



Dear Community Members,

Our goal throughout the pandemic has been to provide you with the information needed to stay safe and healthy. We are here for you and your family. When we encourage you to get the COVID-19 vaccine, it is because we have reviewed the science and we believe these vaccines are the best and safest way to protect you, your family and community.

Since January 1, 2021, 97% of all COVID-19 hospitalizations in Alaska have been among people who were unvaccinated. This week’s variant sequencing report provided by Alaska Health & Social Services shows 585 identified variants of concern/interest. Some variants spread more easily and cause more illness and death. **Take actions to protect yourself- Get vaccinated, wear a mask, stay at least 6 feet from others, avoid crowds & poorly ventilated spaces and wash your hands often.**

Current Case Counts in Alaska

Data Dashboard Daily Summary

New Resident Cases Yesterday 48 Updated Daily by Noon	Total Resident Cases 68,478 <small>Cumulative (includes recovered cases)</small>	Currently Hospitalized 19 <small>Confirmed COVID Positive</small>	Total Resident 370 <small>Deaths Statewide</small>
New Nonresident Cases Yesterday 2 Updated Daily by Noon	Total Nonresident Cases 2,906 <small>Cumulative (includes recovered cases)</small>	Total Hospitalizations 1,670 <small>Cumulative (does not reflect current stays)</small>	Total Nonresident 7 <small>Deaths Statewide</small>

What’s New?

Pfizer & Moderna COVID-19 Vaccines: On June 25th the FDA revised the patient and provider fact sheets. For each vaccine, the fact sheets were revised to include a warning about myocarditis and pericarditis after the second dose and with the onset of symptoms within a few days after receiving the shot. These reports are rare, given the hundreds of millions of vaccine doses administered. The CDC continues to recommend COVID-19 vaccination for everyone 12 years of age and older, given the risk of COVID-19 illness and related, possibly severe complications.

Lodging Limited in Anchorage for Medical Appointments: Community Members with Medicaid coverage, who are traveling to Anchorage, must arrange housing before arriving in the city. Several factors, including increased tourism and COVID-related hotel closures, dramatically reduced the number of hotels that accept Medicaid vouchers. This has made it harder for patients to secure lodging. This summer only two hotels are booking Medicaid patients.

ANMC Patient Housing is available only to patients at ANMC or direct referrals from ANMC. Eligible patients must secure reservations in advance, as ANMC housing is typically full and patients without a reservation will be turned away.



We make every effort to support patients in arranging lodging in Anchorage for medical travel. Local clinics can provide an up-to-date list of the Medicaid hotels. However, per Medicaid, it is the patient's responsibility to set up lodging prior to traveling. Make your trip to Anchorage easier by getting your overnight lodging set up before you arrive!

ANMC & ANTHC Mask Mandate: While the Municipality of Anchorage has removed its mask mandate, ANTHC & ANMC has not changed their Universal Masking Policy. Masks are required for all entering their buildings and property.

Center for Disease Control (CDC) & World Health Organization (WHO) Conflicting Recommendations: The CDC does not recommend those who have been fully vaccinated to wear face masks. The WHO recommends all to wear face masks regardless of vaccination status. With the widespread of variants among us, known to be highly infectious and causing severe disease and death, along with a COVID-19 vaccine not available for those 11 years and younger, Chugachmiut Health Services recommends wearing a face mask regardless of vaccination status.

Women, Infants and Children (WIC) Program Increases Benefits: Benefits are increasing to \$35 for those enrolled in Alaska's WIC program between June through September to buy fresh, frozen, or canned fruits and vegetables. If you're not currently in the WIC program but think you might be eligible, we encourage you to check it out. Enrolling has never been easier. Some application requirements have been waived. Families no longer need to come into the WIC office in person to apply. Applying and enrolling can now be done over the phone. No matter where you live in Alaska, WIC can come to you. Even in areas with low access to grocery stores, WIC participants can go online or place an order over the phone and have foods mailed directly to them. While the DHSS website remains down, WIC is best reached by telephone at 907-465-3100.

