



Health Services COVID-19 Situation Report

03/05/2021

Dear Community Members,

Alaska is leading all other states in the percent of the population that has received the COVID-19 vaccine. Case rates have seen sharp declines in communities and areas where many Alaskans have been vaccinated, such as in the Yukon-Kuskokwim region. The speed of this decline is most likely due to a high rate of vaccination. Case rates in other regions are expected to decline as communities receive more vaccines to distribute and more Alaskans choose to get vaccinated.

Getting the COVID-19 vaccination is a safer way to build protection than getting sick with COVID-19. All three coronavirus shots offer protection at preventing hospitalization and death in people who did get sick.

Why is herd immunity important?

Herd immunity occurs when a large portion of a community (the herd) becomes immune to a disease, making the spread of disease from person to person unlikely. As a result, the whole community becomes protected- not just those who are immune.

What percentage of a community needs to be immune to achieve herd immunity?

It varies from disease to disease. The more contagious a disease is, the greater the portion of the population that needs to be immune to the disease to stop its spread. For example, the measles is a highly contagious illness and it's estimated that 94% of the population must be immune to interrupt the chain of transmission. Experts don't know yet what percentage of people would need to get vaccinated to achieve herd immunity for COVID-19. CDC and other experts are studying herd immunity and will provide more information as it is available.

Have we achieved herd immunity for other infectious diseases?

Yes. Using the concept of herd immunity, vaccines have successfully controlled deadly contagious diseases such as smallpox, polio, diphtheria, rubella and many others.

Region Vaccination Rates	
Total Population Vaccinated:	371
Total Population:	1104
Percent Vaccinated	33.61%
Population >16 Vaccinated	371
Total Population >16	800
Percent >16 Vaccinated	46.38%
Population >65 Vaccinated	84
Total Population >65	110
Percent >65 Vaccinated	76.36%





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Current Case Counts in Alaska

New Resident Cases Yesterday 138 Updated Daily by Noon	Total Resident Cases 56,886 Cumulative (includes recovered cases)	Currently Hospitalized 28 Confirmed COVID Positive	Total Resident 301 Deaths Statewide
New Nonresident Cases Yesterday 11 Updated Daily by Noon	Total Nonresident Cases 2,446 Cumulative (includes recovered cases)	Total Hospitalizations 1,293 Cumulative (does not reflect current stays)	Total Nonresident 4 Deaths Statewide

Chugachmiut COVID-19 Testing:

	COVID-19 Testing February	COVID-19 Testing YTD	COVID-19 Results Negative YTD	COVID-19 Results Positive YTD	ANMC Pending Results	ID NOW Rapid Testing Kits available	ANMC Test Collection Kits available	Binax Now Rapid Testing Kits available
Chenege	5	141	141	0	0	66	223	21
Nanwalek	55	511	511	0	0	69	139	39
Port Graham	39	420	420	0	0	70	169	0
Seward	54	639	608	31	0	48	318	0
Tatitlek	7	127	127	0	0	36	251	0
Total	160	1838	1807	31	0	289	1100	60

What's New?

State of Alaska's Declaration of Public Health Disaster Emergency: As of February 14th, the State of Alaska's Declaration of Public Health Disaster Emergency (DD), which was in place to manage its response to COVID-19, expired. While certain authorities under the DD have expired, the Department of Health and Social Services (DHSS) is making every effort to minimize potential disruption to interactions between Alaskans and DHSS as we transition out of the DD.

New COVID-19 Vaccine Approved for Emergency Use: The FDA authorized the Johnson & Johnson/Janssen vaccine on February 27th. This is a one-shot COVID-19 vaccine that can be stored at refrigerated temperatures and is based on the adenovirus-vectored technology used in the company's other vaccines. This vaccine was 66.3% effective in clinical trials. Clinical trials in tens of thousands of people around the world showed high efficacy even against new viral variants, meaning that the vaccine successfully prevents severe disease, hospitalization, and death. There were no serious safety concerns; expected side effects are similar to mRNA vaccines (Pfizer & Moderna). Distribution of this vaccine is expected to begin as early as next week.



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Southcentral Foundation’s Anchorage Vaccine Clinic: SCF has expanded eligibility to all K-12 educators, childcare workers, and Alaskans 40 years and older, as supply allows. Vaccine appointments can be scheduled via the following link: <http://vax.nuka.com>

Alaska Expands COVID-19 Vaccine Eligibility: Effective March 3rd those 55 and older and people 16 and older who meet certain criteria can get vaccinated with state-allocated vaccine. Criteria includes being considered an essential worker, living in a multigenerational household (e.g. grandchild living with an elder), being at or at possible high risk for severe illness from COVID-19 or living in communities lacking water and sewer systems.

