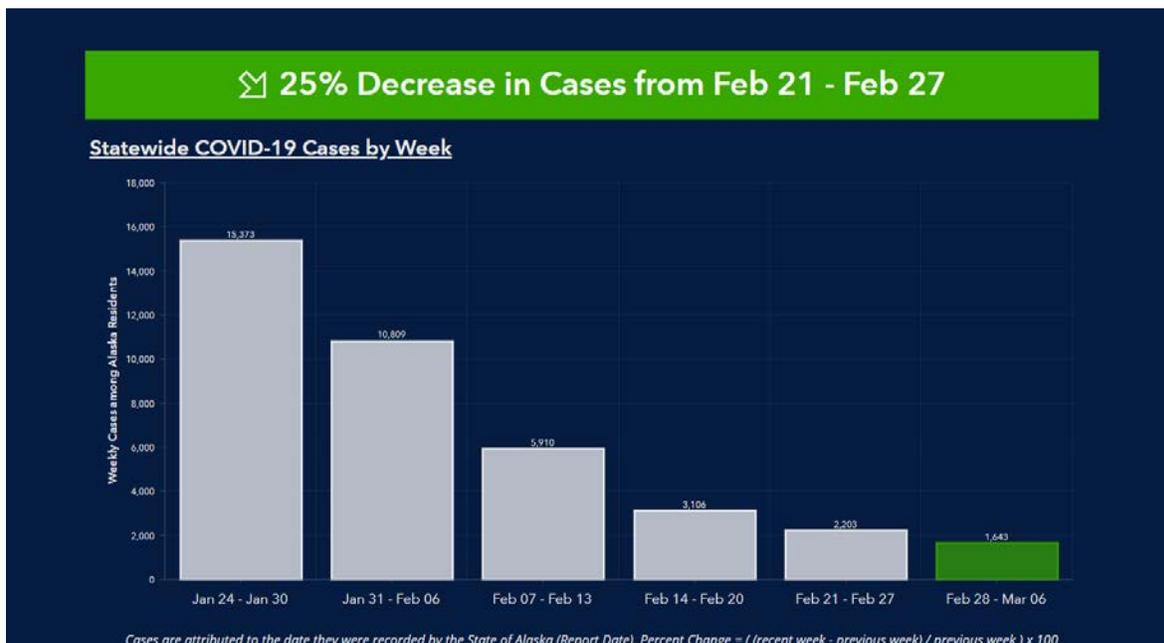




Dear Community Members,

Throughout February, Alaska continued to see a steep decline in COVID-19 cases overall. Omicron is still the predominant variant being sequenced in Alaska and it is still important to be up to date on COVID vaccines to protect yourself, your families and your communities.



Boosters increase your protection from COVID-19, including variants. Vaccinated households are tolerating COVID-19 breakthrough infections with mostly mild cold symptoms and in some cases, individuals are asymptomatic (not experiencing any symptoms). **Vaccines are safe, effective and are saving lives.**

BOOST YOUR PROTECTION

Everyone 12+ should get a free COVID-19 vaccine booster when it's time.

| Initial vaccine received | Pfizer | Moderna | J&J |
|--------------------------|--|--|---|
| When to get a booster | 5 months after completion of second dose | 5 months after completion of second dose | 2 months after completion of single dose |
| Who is eligible | Anyone 12 years or older who has completed the two-dose series | Anyone 18 years or older who has completed the two-dose series | Anyone 18 years or older who has received a single dose |
| Booster options | 12-17: Pfizer 18 or older: Any authorized vaccine (Pfizer or Moderna preferred) | Any authorized vaccine (Pfizer or Moderna preferred) | Any authorized vaccine (Pfizer or Moderna preferred) |



