



Health Services COVID-19 Situation Report

02/08/2021

Dear Community Members,

First thank you for everything you do to protect yourself and others from getting COVID-19. Making sure you get vaccinated can help save your life and protect the lives of others. 52% of the people living within our Region are high risk with underlying medical conditions that if infected, could suffer from severe illness and potentially death. We care about you and your health. Getting vaccinated is an important step to prevent getting sick with COVID-19 disease. Based on what we currently know, there are 3 benefits (per CDC) of getting the vaccine:

1. COVID-19 vaccination will help keep you from getting COVID-19
2. COVID-19 vaccination is a safer way to help build protection
3. COVID-19 vaccination will be an important tool to help stop the pandemic

When the state of Alaska received our first shipment of vaccine, just 7 days later your healthcare team was set up and ready to go and started administering vaccines to elders and those most vulnerable. As of today 70.54% of elders age 65 and over within our Region has been vaccinated. **It's important that we work together to protect elders - 70% of deaths from COVID-19 have been Alaskans over age 65.** The table below reflects Region vaccination rates as of today:

Region Vaccination Rates	
Total Population Vaccinated:	285
Total Population:	1104
Percent Vaccinated	25.82%
Population >16 Vaccinated	285
Total Population >16	803
Percent >16 Vaccinated	35.49%
Population >65 Vaccinated	79
Total Population >65	112
Percent >65 Vaccinated	70.54%

Alaska continues to monitor for new variants of concern. One travel-related case of the B.1.1.7 variant, which was first identified in the UK in December and is thought to be more transmissible than other strains, has been found in Alaska. Currently, there is no evidence that these variants cause more severe illness or increased risk of death. However, an increase in the number of cases will put more strain on health care resources, lead to more hospitalizations, and potentially more deaths.

What can you do to protect yourself? Wearing well-fitting masks, distancing, vaccinating, avoiding gatherings, following all travel requirements, and other mitigation measures are our best tools to decrease the chance of the new variant spreading in Alaska.





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Current Case Counts in Alaska

Latest update from the Alaska Coronavirus Response Hub

<p>New Resident Cases Yesterday</p> <p>163</p> <p>Updated Daily by Noon</p>	<p>Total Resident Cases</p> <p>53,279</p> <p>Cumulative (includes recovered cases)</p>	<p>Currently Hospitalized</p> <p>41</p> <p>Confirmed COVID Positive</p>	<p>Total Resident</p> <p>277</p> <p>Deaths Statewide</p>
<p>New Nonresident Cases Yesterday</p> <p>87</p> <p>Updated Daily by Noon</p>	<p>Total Nonresident Cases</p> <p>1,980</p> <p>Cumulative (includes recovered cases)</p>	<p>Total Hospitalizations</p> <p>1,219</p> <p>Cumulative (does not reflect current stays)</p>	<p>Total Nonresident</p> <p>2</p> <p>Deaths Statewide</p>

Chugachmiut COVID-19 Testing:

	Testing Past 3 Weeks	Testing YTD	Negative Results	Positive Results	Pending Results	ID Now Rapid Testing Kits	Testing Collection Kits to ANMC	Binax Now Rapid Testing Kits
Chenege	15	135	135	0	0	62	223	22
Nanwalek	31	463	463	0	0	146	139	39
Port Graham	19	386	386	0	0	104	169	40
Seward	35	597	566	31	0	68	319	150
Tatitlek	11	121	121	0	0	46	155	37
Total	111	1702	1671	31	0	426	1005	288

What's New?

Alaska Epidemiology Bulletin COVID-19: Released January 29th, updated Alaska's COVID-19 related deaths from 1/1/20 to 12/31/20 (<http://dhss.alaska.gov/dph/Epi>). This information is provided to help guide Alaska's ongoing COVID-19 response efforts. Data points you should be aware of:

- 95% of the people who died had at least one underlying health condition such as cancer, current or past smoking, diabetes, obesity, chronic kidney disease, chronic heart disease and others
- 67% COVID-19 related deaths were male
- Mortality rates per 100,000 population increased in all regions but most in rural areas
- Alaska Native and American Indians made up about 37% of the total deaths reported

Center for Disease Control (CDC) Mask Requirement Order: Effective February 1st the new CDC order requires face masks be worn by all travelers while awaiting, boarding, disembarking, or traveling on airplanes, ships, ferries, trains, subways, buses, taxis, and ride-shares. This applies to travel into, within, or out of the United States and U.S. territories. People must wear masks while at transportation hubs (e.g., airports, bus, or ferry terminals, train and subway stations, seaports) and other locations where people board public transportation in the United States and U.S. territories.



