

“Ordinary people when they are working together can do extraordinary things.” ~ Barack Obama



# CHAP Weekly Update

July 31, 2020

## Keeping Our Communities Safe From COVID-19

Every community is unique, but every community wants to protect their people from COVID-19 infection. On July 28, four Community Health Aides/Practitioners shared what their communities are doing to keep themselves and their people safe. Use what you can for your community and share what you are doing with other Community Health Aides/Practitioners. Remember, if you're going to make changes in your clinic, talk with your Tribal Health Organization first.

### Ideas for Travel in and out of the Community

- Require testing at the airport or at the dock
- Require negative test before arrival in village
- Require quarantine for 2 weeks
- Restrict travel to the village to only residents and their families or essential workers

### Set up Separate Quarantine Locations

- Local residents with housing can quarantine at home
- Use empty buildings or guest housing as quarantine spots
- Make quarantine easier by supplying food, bedding, and fuel to quarantined people
- If people must go to public buildings to work, if possible have them use separate entrances and separate bathrooms.

### Save the Date

**Next Session:** Tuesday August 4, 2020 at 12:10  
Dr Michelle Hensel will discuss using the CHAM during COVID-19.



Shellie Martin, CHA from Ouzinkie and Larsen Bay  
Chrystal Moon, CHP from Tyonek  
Ryan Kimoktoak, CHA from Kiana  
Helen Kakoona, CHA from Shishmaref

### Providing Medical Care

- Use telephone triage to screen patients before they come to clinic. Telephone Screening questions in the CHAM.
- Schedule Vidyo visits in the clinic or Zoom clinic visits direct to the patient's home
- Separate the clinic day: Well people and chronic care in the morning, Sick people in the afternoon.
- Perform testing outside.
- Schedule testing to times when there are not many people in the clinic.
- Keep clinic doors locked so no one wanders in by accident.

### Work With Community Leaders

- Work with city and tribal leaders to make a good plan. Participate in your community's Incident Command Structure.
- Put up signs around town encouraging mask wear and social distancing
- Work with your THO to provide up to date patient information about COVID-19 testing and quarantine
- Plan ahead for possible shortages of supplies
- Plan ahead for how people can safely evacuate the town in case of natural disaster.
- Provide or mail out kits with masks and cleaning supplies for people to use in their homes
- Find ways to support each other throughout your community with food, fuel, emotional support.

**Always, remember to take care of yourself and take some time for yourself and your family.**

[Share ideas that are working in your community on Facebook](#)



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.



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