COVID-19 VACCINE AVAILABLE

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



Alert Level for Alaska

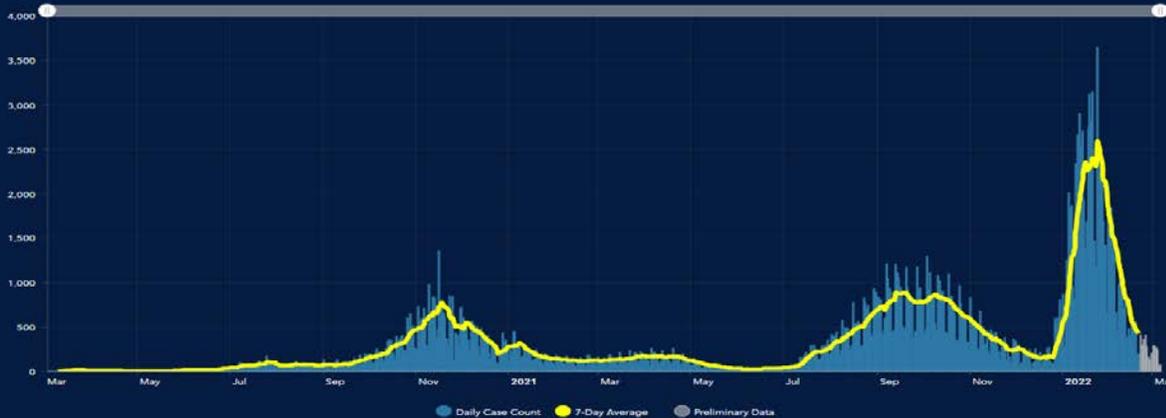
High

Case Rate > 100 per 100,000

Daily Count of Cases with 7-Day Average

By Onset and Report Date

Cases by Onset Date Report Date



All daily case counts are of Alaskan residents. "Report Date" reflects cases that were recorded by the state of Alaska, whereas "Onset Date" is the date that COVID-19 symptoms began, or the date when testing occurred. "Onset Date" cases during the past 14 days is shown as "Preliminary Data" and are likely still being reported, counts for these days are subject to change.





What's New?

FDA Fully Approves Second COVID-19 Vaccine: On January 31st the FDA has granted full approval to the Moderna COVID-19 vaccine. It will now be called Spikevax and meets the FDA's rigorous standards for safety, effectiveness and manufacturing quality required for approval. Pfizer was approved in August 2021.

Pfizer postponed requested FDA expansion of COVID-19 Vaccine: In mid-February Pfizer announced that it will be awaiting the data on a potential 3rd dose for children ages 6 month to 4 years before requesting to expand the EUA for its COVID vaccine to this youngest age group. The data on the potential 3 dose series for this age group is predicted to be available in early April.

Order Free At-Home Tests: Your household can directly order up to 4 free at-home COVID-19 tests through a federal program operated by the U.S. Department of Health and Human Services and the U.S. Postal Service at [COVIDtests.gov](https://www.covidtests.gov). Orders will ship in 7-12 days. No internet or need help placing an order? Call 1-800-232-0233. **This week it was announced that if you have previously ordered your 4 free at-home test kits you can request 4 additional test kits now.**

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.
- **COVID-19 Testing:** If you are experiencing any COVID-19 symptoms, no matter how mild or regardless of your vaccination status, please get tested. Together we can stop the spread of the virus in our communities.

| | COVID-19 Testing February | COVID-19 Results Positive February | COVID-19 Testing Total | COVID-19 Results Negative Total | COVID-19 Results Positive Total |
|--------------|---------------------------|------------------------------------|------------------------|---------------------------------|---------------------------------|
| Chenege | 29 | 1 | 293 | 292 | 1 |
| Nanwalek | 61 | 5 | 1448 | 1369 | 79 |
| Port Graham | 280 | 16 | 1362 | 1340 | 22 |
| Seward | 89 | 8 | 1586 | 1484 | 102 |
| Tatitlek | 4 | 0 | 463 | 429 | 34 |
| Total | 463 | 30 | 5152 | 4914 | 238 |

