

Worldwide Infections:	12.1 million
US Infections:	3.11 million
Alaska Resident Infections:	1,323



CHAP Weekly Update

July 10, 2020

COVID-19 in Small Communities

Emotions Created by COVID-19

COVID-19 infection numbers are rising in Alaska. Small communities are potentially at risk from visitors who come for employment and from residents returning home. This can lead to a variety of emotions:



Fear: What will happen to our community? Will our health clinic be able to stop the virus? Will this virus cause as much loss as the influenza virus in 1918?

Anger: Directed at the person who came to town with the virus and at health authorities for not controlling the virus.

Guilt/Depression: Feeling responsible for bringing COVID-19 to a community, whether they are a resident or a seasonal visitor or worker.

Suggestions for Clinic

- ❑ Follow a process
- ❑ Prepare PPE in large plastic bags, ready to go, when you need it.
 - CHAP Continuing Education: COVID-19 Related CE Courses AKCHAP.org
 - COVID-19 General Information and Testing Lesson 3: PPE
 - Week 3: Home Visits During COVID-19
 - Week 8: PPE and Emergency Care
 - CHAM: Ref/Procedure > Clinic Management > Standard Precautions
- ❑ Screen everyone, using the CHAM, either over the phone or at the door.
- ❑ Test everyone with any symptoms of COVID-19.
- ❑ Create a flow for your clinic:
 - Assign one room for respiratory problems, if possible
 - When the patient arrives, take them to the room and don't let them wander
 - After the visit, patient leaves immediately
 - Clean room according to your regional guidelines
- ❑ Always follow your THO Guidelines

What Can Health Aides Do?

- ❑ Provide information about COVID-19 and how it is spread.
 - ❖ Remote learner CE: COVID-19 General Information and Testing
- ❑ Provide morale support. Reassure people you are following THO and state guidelines in testing and treating people with potential COVID-19 infections.
- ❑ Respect privacy and HIPAA laws. Even under pressure, revealing names and test results is not allowed. Talk with your referral doctors if you need help.
- ❑ Discourage stigma. If people are scared to be tested or to say they are sick, the disease will spread more easily. Testing, helping with isolation, and quarantining will help stop the spread.
- ❑ Encourage regular health care for chronic problems and for prevention, like well child care and immunizations. Visits can be done safely. Attention to health will prevent problems from getting worse.

Save the Date

Next Session: July 15 at 12:10; Cindy Roleff from ANTHC Telehealth Program. Telemedicine During the COVID-19 Pandemic and Beyond.

Questions to consider:

- ❖ What telehealth training do you wish you had before you started working as a Health Aide?
- ❖ What telehealth training do you think new Health Aides need now?
- ❖ How do you think telehealth training should happen for Health Aides?

? What did Lucy say to do with her hair?

Full long hair up into a bun so you aren't messing with it and touching your face.



Thanks to Lucy Bragg and John Bragg for their presentation on COVID-19: Experience in a small community.



“A community that is engaged and working together can be a powerful force.” ~ *Idowu Koyenikan*

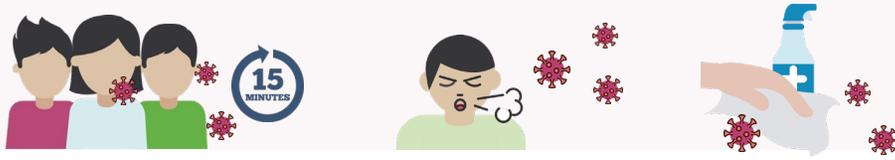


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COVID-19 Isolation and Quarantine

How COVID-19 Spreads



- Person-to-person, close contact – within 6 feet and for extended time (15 minutes or more)
- Droplets from sneezing, coughing, laughing, talking
- Touching contaminated surfaces

Prevention For Everyone



- ✓ Wash hands frequently with soap and water, if available, for 20 seconds
- ✓ Use hand sanitizer with at least 60% alcohol, if soap and water not available
- ✓ Wear a mask when around other people – at the store, in the clinic, etc.
- ✓ Practice social distancing
- ✓ Practice healthy activities: eat fruits and vegetables (if available), get plenty of sleep, exercise every day, and take time to connect and laugh with people you care about

More information at: CDC Coronavirus Disease 2019
<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

A Closer Look at Isolation and Quarantine

Isolation

- Someone has tested positive for COVID-19 infection and wants to prevent spreading the virus to others
- The person is infectious until all of these are true:
 - 3 days with no fever and/or other symptoms have improved
 - 10 days since symptoms first appeared or since their test was positive



Quarantine

- Someone has been exposed to COVID-19
- Used as an observation period and to prevent spread to others
- The virus could be in their nose, mouth, and lungs without them knowing it's there
- They could spread it by coughing, sneezing, shouting, laughing
- It might take up to 14 days after being exposed for the disease to cause symptoms, but they could still be spreading the virus
- By the end of 14 days, if there are no symptoms, they can be sure they didn't get the infection
- By staying separate from other people for 14 days, people protect their families and community



Both Isolation and Quarantine

- People should separate themselves from others:
 - ✓ Stay in a separate room or house, if possible
 - ✓ Use a separate bathroom, if possible
 - ✓ Wear a mask around others
 - ✓ Clean surfaces and wash hands often
- Your Health Aide/Practitioner works with the doctor and the AK State Health Department to determine when and for how long quarantine and isolation lasts



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