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Why is CDC making this a requirement now? Scientific evidence shows that consistent and universal use of masks on public transportation hubs will protect Americans and help to reduce the spread of COVID-19. Learn more: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/face-masks-public-transportation.html>



Alaska DHSS COVID-19 Data Hub: Effective February 1st a new and improved layout of the Alaska Coronavirus Response Data hub went live. The data hub will also move to updating on a Monday-Friday schedule, with no updates made on the weekends or state holidays. You can access the new data hub via a short URL data.coronavirus.alaska.gov.

Alaska DHSS Pay it Forward February-Spread Kindness Not COVID-19: February 12th to February 19th. Alaskans know that it's easier to make it through winter when we help each other. This February, we encourage Alaskans to Pay It Forward by doing an act of kindness for someone in their community. Big or small, reaching out to an individual or participating in a community-wide effort, we can all contribute to a kinder Alaska. When we act together, the kindness spreads. A special bonus: helping others is good for your own health as well! During the week, identify an opportunity to Pay It Forward that makes the most sense to you. You can't go wrong with kindness. Involve your friends and loved ones! Post your Pay It Forward action on social media using the hashtag [#WithYouAlaska](https://twitter.com/WithYouAlaska). Tag two friends. Challenge them to Pay It Forward and to pass it on. The more people that participate, the kinder we can make Alaska.

Alaska COVID-19 Vaccine Dashboard Summary as of 2/05/2021:



Vaccine Dashboard Summary

State Allocated Vaccines 119,100	Persons Vaccinated 101,631	Vaccination Series Complete 37,520
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Local Clinic Service Updates:

- **Clinic Services:** Currently not accepting walk-ins. Call clinics for an appointment. **Please DO NOT delay your medical care.** Upcoming holiday hours for clinics & pharmacy:
Presidents' Day Early Closure 2/12- Close at 3:30pm
Presidents' Day 2/15- Closed for holiday
Clinic Staff will be on-call for emergencies during early closures & holidays.
- **Dental Services:** Dr. Murphy remains on-call for any dental emergencies. Angela McKinney, Dental Hygienist is available to provide you with your dental hygiene service needs. Contact your local clinic for an appointment. Schedule availability as follows:
Nanwalek- 02/01/21 to 02/10/21
Tatitlek- 02/12/21 to 02/18/21
- **COVID-19 Testing:** We have an adequate amount of testing supplies. Please get tested at the first sign of any symptoms and after traveling. Testing works best when obtained as soon as symptoms start and is our best tool to identify if you have COVID-19 so immediate precautions can be taken to minimize the risk of spreading the virus to others.
- **Heart Smart Step Challenge:** In recognition of American Heart Month, we are back at it again with a new step challenge. Started February 1st and goes to February 28th. You can join a team and compete in fun challenges against others, set new goals for yourself, watch your progress over time and even share pictures and/or post encouraging comments in the chat box to help keep us all motivated. As of today, 40 participants have signed up. We are just getting started and invite YOU to join in on the fun! All active participants will be eligible to win a weekly prize too!

How to sign up

1. Download the [MoveSpring](#) app or go to movespring.com to create an account.
2. Enter Organization Code: **M7NRPX**
3. Join group called: **Heart Smart**



- **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.
- **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



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get your flu shot. Prize campaign ends this month! Check out Chugach Alaska’s Facebook page to be eligible for prize drawing! **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	135	48%
Port Graham	167	51	31%
Seward	690	201	29%
Tatitlek	88	51	58%
TOTAL FLU VACCINE	1275	464	36%

- **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.
- **COVID-19 Vaccine:** We now have hosted several vaccine clinics throughout the Region. Encouraging ALL to call your local clinic to schedule an appointment to get your COVID-19 vaccine.