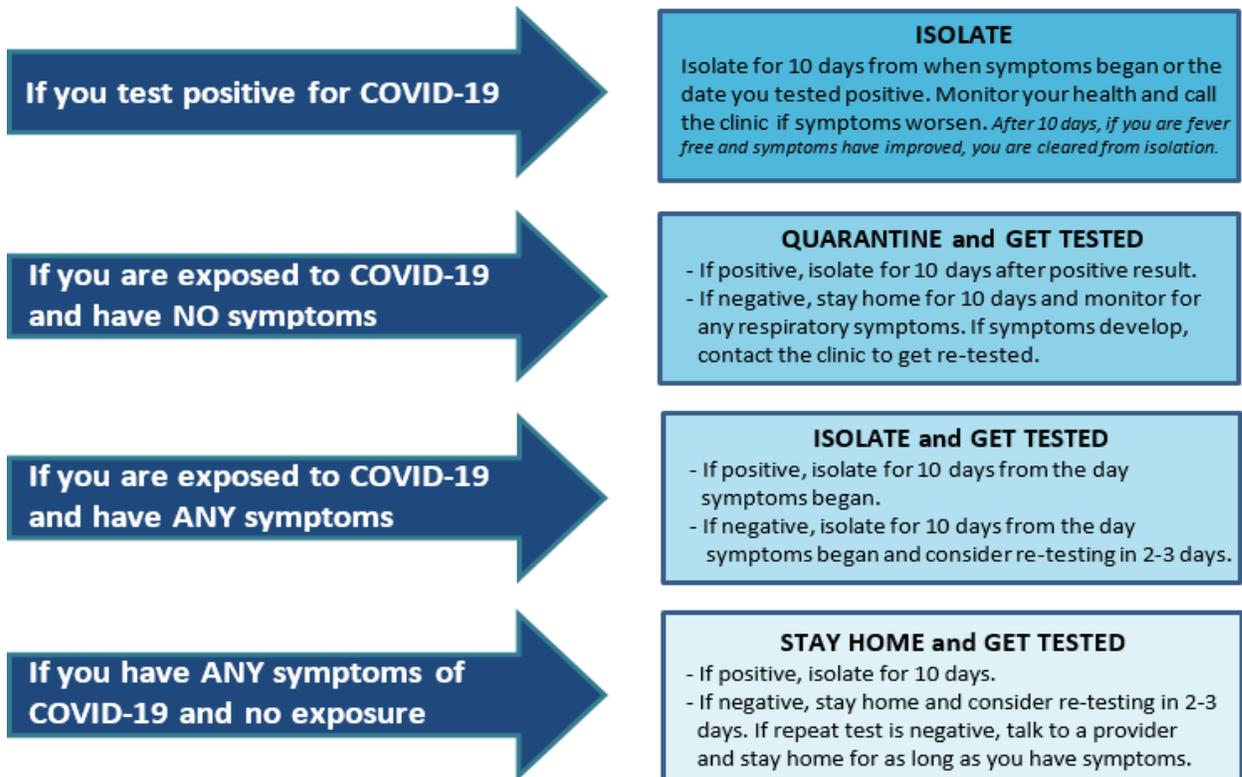


Chugachmiut

Feeling Sick or Exposed to COVID-19 Now What?



This guidance applies to those who live in rural communities. These recommendations are more cautious than current CDC guidelines to better protect our elders, young children, and communities. If you have any questions about the guidance below, please contact your local village clinic.



What if I recently recovered from COVID-19 and need to provide a proof of negative test to travel to/from village?

Currently, ALL villages require a proof of negative test prior to entry to village. If you have recently recovered, contact your healthcare provider or a public health official and request a “documentation of recovery” letter to utilize in place of proof of negative test for village entry.

People who have recovered from COVID-19 can continue to test positive for up to 3 months after their infection. CDC does not recommend retesting within 3 months after you first developed symptoms or after you tested positive for COVID-19. However, if any new symptoms develop, you should isolate, not travel, and consult with a healthcare provider for testing recommendations.

- **COVID-19 Treatment:** Timing for outpatient treatment options is essential. If you’re experiencing any symptoms, get tested as soon as possible so your healthcare providers can help to coordinate treatment.



Chugachmiut

- COVID-19 Vaccine:** Vaccines are available at all clinics. Call your local clinic to schedule an appointment. **Getting vaccinated can reduce your chances of severe illness, hospitalization and death.**