SCF Anchorage Optometry: Anchorage Optometry is beginning to accept walk-in appointments once again. Optometry services include comprehensive examinations, contact lens fitting, eye disease management, special testing, surgical referrals, and a full-service optical store that provides eyeglasses, eyeglass repairs, and contact lenses. For questions or comments call optometry in Anchorage at (907) 729-8500. Note- travel to Anchorage for non-emergent optometry services is not covered by Medicaid or PRC funds (simply providing update for those traveling to Anchorage).

Local Clinic Service Updates

- **Clinic Services:** Currently not accepting walk-ins. Call clinics for an appointment. **Please DO NOT DELAY YOUR MEDICAL CARE. Prevention and early detection can catch small problems before they become big problems.** Please make sure you and your family is caught up on general health recommendations to stay well.
- **Dental Services:** Dr. Murphy remains on-call for any dental emergencies. Dr. Owens (dentist) started with us in June to provide village dental services.
Nanwalek Dental Service Dates: July 12th to July 16th
Seward Dental Service Dates: July 19th to July 23rd
- **Optometry Services:** SCF has resumed optometry services for Region as follows:
Port Graham- December 6th to December 10th

Health Services COVID-19 Situation Report

07/06/2021



Chugachmiut

- Pharmacy Services:** Please be sure to call your pharmacy and/or clinic for refills at least 1 week before your supply runs out to avoid an emergency situation.
 Seward Clinic Pharmacy will be closed July 13th, 15th & July 19th to July 30th
- Diabetes Prevention & Control Program:** Team is able to assist in testing for prediabetes or diabetes, as well as provide information and support on diabetes (which includes prediabetes, diabetes type I and 2, and gestational). Diabetes education is available as well. We offer diabetes medication education, diabetes self-management and education support, medical nutrition therapy and exercise education. **For convenience, telehealth appointments are available.**
- Burning The Midnight Sun Fitness Challenge:** June 7th to July 5th. 35 participants across the Region signed up for this challenge.
 Top 3 Challenge Steppers:
 - 1) **Sherry Glahan** with 16,659 average steps per day
 - 2) **Cyrena Joseph** with 13,264 average steps per day
 - 3) **Melissa Hetrick** with 12,666 average steps per day

A few participants shared how this step challenge has helped. **Sherry Glahan-** *I quit smoking over a year ago and started walking this last February. It's been a challenge with having COPD and RA. I want to get in shape and stay in shape. Who knows I may be able to run soon! The group challenges motivate me to Keep On Truckin!* **Kilann Tanape-** *This is a good challenge! Keeps us moving. Also seeing everyone's post of what they are doing is great to see! It helps me get my running steps in and steps!*

Next Step Challenge is planned for August! Details will be provided soon! Everyone is invited to join in on the fun!

- COVID-19 Testing:** We have an adequate amount of testing supplies. **CDC recommends that anyone with any signs or symptoms of COVID-19 get tested, regardless of vaccination status or prior infection.**

	COVID-19 Testing June	COVID-19 Testing YTD	COVID-19 Results Negative YTD	COVID-19 Results Positive June	COVID-19 Results Positive YTD	ANMC Pending Results
Chenege	10	188	188	0	0	0
Nanwalek	36	639	639	0	0	0
Port Graham	55	602	602	0	0	0
Seward	28	803	767	0	36	0
Tatitlek	13	272	241	0	31	0
Total	142	2504	2437	0	67	0

- Universal Masking:** To help ensure the health and safety of everyone, our universal masking policy applies to all staff, contractors, patients and visitors at all Chugachmiut buildings and property.



Chugachmiut



My Health is a secure health management tool that allows you to access your medical information and contact your primary or specialty clinic providers online or by mobile device.

Access to MyHealth includes:

- Medication list
- Test results
 - All labs released immediately
 - All radiology and pathology results released in a timed manner to portal
- Clinical documents
- Visit summaries view, which is download and transmittable
- Secure messaging with your provider and the care team (for example: test results, your medical condition or medication refill requests)
 - Messaging to provider pool/message center
 - Upload documents for provider review
- View and request appointments
- View allergies
- View list of immunizations

Sign up for MyHealth

To sign up for a MyHealth account, please speak with the front desk staff.

