

"Life is 10% what happens to you and 90% how you react to it."  
~ Charles Swindoll



# CHAP Weekly Update

November 20, 2020

## Treatment for COVID 19

### Course of Disease

**Viral Phase:** In this phase, the virus is actively reproducing inside a person.

- ❖ A person may have fever, body aches, headaches, cough, runny nose, loss of smell, shortness of breath, etc., OR may have no symptoms.
- ❖ A person is frequently treated in the village or at home.
- ❖ A person is highly contagious.
- ❖ A monoclonal antibody may be authorized for use in high-risk patients before they need hospitalization or oxygen. This is an IV drug given over an hour in a setting that can care for an allergic reaction; usually in an ER or transfusion center.

**Inflammatory and Immune Response:** If patients move into this stage, they may need oxygen and hospitalization.

- ❖ Dexamethasone and other steroids may be used to decrease inflammation.
- ❖ Remdesivir, an antiviral drug, may be used early in hospitalization.

**Post COVID Long-term Sequelae:** Both symptoms and treatments are undergoing further study.

**Reinfection:** Yes, it is possible, though it appears to be uncommon. Precautions against acquiring or spreading infection must continue even after recovery.



### Treatment in the Village or at Home

- ❖ **Use Tylenol® or Ibuprofen** for fever, muscle aches, headaches and general discomfort.
  - Note: Early in the pandemic Ibuprofen was thought to make COVID worse. This has been disproven.
- ❖ **Honey** helps with cough. Use only in people older than 12 months.
- ❖ **A balanced diet, plenty of sleep, drinking lots of water** – very important, just as with any respiratory infection.
- ❖ **Vitamin D, Zinc, Vitamin C** – These are not proven to be useful as a cure or for prevention; recommend only as a standard vitamin supplement. Replacing Vitamin D is important if lab testing shows deficiency.



New CE course available: [BinaxNOW™ COVID-19 Ag Card](https://anthc.remote-learner.net/course/view.php?id=885)  
<https://anthc.remote-learner.net/course/view.php?id=885>



### New COVID-19 Cases are Still Accelerating in Alaska

The surge in cases across the state of Alaska continues with large numbers of cases in Anchorage, Mat-Su area and Kenai Peninsula. The Bethel area and NW Alaska are also seeing sustained high numbers of cases.

#### Thanks to:

The Alaska Department of Health and Social Services Coronavirus Response Team, Dr. Ellen Hodges from YKHC, and Jacqueline Qatalina Schaeffer from ANTHC for their presentations.



Let us know what you think! [aka-CHAPCOVID-19weeklyupdates@anthc.org](mailto:aka-CHAPCOVID-19weeklyupdates@anthc.org)  
Send questions for presenters and each other, and suggest topics for discussion.



ALASKA NATIVE  
TRIBAL HEALTH  
CONSORTIUM



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## Native Medicine



### Stinkweed/Wild Sage

This plant grows all over Alaska. It's also known as Artemisia, Caribou Leaf, Sargiq, Caiggluk, Riiglluk, Tl'oghtsen.

#### Purpose

- For fever, discomfort and arthritis
- To help with breathing difficulties
- To support the immune system
- In traditional steams as a switch or for scent

#### How it is Used

- As a salve – Recipe in resource folder (week 31 Remote Learner)
- In a tea, mixed with other leaves
- Made into a wet compress – Apply to chest or bottom of feet

#### Precautions

- Allergic reaction – Test by rubbing some on skin or chewing a little.
- Overuse – Salve should not be used every day but only when symptoms are severe. Do not use as a preventive treatment.
- Do not use on young children or pregnant women.

#### Storage

- Store in paper bags, Ziploc® bags or a jar

### Traditional Steams

Steams are used to get clean and help with respiratory symptoms. For the duration of the pandemic, the following precautions should be taken when using steams:

- Steam only with people who live in the house, one house per steam.
- People who are sick should not steam with people who are not sick; a closed, steamy space could easily transmit COVID.
- Anyone with symptoms of COVID and waiting for test results must steam alone.
- Family members who have COVID could steam together, if everyone in steam is already positive.

To clean a steam room, clean the bench, walls and floor using diluted bleach. A 10-minute wet time is needed to kill the virus and bacteria.



### Update on cases in Alaska (as of 11/20/20)

25,369 Total cases in Alaska

75 cases/100,000 people



"An ounce of prevention is worth a pound of cure."  
~ Anonymous

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## Prevention is Key to Stopping the Pandemic

**Everyone:** Wear a mask in public; keep 6 feet distance from people outside of household; wash hands frequently.

**When you see patients:** Always wear a surgical mask and wear a face shield or eye protection. If your patient has any respiratory symptoms or known COVID-19, be sure to wear an N95, a gown and gloves.

**Control chronic diseases:** Work with patients and your referral doctor to control diabetes, high blood pressure, etc. It is important to be as healthy as possible to fight COVID-19.

**Gatherings:** During this time of rapid virus spread, avoid gatherings.

- Funerals, weddings, and holidays are known to spread disease.
- Consider sharing this ([Tips for Celebrating Safely](#)) poster with your patients and friends:



## Vaccine Update: Moderna and Pfizer

- ❖ Early data shows the Moderna vaccine is 94.5% effective and has a good safety profile. Advantages of the Moderna vaccine are that it can be stored at freezing temperatures, -25 to -30°C; (Pfizer is -70 to -80°C), and may be stored at refrigerated temps for up to 7 days.
- ❖ It is not known which vaccine will be ready first. The data for both is not complete.
- ❖ Both Moderna and Pfizer vaccine trials included 30,000 people of all adult ages and all racial/ethnic groups, including American Indian/Alaska Natives. Neither trial included children or pregnant women.
- ❖ Whichever vaccine comes to Alaska, immunization flow sheets and instructions will be made and distributed through your Tribal Health Organization.



Have other ideas for promoting influenza vaccination?  
[Share them on Facebook \(CHAP Facebook\)!](#)

## Save the Date



**Next session:** November 24, 2020

Join us for another session with the Alaska Department of Health and Social Services Coronavirus Response Team as they discuss tracking a COVID-19 outbreak in a village or hub community, including what works, and roles of each healthcare worker.

**Note:** There will be **NO newsletter** for the week of Thanksgiving (Nov. 23-27).

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