Alaska COVID-19 Vaccine Dashboard Summary as of 3/05/2021:



Vaccine Dashboard Summary		
State Allocated Vaccines 288,000	Persons Vaccinated 163,150	Vaccination Series Complete 111,990

Local Clinic Service Updates:

- Clinic Services:** Currently not accepting walk-ins. Call clinics for an appointment. **Please DO NOT delay your medical care.** Many people have delayed care, now is the time to make sure you and your family are caught up to stay well. Make an appointment for any missed childhood vaccines, health screenings and physicals. Upcoming holiday hours for clinics & pharmacy:
Chenege Day Early Closure 3/25- Close early at 3:00pm
Chenege Day 3/26- Closed for holiday
Seward Day 3/29- 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. We are working with SCF to resume village dental visits and will have a schedule soon. The next scheduled dental services dates provided by Dr. Murphy are the following:
Port Graham- March 22nd to March 29th
Nanwalek- March 29th to April 5th



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- **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 were back at it again with a new step challenge. Started February 1st and ended February 28th. 42 participants signed up ending with 7,903,731 total steps, 33,352 active minutes and a total distance of 3,464.31 miles!

Joe Nyholm, Registered Dietitian and Gala Davis, Health Coach posted heart smart articles throughout the month and a daily workout with weekly drawings for a \$30 gift card.

1st place goes to the Right Ventricle Team! With an average of 7,722 daily steps and a total of 1,945,993 total steps, CONGRATULATIONS TO THE TEAM!

Tyler Zacher, Greta Piro, Jaylon Lacy, Jessica Smirnoff, Robert Lacy, Gail Evanoff, Haley Boor, Jonathan Gage and Gala Davis.

Way to go Robert Lacy with an average of 18,570 daily steps!

2nd place Aortic Valve- With an average of 7,107 daily steps and a total of 1, 989,972 total steps.

Way to go Sherry Glahn with an average of 10,322 daily steps!

3rd place Aorta Team- With an average of 6,412 daily steps and a total of 2,154,547 steps.

Way to go Dale Brewster with an average of 14,651 daily steps!

4th place Left Ventricle Team- With an average of 6,411 is pretty much a tie with Aorta. Total steps: 1,794,912

Way to go Quanah Brewster for an average of 12,978 daily steps!

- **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. **Goal is to reach at least 60%!** The table below shows community progress towards protection against flu:

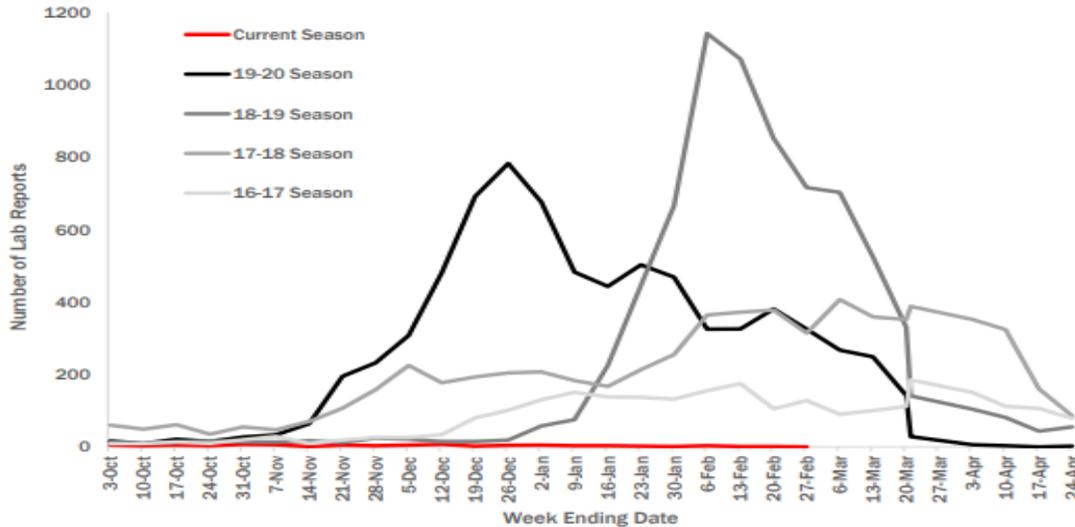
Flu Vaccine Coverage Rates by Community	2020 Active Users	2020 Active Users Received Flu Vaccine	2020 Flu Vaccine % Active Users
Chenege	48	26	54%
Nanwalek	282	135	48%
Port Graham	167	51	31%
Seward	690	201	29%
Tatitlek	88	51	58%
TOTAL FLU VACCINE	1275	464	36%



State of Alaska 2020-2021 Flu Snapshot Report as of 2/20/21:

Figure One: Comparison with previous seasons

The **2020-2021 Flu Season** has begun; although so far, there have been very few cases of influenza, less than 100 have been reported so far this season. This does not mean that influenza is not out there in the community, it just means that there is less testing and better respiratory spread prevention being done.