- **COVID-19 Vaccine:** Vaccines are available at all clinics. **Encouraging ALL to call your local clinic to schedule an appointment to get your COVID-19 vaccine!**
- **Purchased and Referred Care (PRC):** PRC funds are limited. Necessary medical services are to be provided by the Chugachmiut and/or other IHS or Tribal facilities or providers, such as Alaska Native Medical Center (ANMC), Southcentral Foundation (SCF) or Alaska Native Tribal Health Consortium (ANTHC), except when there is an emergent need for services to prevent death or serious impairment.

For non-emergent cases, prior authorization is required. It is essential to contact your local clinic before receiving any services at any non-Tribal health care facility, or within 72 hours of an emergency room visit. Also following a referred appointment, a follow-up appointment at a Chugachmiut operated clinic is required for review of care and to discuss further treatment.

Who's Coming to A Clinic Near You?

The following *non-local providers* will be traveling to communities throughout Region to provide services. To schedule an appointment time, contact your health clinic. Dates are subject to change dependent on weather or other scheduling issues.

Chenege

Chugachmiut- Kendell Simm, PA 7/1 to 7/16

Chugachmiut- Betty Howard, CHP 7/16 to 7/30



Nanwalek

Dental- Dr. Jake Owens 7/12 to 7/16

Chugachmiut- Kyla Morrisett, CHA-IV 7/12 to 7/26

Port Graham

Chugachmiut- Chris Diaz, CHP 7/19 to 7/30

Seward

Dental- Dr. George Murphy 7/19 to 7/23

SCF PCP- Dr. Nasenbenny 7/21 to 7/23

Tatitlek

Chugachmiut- Bonnie Turner, FNP 7/2 to 7/23

Chugachmiut, Kristin Walcott, CHA-III 7/23 to 8/12

Alaska's COVID-19 Vaccine Dashboard Summary as of 07/02/2021



VACCINATIONS – 55% of Alaskans age 12 and older have received at least their first vaccine dose.

50% of Alaskans 12 and older have been fully vaccinated. The higher the vaccination rate, the more protected community members are from COVID-19. See below for percentages of all fully vaccinated Alaskans age 12 and older by region:

- Juneau Region: 72%
- Other Southeast Region - Northern: 67%
- YK-Delta Region: 66%
- Southwest Region: 61%
- Other Southeast Region - Southern: 60%
- Northwest Region: 55%
- Anchorage Region: 52%
- Other Interior Region: 51%
- Fairbanks North Star Borough: 44%
- Kenai Peninsula Region: 43%
- Matanuska-Susitna Region: 35%

For more information about vaccines, visit covidvax.alaska.gov.

COVID-19 Variants & What We Know

Alaska has detected cases of “variants of concern”. These variants seem to spread more easily and quickly than other variants, which may lead to more cases of COVID-19. **So far, studies suggest that the current**



authorized vaccines work on the circulating variants. It is important for scientists to continue monitoring new variants and their characteristics. Emerging variants may be able to:

- spread more quickly
- cause more severe disease
- avoid detection in routine testing
- resist treatment to a greater extent
- evade natural or vaccine-induced immunity

COVID-19 Vaccines Help Stop New Variants. As we vaccinate as many people as possible, as quickly as possible, we can stop the spread of the coronavirus. A slow transmission of the virus means fewer opportunities for it to mutate, which can help prevent the emergence of any other variants.

Chugachmiut’s COVID-19 Vaccine Dashboard

TAKE ACTION- Choosing to get vaccinated is the single most important action you can take to protect yourself and your community.

Region Vaccination Series Complete = 579

Chenege Vaccination Rates		Nanwalek Vaccination Rates		Port Graham Vaccination Rates	
Total Population Vaccinated:	30	Total Population Vaccinated:	141	Total Population Vaccinated:	102
Total Population:	49	Total Population:	259	Total Population:	149
Percent Vaccinated	61.22%	Percent Vaccinated	54.44%	Percent Vaccinated	68.46%
Population >12 Vaccinated	30	Population >12 Vaccinated	141	Population >12 Vaccinated	102
Total Population >12	41	Total Population >12	193	Total Population >12	118
Percent >12 Vaccinated	73.17%	Percent >12 Vaccinated	73.06%	Percent >12 Vaccinated	86.44%
Population >65 Vaccinated	5	Population >65 Vaccinated	13	Population >65 Vaccinated	19
Total Population >65	5	Total Population >65	14	Total Population >65	19
Percent >65 Vaccinated	100.00%	Percent >65 Vaccinated	92.86%	Percent >65 Vaccinated	100.00%
Vaccine Series Complete = 30		Vaccine Series Complete = 141		Vaccine Series Complete = 102	



