

Our greatest enemy right now is not the virus itself. It's fear, rumors and stigma. And our greatest assets are facts, reason and solidarity.

~ General Dr. Tedros Adhanom Ghebreyesus, WHO director



# CHAP Weekly Update

April 24, 2020

## COVID-19 By The Numbers

Alaska total cases: 335  
US total cases: 869,172  
World total cases: 2,709,408

## Important Facts About COVID-19

- COVID-19 is caused by the SARS-CoV-2 virus
- Transmitted mostly through respiratory droplets: coughing, sneezing, but also through contact - touching contaminated surfaces.
- People are contagious 2 days before they get symptoms and for up to 7 days after the symptoms are gone.
- The incubation period (the time it takes for someone to get sick after they have been exposed) is 2-14 days.
- The most important way to prevent spread is through frequent fabulous hand hygiene, cough etiquette, and social distancing.

## Save the Date

Thanks to Dr. Anne Musser for her presentation on April 22, 2020.

**Next session:** April 29 at 12:10; Dr. Neader from Behavioral Health

- CE is available from [ANTHC AK CHAP](#) home page.
- CE is awarded to participants who also fill out the evaluation form.
- Each teleconference session is awarded 1 CE.

## Contact Tracing

### Why do this? What is it all about?

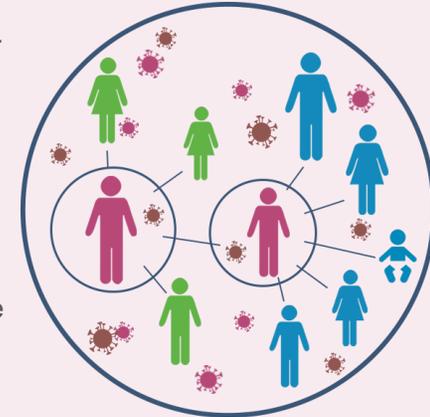
It's about stopping the virus from spreading.

If a sick person has COVID-19, we want to keep the circle of infection very small.

Everyone who has been close to the sick person can help by doing self quarantine. That way, if they become sick, they will not allow the virus to be spread any further.

Contact tracing is the task of locating all the people who were close to the sick person during the contagious time.

Along with social distancing and good hand hygiene, contact tracing will put a fence around the virus and not let it spread further.



## Continuing Education

[CDC](#) (coronavirus.gov)

[State of Alaska](#) (dhss.alaska.gov)

[WHO](#) (who.int)

[AK CHAP](#): Current COVID CE courses available:

- COVID-19 CE,
- Patient Self-Sample Collection for COVID-19
- Point of Care: COVID-19
- Infection Precautions and Personal Protective Equipment

Let us know what you think! [aka-CHAPCOVID-19weeklyupdates@anthc.org](mailto:aka-CHAPCOVID-19weeklyupdates@anthc.org)

Send questions for presenters and each other, your requests for topics to be discussed, CE to be developed.