- **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 have hosted several vaccine clinics throughout the Region. We also have hosted vaccine clinics for the staff at Alaska Air Transit, North Pacific Rim Housing, Smokey Bay and Kay Bay Air. **Encouraging ALL to call your local clinic to schedule an appointment to get your COVID-19 vaccine!**

Chugachmiut COVID-19 Vaccine Dashboard:

Region Vaccination Series Complete = 268

Chenequa Vaccination Rates		Nanwalek Vaccination Rates		Port Graham Vaccination Rates	
Total Population Vaccinated:	22	Total Population Vaccinated:	84	Total Population Vaccinated:	71
Total Population:	46	Total Population:	258	Total Population:	150
Percent Vaccinated	47.83%	Percent Vaccinated	32.56%	Percent Vaccinated	47.33%
Population >16 Vaccinated	22	Population >16 Vaccinated	84	Population >16 Vaccinated	71
Total Population >16	38	Total Population >16	164	Total Population >16	105
Percent >16 Vaccinated	57.89%	Percent >16 Vaccinated	51.22%	Percent >16 Vaccinated	67.62%
Population >65 Vaccinated	4	Population >65 Vaccinated	8	Population >65 Vaccinated	16
Total Population >65	5	Total Population >65	11	Total Population >65	17
Percent >65 Vaccinated	80.00%	Percent >65 Vaccinated	72.73%	Percent >65 Vaccinated	94.12%



Tatitlek Vaccination Rates		Seward Vaccination Rates		Region Vaccination Rates	
Total Population Vaccinated:	42	Total Population Vaccinated:	152	Total Population Vaccinated:	371
Total Population:	67	Total Population:	583	Total Population:	1104
Percent Vaccinated	62.69%	Percent Vaccinated	26.07%	Percent Vaccinated	33.61%
Population >16 Vaccinated	42	Population >16 Vaccinated	152	Population >16 Vaccinated	371
Total Population >16	52	Total Population >16	441	Total Population >16	800
Percent >16 Vaccinated	80.77%	Percent >16 Vaccinated	34.47%	Percent >16 Vaccinated	46.38%
Population >65 Vaccinated	10	Population >65 Vaccinated	46	Population >65 Vaccinated	84
Total Population >65	10	Total Population >65	67	Total Population >65	110
Percent >65 Vaccinated	100.00%	Percent >65 Vaccinated	68.66%	Percent >65 Vaccinated	76.36%

Common COVID-19 Vaccine Questions

If a person is vaccinated against COVID-19, will they be able to spread the virus to people?

The COVID-19 vaccine offers protection against COVID-19. Since the vaccines do not contain a live virus you CAN NOT get COVID-19 from the vaccines, but you might still get infected with COVID-19 from an infected person and spread the virus to other people. We do not yet know for sure if these vaccines prevent infection or if they only prevent disease. We do know that if you do get COVID-19 you will not get as sick and have less risk of hospitalization or bad outcomes.

- Disease means people experience symptoms of illness.
- Infection means that a virus can infect a person’s cells and reproduce, but the person may or may not have symptoms or be contagious.

If the COVID-19 vaccines only prevent disease, a person could be infected following an exposure and potentially spread the virus. Additional studies are underway to determine whether the vaccines prevent infection as well as disease. However, given the uncertainty, vaccinated people will need to use masks and practice social distancing measures for some time.

How quickly is the vaccine effective after the second dose?

After you get the vaccine, it will take time for your body to build an immune response to keep you safe and protected. Most people will be protected around two weeks after their second dose.

How long will vaccine immunity last?

Since the first vaccines were given in clinical trials that started in July 2020 and approved based on data generated through early December 2020, we know that immunity is likely to last for a few months. However, these people are continuing to be monitored, so that over time, scientists will learn more about the durability of immune responses to vaccination. Time will tell, and if the virus changes in a way that evades immunity generated by vaccination, that would also affect the duration of protection.

Community & Family Services Division Updates:

- **March is recognized as Sobriety Awareness Month:** Sobriety Awareness Month seeks to celebrate people living sober lifestyles and break down the stigma around sobriety, for those in addiction recovery and for those who choose not to use drugs or alcohol. This tradition began with the Alaska





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Native Sobriety Movement, which was created in 1989 by the Alaska Federation of Natives and three years ago, Alaska made it official by signing the tradition into law.

- **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).

Stay safe and healthy.

Sincerely,

K. Baker

Kelley Baker, Health Services Division Director