Tatitlek Vaccination Rates		Seward Vaccination Rates		Region Vaccination Rates	
Total Population Vaccinated:	45	Total Population Vaccinated:	261	Total Population Vaccinated:	579
Total Population:	67	Total Population:	604	Total Population:	1128
Percent Vaccinated	67.16%	Percent Vaccinated	43.21%	Percent Vaccinated	51.33%
Population >12 Vaccinated	45	Population >12 Vaccinated	261	Population >12 Vaccinated	579
Total Population >12	56	Total Population >12	504	Total Population >12	912
Percent >12 Vaccinated	80.36%	Percent >12 Vaccinated	51.79%	Percent >12 Vaccinated	63.49%
Population >65 Vaccinated	10	Population >65 Vaccinated	56	Population >65 Vaccinated	103
Total Population >65	10	Total Population >65	69	Total Population >65	117
Percent >65 Vaccinated	100.00%	Percent >65 Vaccinated	81.16%	Percent >65 Vaccinated	88.03%
Vaccine Series Complete = 45		Vaccine Series Complete = 261		Vaccine Series Complete = 579	

Common COVID-19 Vaccine Questions

Can receiving a COVID-19 vaccine cause you to be magnetic?

No. Receiving a COVID-19 vaccine will not make you magnetic, including at the site of vaccination which is usually in your arm. COVID-19 vaccines do not contain ingredients that can produce an electromagnetic field at the site of your injection. All COVID-19 vaccines are free from metals such as iron, nickel, cobalt, lithium, and rare earth alloys, as well as any manufactured products. In addition, the typical dose for a COVID-19 vaccine is less than a milliliter, which is not enough to allow magnets to be attracted to your vaccination site even if the vaccine was filled with a magnetic metal.

Do any of the COVID-19 vaccines authorized for use in the United States shed or release any of their components?

No. Vaccine shedding is the term used to describe the release or discharge of any of the vaccine components in or outside of the body. Vaccine shedding can only occur when a vaccine contains a weakened version of the virus. None of the vaccines authorized for use in the United States contain a live virus. Vaccine components are not shed by COVID-19 vaccines, so it is not possible for any of the vaccine components to accumulate in the body's tissue or organs, including the ovaries.

Is it safe for me to get a COVID-19 vaccine if I would like to have a baby one day?

Yes. If you are trying to become pregnant now or want to get pregnant in the future, you may get a COVID-19 vaccine. There is currently no evidence that a COVID-19 vaccination causes any problems with pregnancy, including the development of the placenta. In addition, there is no evidence that fertility problems are a side effect of any vaccine, including COVID-19 vaccines.

Like all vaccines, scientists are studying COVID-19 vaccines carefully for side effects now and will continue to study for many years.

After getting a COVID-19 vaccine, will I test positive for COVID-19 on a viral test?

No. None of the authorized and recommended COVID-19 vaccines cause you to test positive on viral tests, which are used to see if you have a **current infection**. Neither can any of the COVID-19 vaccines currently in clinical trials in the United States.



If your body develops an immune response to vaccination, which is the goal, you may test positive on some antibody tests. Antibody tests indicate you had a **previous infection** and that you may have some level of protection against the virus. Experts are currently looking at how COVID-19 vaccination may affect antibody testing results.

Why should my child get vaccinated against COVID-19?

COVID-19 vaccination can help protect your child from getting COVID-19. Although fewer children have been sick with COVID-19 compared to adults, children can be infected with the virus that causes COVID-19, can get sick from COVID-19, and can spread the virus that causes COVID-19 to others. Getting your child vaccinated helps to protect your child and your family. Vaccination is now recommended for everyone 12 years and older. Currently, the Pfizer-BioNTech COVID-19 Vaccine is the only one available to children 12 years and older.

How long does protection from a COVID-19 vaccine last?

