

Worldwide Infections:	7.3 million
US Infections:	2 million
Alaska Resident Infections:	611

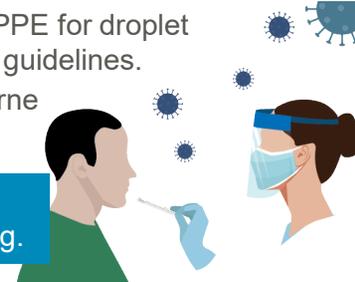


# CHAP Weekly Update

June 12, 2020

## COVID-19 and Personal Protective Equipment (PPE)

- Anytime there is a concern for COVID-19, wear PPE for droplet and contact precautions OR follow your regional guidelines.
- Anytime there is a chance of aerosols, use airborne precautions.



Aerosols occur during a taking a nasal or NP sample, nebulizer treatments, assisted breathing.

*We are still in the middle of the pandemic. It is important to continue protecting ourselves and patients with measures that work.*

### NEW Training: COVID-19 Contact Tracing

The University of Alaska in partnership with the State of Alaska is offering a 12-14 hour online course that will teach you how to be a contact tracer for COVID-19 in Alaska. Contact tracers will be needed if the pandemic continues to spread in our state. Completing this course may lead to employment as a contact tracer.

- Get added to the course waitlist. Fill out the [Contact Tracing Interest Form](#).
- Find more information in the [Resource Documents folder](#) of *Week 8 PPE and Emergency Care: Contact Tracing CE on the ANTHC DLN*

### Tips for Wearing PPE:

- When putting on or taking off your PPE:
  - Always use a checklist so you don't forget a step
  - Focus; don't talk or allow yourself to be distracted
  - Have a buddy watch, if available
  - Use separate rooms for clean and dirty PPE, if possible
- Practice wearing your mask for a longer time every day so you are ready when you have a patient and have to wear it.
- Take a break from your mask every 45 minutes if you can, but there is no reason to worry about Carbon Dioxide buildup if you need to wear your mask longer.
- Help your teeth and breath:
  - Use throat lozenges
  - Brush teeth more often
  - Use alcohol-free mouth wash
- Double glove for added protection. Use hand sanitizer on gloves if they become contaminated.



### Resources



#### Information on PPE:

- [Internet Book of Critical Care \(IBCC\)](#)
- [Use PPE When Caring for Patients with Confirmed/Suspected COVID-19](#)
- COVID-19 Course CE -- [Lesson 3: Infection Precautions and PPE](#)

*If not logged in, navigate to the COVID-19 Course on the ANTHC Distance Learning Network and review Lesson 3.*

#### Resources for mental health:

- CISM Team email: [CISMteam@anthc.org](mailto:CISMteam@anthc.org)
- [Careline Crisis Intervention \(pdf\)](#)

*Many thanks to Dr. Leigh Wright and Mary Horton for their presentation this week.*



**Next Session:** June 17 at 12:10; Teresa Hicks from ANTHC Health Promotion and Disease Prevention presenting on Stress Prevention and Stress Reduction.



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.



# CHAP Weekly Update

June 12, 2020

## COVID-19 and PPE

### Tips to Decrease Your Exposure to COVID-19



- Wear your PPE.
- Use a face shield for extra protection; it protects your eyes as well as your mask.
- Consider seeing patients outside when appropriate.
- Clean your clinic rooms according to your regional guidelines.

### You Are Important!

You are important and important to your community:

- Wear your PPE.
- Protecting yourself protects your family and your community.
- Pay attention to your mental health. Identify your support network. Identify healthy ways to de-stress that work for you.



## Continuing Education



Check out all of the CE options available at [AKCHAP.org](http://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



*Karissa Carroll, CHP from Ruby Alaska*



[Check it out! CHAP on Facebook](#)



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