All Chugachmiut clinics will be performing periodic vaccine clinics. If you are interested in receiving the COVID-19 vaccine please contact your local clinic.



- Seward - (907) 224-3490
- Chenege - (907) 573-5129
- Nanwalek - (907) 281-2250
- Port Graham - (907) 284-2241
- Tatitlek - (907) 325-2235





Anesia Metcalf, 1st to get vaccinated in Port Graham and one of the oldest elders.



Melody Wallace, Chugachmiut Practice Manager building up her immunity with vaccination.



Cathy White from Seward happy to receive her vaccine!



Chief Patrick Norman from Port Graham receives his vaccine.



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Chugachmiut COVID-19 Vaccine Dashboard:

Region Vaccination Series Complete = 135

Chenege Vaccination Rates		Nanwalek Vaccination Rates		Port Graham Vaccination Rates	
Total Population Vaccinated:	23	Total Population Vaccinated:	63	Total Population Vaccinated:	50
Total Population:	46	Total Population:	258	Total Population:	150
Percent Vaccinated	50.00%	Percent Vaccinated	24.42%	Percent Vaccinated	33.33%
Population >16 Vaccinated	23	Population >16 Vaccinated	63	Population >16 Vaccinated	50
Total Population >16	42	Total Population >16	165	Total Population >16	107
Percent >16 Vaccinated	54.76%	Percent >16 Vaccinated	38.18%	Percent >16 Vaccinated	46.73%
Population >65 Vaccinated	5	Population >65 Vaccinated	8	Population >65 Vaccinated	14
Total Population >65	8	Total Population >65	11	Total Population >65	17
Percent >65 Vaccinated	62.50%	Percent >65 Vaccinated	72.73%	Percent >65 Vaccinated	82.35%

Tatitlek Vaccination Rates		Seward Vaccination Rates		Region Vaccination Rates	
Total Population Vaccinated:	31	Total Population Vaccinated:	118	Total Population Vaccinated:	285
Total Population:	67	Total Population:	583	Total Population:	1104
Percent Vaccinated	46.27%	Percent Vaccinated	20.24%	Percent Vaccinated	25.82%
Population >16 Vaccinated	31	Population >16 Vaccinated	118	Population >16 Vaccinated	285
Total Population >16	52	Total Population >16	437	Total Population >16	803
Percent >16 Vaccinated	59.62%	Percent >16 Vaccinated	27.00%	Percent >16 Vaccinated	35.49%
Population >65 Vaccinated	9	Population >65 Vaccinated	43	Population >65 Vaccinated	79
Total Population >65	10	Total Population >65	66	Total Population >65	112
Percent >65 Vaccinated	90.00%	Percent >65 Vaccinated	65.15%	Percent >65 Vaccinated	70.54%

V-safe is a new after vaccination health tracker that allows people who receive a COVID-19 vaccine to quickly and directly tell CDC how they feel after vaccination. This smartphone-based tool uses text messaging and web surveys to provide you with personalized health check-ins and remind you when it is time for your 2nd dose of vaccine.

Through v-safe, you can quickly tell CDC if you have any side effects after getting the COVID-19 vaccine. Depending on your answers, someone from CDC may call to check on you and get more information.

Your participation in CDC’s v-safe makes a difference — it helps keep COVID-19 vaccines safe. Learn more about this new tool, how it works and how you can register: <http://www.cdc.gov/.../2019-ncov/vaccines/safety/vsafe.html>





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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!



Additional informational resources:

- The [State of Alaska COVID-19 vaccine status](#) update page
- The [State of Alaska COVID-19 information page](#) provides more information about the virus and how individuals and businesses can protect themselves and others from transmission
- For the [most up-to-date case information](#), see the Alaska Coronavirus Response Hub dashboard: (note: some data may change as more information comes to light through contact tracing and other public health work).

Thank you again for all you are doing to stay safe and healthy.

Sincerely,

K. Baker

Kelley Baker, Health Services Division Director