

"I am of the opinion that my life belongs to the whole community and as long as I live, it is my privilege to do for it whatever I can. I want to be thoroughly used up when I die, for the harder I work the more I live." – George Bernard Shaw



CHAP Weekly Update

July 24, 2020

COVID-19: Evolving Epidemiology

COVID-19 by the Numbers



A recent study, shared in this [CDC article](#), looked at how people of different ages catch and spread COVID-19. Here's what the study found:

- People of all ages spread COVID-19 through household contacts more than through community contacts.
- Children 10-19 have the highest rate of spread in households.
- Older adults have the highest rate of spread in communities.

Alaska Total Resident Cases: 2192 + 492 Nonresident Cases

Recovered Cases: 787

Current Hospitalizations: 36 (total 111)

Total Resident Deaths: 19

How to Help Our Communities

Who is a Significant Contact?

A **significant contact** is a person who had close contact with an infected person (at least 15 minutes within 6 feet of the infected person). A significant contact is at risk of catching the disease.

But, like everything else about COVID-19, there are lots of things to consider:

Standing farther away but for a longer time could also spread this disease. The virus may hang in the air longer (aerosolization). Aerosolization occurs with the use of nebulizers, during CPR, labor and delivery, as well as while **singing, shouting, sneezing**.



MASKS



There is more and more evidence showing that wearing a mask in public helps decrease the spread of COVID-19.

- **A cloth mask** is fine for most people – it appears to help both the person wearing the mask and the people they are around.
- **Surgical/procedure masks** are important for health care providers.
- **N95 masks** are important for health care providers during aerosolizing procedures.
- **Face shields** can add further protection, but the CDC does not currently recommend them for routine use.

Target teens and young adults in both urban and rural communities because this group is experiencing the fastest rate of infection.

- Parents, Employers, and Businesses who cater to young adults should encourage and support **handwashing, mask wearing, and social distancing**.

Mask up, Alaska!

To encourage mask use and safe behavior (wearing a mask, social distancing, hand washing), the state of Alaska is collecting stories and photos of people engaged in safe activities. Role modeling by leaders and respected people in the community is a great way to change behavior.

Send stories/photos to Elizabeth.Manning@alaska.gov.

[Mask up, Alaska!](#)



IMPORTANT CHANGE!

People who have COVID-19 can exit isolation when they are **24 hours** without fever (instead of 72 hrs.), improving symptoms, AND 10 days since positive test or start of symptoms. [COVID-19 Alaska Clinical Update, July 21, 2020](#)



Thanks to Dr. Joe McLaughlin, Dr. Anne Zink and Theresa Savidge of Alaska State Health Department COVID-19 response team.

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



ALASKA NATIVE
TRIBAL HEALTH
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"In every community, there is work to be done. In every nation, there are wounds to heal. In every heart, there is the power to do it." -- Marianne Williamson



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ECHO Conferences

Under the direction of Chief Medical Officer Anne Zink and the Public Health leadership team, CHD Project ECHO is developing multiple distinct ECHOs in response to the current health crisis.

Note: It is only necessary to register once per ECHO topic.

Alaska COVID-19 ECHO - for all Alaskan Medical Providers

- Every other Tuesday, 7-8pm (next ECHO will be on 7.28.20)
- [Registration for COVID-19 ECHO](#)

Healthcare Specific COVID-19 Situational Awareness

- Thursdays, 12-1pm
- [Registration for COVID-19 Situational Awareness](#)



State of Alaska Information

[DHSS COVID-19 Homepage](#)

[DHSS COVID-19 Data Hub](#)

[DHSS COVID-19 Testing Guidance](#)

Resources & Other



- ❖ [CDC Article: Discussion of transmission from household contacts including children.](#)
- ❖ The state is running a mask campaign. Email Elizabeth.Manning@alaska.gov with videos and pictures of COVID stories and mask wearing.
- ❖ [DHSS Contact sheet](#) Print out for your patients so they can keep track of who they have contact with. This makes it easier if any of the contacts test positive.
- ❖ [Early article about one of the promising vaccines.](#)

Sign up for COVID-19 Updates



[Sign up to receive the latest news](#) from the Alaska Department of Health and Social Services.

Set your subscriber preferences to receive:

- COVID-19 Alaska Weekly Case Update
- COVID-19 Alaska Clinical Update
- DHSS Alerts

....and more

Save the Date



Day of week change!

The noon conferences are now on Tuesdays!

Next Session: July 28 at 12:10; "How do we keep our communities safe?"

Join us as Community Health Aides from around the state discuss what their communities have done.

Continuing Education

Check out all of the CE options available at AKCHAP.org

Remember! You can get CEs for the weekly teleconferences.

New CE Courses



- ❖ Emergencies in Pregnancy
- ❖ Respiratory Problems
- ❖ Clinical Breast Exam and Hormone Medicines
- ❖ Serious Injuries, Stroke, Seizure Awareness and Medicines
- ❖ Newborn
- ❖ Emergency Preparedness

CHAP on Facebook



[Community Health Aide/Practitioner Facebook page](#)

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