We don't know how long protection lasts for those who are vaccinated. What we do know is that COVID-19 has caused very serious illness and death for a lot of people. If you get COVID-19, you also risk giving it to loved ones who may get very sick. Getting a COVID-19 vaccine is a safer choice. Experts are working to learn more about both natural immunity and vaccine-induced immunity. CDC will keep the public informed as new evidence becomes available.



COVID-19 VACCINE

Myths v. Facts

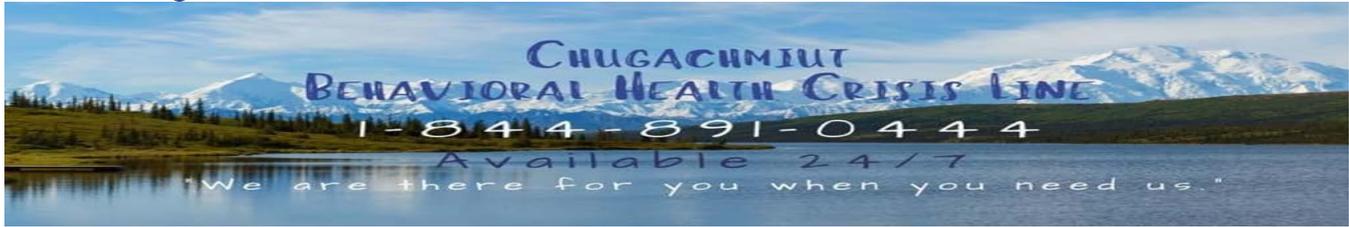
MYTH OR FACT

COVID-19 vaccines are proven to be effective.		✓
COVID-19 vaccines contain safe ingredients.		✓
COVID-19 vaccines contain microchips.	X	
COVID-19 mRNA vaccines contain aborted fetal cells.	X	
COVID-19 vaccines are held to the same rigorous standards as all other vaccines used in the U.S.		✓
COVID-19 mRNA vaccines alter human DNA.	X	
COVID-19 vaccine can give you COVID-19.	X	
COVID-19 vaccines significantly lower the risk of getting severe COVID-19 symptoms.		✓
COVID-19 disease can cause long-term health complications.		✓
Widespread vaccination protects populations and those high-risk.		✓
The ingredients in COVID-19 vaccines are safe for pregnant and breastfeeding women.		✓

Ask your provider if you have any questions.

Community & Family Services Division Updates

- **Summer “Laugh and Learn” Series:** Everyone is invited and welcome to attend! Offered virtually via Zoom link! Text 907-764-1945 for link invite!
- **Chugachmiut Regional Alcoholic Anonymous Meetings:** Held every Tuesday and Thursday at 12:00pm. Join meeting via Zoom. Meeting ID: 748 764 6244
- **Virtual Recovery Camp “Llangarwik”:** Llangarwik is a unique alternative to residential alcohol/drug treatment for Alaska Natives. Our approach is holistic, natural and traditional.
Dates: July 26th to August 9th Monday–Friday 1:00pm to 6:00pm and Saturday-Sunday 2:00pm to 4:00pm. For more information call 907-602-8644 or email eydief@chugachmiut.org



Additional Informational Resources

- The **Alaska Department of Health & Social Services COVID-19 home page** online at: <http://dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/default.aspx>
- The **Centers for Disease Control & Prevention (CDC) COVID-19 home page** online at: <https://www.cdc.gov/coronavirus/2019-nCoV/>
- **PUBLIC HEALTH SCIENCE ECHO:** Please join the DHSS Public Health Team from noon to 1 pm on Wednesdays for weekly updates about important public health topics, including COVID-19. Anyone is welcome to join and ask questions.

You can join the Zoom videoconference by registering at <https://alaska.zoom.us/j/81252940289>.

Or watch on Facebook on this page or at <https://www.facebook.com/akechoprograms>.

To submit a question beforehand: <https://form.jotform.com/201735825961056>.

To view previous recordings and for other archived materials: <https://chd.box.com/s/2v0a4nl1ao8suiudane26l74vpeo38iy>

Stay safe, well and healthy!

Sincerely,

K. Baker

Kelley Baker, Health Services Division Director