| Chenege Vaccination Rates | | Nanwalek Vaccination Rates | | Port Graham Vaccination Rates | |
|------------------------------|------|-------------------------------|-----|-------------------------------|------|
| Total Population Vaccinated: | 28 | Total Population Vaccinated: | 152 | Total Population Vaccinated: | 116 |
| Total Population: | 41 | Total Population: | 237 | Total Population: | 156 |
| Percent Vaccinated | 68% | Percent Vaccinated | 64% | Percent Vaccinated | 74% |
| Population >5 Vaccinated | 28 | Population >5 Vaccinated | 152 | Population >5 Vaccinated | 116 |
| Total Population >5 | 38 | Total Population >5 | 222 | Total Population >5 | 145 |
| Percent >5 Vaccinated | 74% | Percent >5 Vaccinated | 68% | Percent >5 Vaccinated | 80% |
| Population >12 Vaccinated | 28 | Population >12 Vaccinated | 147 | Population >12 Vaccinated | 106 |
| Total Population >12 | 34 | Total Population >12 | 179 | Total Population >12 | 124 |
| Percent >12 Vaccinated | 82% | Percent >12 Vaccinated | 82% | Percent >12 Vaccinated | 85% |
| Population >65 Vaccinated | 6 | Population >65 Vaccinated | 13 | Population >65 Vaccinated | 20 |
| Total Population >65 | 6 | Total Population >65 | 16 | Total Population >65 | 20 |
| Percent >65 Vaccinated | 100% | Percent >65 Vaccinated | 81% | Percent >65 Vaccinated | 100% |
| Vaccine Series Complete = 28 | | Vaccine Series Complete = 152 | | Vaccine Series Complete = 116 | |
| 32% at risk | | 36% at risk | | 26% at risk | |
| Tatitlek Vaccination Rates | | Seward Vaccination Rates | | Region Vaccination Rates | |
| Total Population Vaccinated: | 54 | Total Population Vaccinated: | 337 | Total Population Vaccinated: | 687 |
| Total Population: | 72 | Total Population: | 688 | Total Population: | 1194 |
| Percent Vaccinated | 75% | Percent Vaccinated | 49% | Percent Vaccinated | 58% |
| Population >5 Vaccinated | 54 | Population >5 Vaccinated | 337 | Population >5 Vaccinated | 672 |
| Total Population >5 | 69 | Total Population >5 | 644 | Total Population >5 | 1050 |
| Percent >5 Vaccinated | 78% | Percent >5 Vaccinated | 52% | Percent >5 Vaccinated | 64% |
| Population >12 Vaccinated | 48 | Population >12 Vaccinated | 323 | Population >12 Vaccinated | 652 |
| Total Population >12 | 61 | Total Population >12 | 583 | Total Population >12 | 981 |
| Percent >12 Vaccinated | 79% | Percent >12 Vaccinated | 55% | Percent >12 Vaccinated | 66% |
| Population >65 Vaccinated | 8 | Population >65 Vaccinated | 59 | Population >65 Vaccinated | 106 |
| Total Population >65 | 8 | Total Population >65 | 76 | Total Population >65 | 126 |
| Percent >65 Vaccinated | 100% | Percent >65 Vaccinated | 78% | Percent >65 Vaccinated | 84% |
| Vaccine Series Complete = 54 | | Vaccine Series Complete = 337 | | Vaccine Series Complete = 687 | |
| 25% at risk | | 51% at risk | | 42% at risk | |

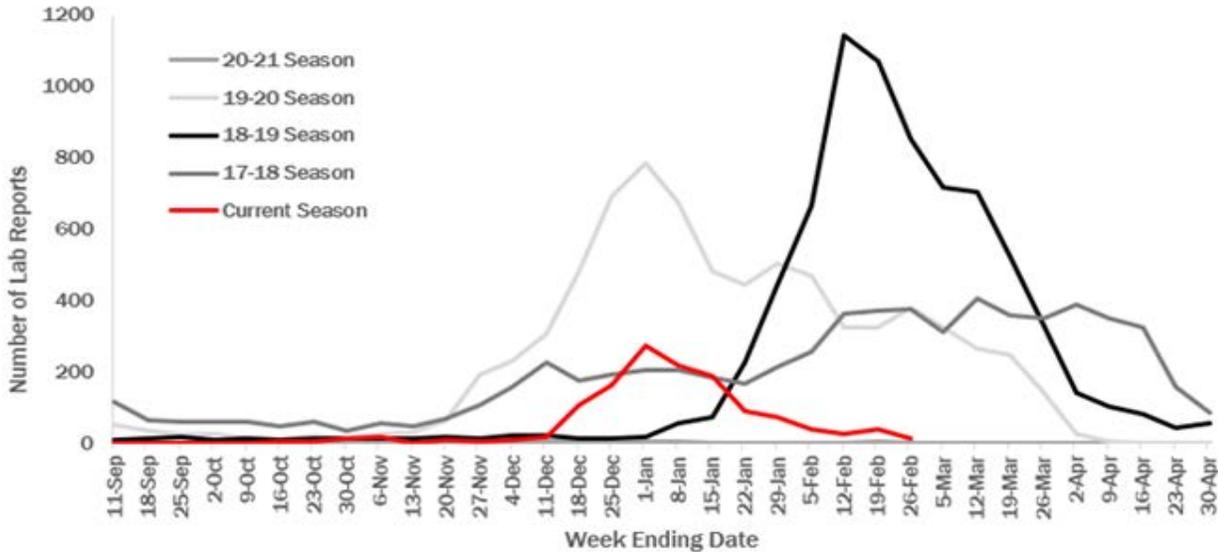
- 2021-2022 Flu Vaccine:** All clinics have flu vaccine available. It's not too late to get your flu shot! Please contact your local clinic to get your flu shot.

