:
 - Chenege (Pfizer Vaccine): planned for the week of 1/11/2021
 - Nanwalek (Moderna Vaccine): 12/31 & week of 01/11/2021
 - Port Graham (Moderna Vaccine): 12/29, 12/30 & 12/31
 - Seward (Pfizer Vaccine): 12/23, 12/24, 12/30 & 12/31
 - Tatitlek (Pfizer Vaccine): planned for the week of 1/11/2021

If you are wondering why the different vaccine manufacturers were chosen for each, it's simply due to logistics (ability to get vaccine to locations within allotted temperature ranges, ability to administer vaccine within 6 hour time frame after first dose is drawn from vial and ability to use entire vial to minimize waste of vaccine). Coordination of administration of the vaccine is key so no vaccine goes to waste. **Keep in mind those who plan to get the COVID-19 vaccine cannot have had another vaccine administered 14 days prior or after receiving COVID-19 vaccine.**

	Pfizer Vaccine	Moderna Vaccine
Effectiveness	95%	94.10%
Age range	16 and older	18 and older
# of doses in each vial	5	10
# of doses	2	2
2nd dose due	21 days after initial dose	28 days after initial dose
Pregnant & lactating women	Contact healthcare provider to discuss	Contact healthcare provider to discuss
Most common side effects reported	pain, swelling, redness at injection site, tiredness, headache, muscle pain, chills, joint pain, fever, nausea, swollen lymph nodes	pain, swelling, redness at injection site, tiredness, headache, muscle pain, joint pain, chills, fever, nausea/vomiting



Fran Norman, Chugachmiut Board of Directors Chair receives initial dose of COVID-19 vaccine.



Dannielle Malchoff, Community Health Aide Trainee receives initial dose of COVID-19 vaccine.



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12/31/2020

COVID-19 Informational Meeting: Hosted on December 30th to provide information to help people make a well informed decision about getting the COVID-19 vaccine. 53 participants joined in from across the Region and asked a lot of great questions! Due to popular demand, we will set up another informational session in the near future.

- **Universal Masking:** It is our collective responsibility to exemplify and uphold a culture of health and safety. Chugachmiut has a universal masking requirement for 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.
- **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.

Community & Family Services Division Updates:

- **Winter “Laugh and Learn” Series:** Temporarily on hold due to Christmas & New Year holidays. Will start up again next week!
- **Llangarwik Recovery Camp:** Our mission is to empower individuals and families to live sober healthy lives, prepare them to be powerful, influential teachers and healers within their own communities. Llangarlik is a unique alternative to residential alcohol/drug treatment for Alaska Natives and our approach is holistic, natural and traditional.

Dates: January 25th to February 7th, 2021 (offered virtually through Zoom)

Monday-Friday 1:00pm to 5:00pm & Saturday-Sunday 2:00pm to 6:00pm

For more information call 334-4155 or email eydief@chugachmiut.org



Happy New Year!

K. Baker

Kelley Baker, Health Services Division Director