Alaska 2021-2022 Flu Snapshot Report February 20, 2022 – February 26, 2022

The **2021- 2022 Flu Season** started slowly. Activity began to increase in December as case reports trended upward; however, reports then started to decline in January. The last season, 2020-2021, was severely muted and it remains to be seen what flu activity will look like in the 2021-2022 season. Predictions are further complicated by background activity of COVID-19 and associated mitigation efforts that have the added benefit of impacting the ability of flu and other respiratory viruses to spread in the community. Flu case counts have been low but steady for several weeks now. Most of the cases are Influenza A.



2021-2022 Flu Season Comparison



Flu Vaccine Rates:

| Chenege Vaccination Rates | | Nanwalek Vaccination Rates | | Port Graham Vaccination Rates | |
|------------------------------|-----|----------------------------|-----|-------------------------------|-----|
| Total Population Vaccinated: | 21 | Total Population | 73 | Total Population Vaccinated: | 63 |
| Total Population: | 41 | Total Population: | 237 | Total Population: | 156 |
| Percent Vaccinated | 51% | Percent Vaccinated | 31% | Percent Vaccinated | 40% |

| Tatitlek Vaccination Rates | | Seward Vaccination Rates | | Region Vaccination Rates | |
|------------------------------|-----|--------------------------|-----|------------------------------|------|
| Total Population Vaccinated: | 48 | Total Population | 191 | Total Population Vaccinated: | 396 |
| Total Population: | 72 | Total Population: | 688 | Total Population: | 1194 |
| Percent Vaccinated | 67% | Percent Vaccinated | 28% | Percent Vaccinated | 33% |

- **Dental Services:** We have some tentative Village Dental dates and will notify communities once the schedule is finalized!
- **Optometry Services:** SCF has resumed optometry services for Region as follows:
 Port Graham- May 16th to May 20th
 Seward- July 11th to July 15th
 Tatitlek- September 12th to September 16th
 Chenege- September 26th to September 30th
- **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.
- **Diabetes Prevention & Control Program:** Our 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). We offer diabetes medication education, diabetes self-management and education support, medical nutrition therapy and exercise education.





- Have you been trying to lose weight, get more active, start an exercise program, want to feel better and have more energy? We have a Health Coach who is available in Seward or via Zoom to help. If you are interested, please call 907-224-4910 and request an appointment with the Health Coach!



- **Step Challenge Update:** We're finishing out the final week of our step challenge and have as a group hit over 100 miles per day for the entire challenge. If you missed out on this step challenge be on the lookout for the next one and keep stepping in the meantime!

CHUGACHMIUT STEP CHALLENGE

- **MyHealth Enrollment:** How can enrolling in MyHealth benefit you? Getting a MyHealth account gives you direct access to YOUR medical record. No need to wait for lab results when you have direct access. You can view immunization records and send messages directly to your healthcare team. Sign up for a MyHealth account by contacting your local clinic to gain access to your account.
- **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.

- **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.
- **CommonWell Health Alliance:** We are pleased to provide our patients the opportunity to participate in the CommonWell network, a national network of organizations aligned to streamline the secure sharing of health data with the goal of improving care coordination and health outcomes. When you are seen, you are automatically enrolled in CommonWell. You have the right to opt-out and choose not to participate. Please speak with the front desk about the opt-out process.
- **Seward Health Fair: SAVE THE DATE!!!** The Health Fair is returning to Seward on Saturday April 9th at the AvTec gym. We will be participating and have some special things planned specifically for our beneficiaries! Be on the lookout for all the details in the coming weeks and come see us there!



Chugachmiut



Colorectal cancer is one of the leading causes of cancer among Alaskans, and is twice as common among Alaska Native people. While colorectal cancer affects both men and women, it is preventable and highly treatable when caught early. Colorectal screenings prevent cancer and save lives! A colonoscopy isn't the only option for colorectal cancer screening. There are simple, affordable options, including tests that can be done at home. Of note, people living with diabetes are at higher risk of colorectal cancer, so should be especially encouraged to get screened.

Community & Family Services

Division Updates

- **“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



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 12:00pm to 1:00pm on Wednesdays for weekly updates about important public health topics, including COVID-19. Anyone is welcome to join and ask questions. Also available to view live on Facebook: <https://www.facebook.com/akechoprograms>

You can join the Zoom videoconference by registering at https://alaska.zoom.us/webinar/register/WN_i2syaoh3SCCTKY2U289H_Q

Sincerely,

K. Baker

Kelley Baker, Health Services Division Director