

"We are in the early stages of understanding this disease and epidemic."
- Joe McLaughlin, MD, MPH State Epidemiologist and Chief, Section of
Epidemiology, Alaska Division of Public Health



CHAP Weekly Update

May 22, 2020

COVID-19 By The Numbers

Alaska Total Numbers:	402	Total Hospitalizations:	44
Recovered Cases:	356	Deaths:	10

COVID-19 Terms to Know

Community spread: The disease is passed among community members. It is difficult to know where each new case of the disease came from.

Community mitigation: The measures taken to slow or stop the spread of the disease in the community.

COVID-19 Statewide Guidance



Statewide mandates put in place in March 2020 were enacted to stop the spread of the disease. Now, with low numbers of infections, there are new challenges.

Balance

Keep COVID-19 infection rate low so that the health care system is not overwhelmed



vs.

Protect state from the economic harms of closed businesses, loss of tourism, etc. Let people live their lives, protect mental health



Moving forward we may see the need for regional strategies. If an outbreak happens in a community, restrictions may be put in place to quickly stop the outbreak and keep it from spreading.

The state will use data from healthcare providers to guide decisions

The Importance of CHA/Ps

Community Health Aides/Practitioners are important in their roles as health care providers and leaders in their community.

In addition to following regional guidance, below are things you can do to help your community during the pandemic and prepare for any illness in your community:

Community Education:

- Good hand hygiene
- Cleaning surfaces at home and in the clinic or other work areas
- Using masks and social distancing to prevent spread
- Resources in your CHAM and in CE provided by the Distance Learning Network with printable handouts



Provide access to testing and reassurance

- It is better to be tested than to spread the disease unknowingly
- Remove any social stigma about being tested



Isolation and quarantine

- If infection comes to your community, isolate and separate sick people from well people to stop the spread of the disease.
- Talk with your community about where you could take care of people who are sick or have been exposed. Make a plan for keeping them safe, for food, water, fuel, and to follow up their illness. Be creative!



Practice Alaska resilience

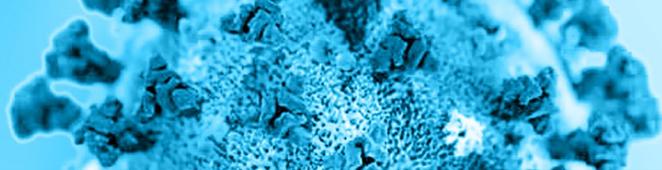
- Hike, gather greens and berries, fish, hunt. Find ways for you and your community to be healthy and happy. We are in this for the long haul.



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
CONSORTIUM



*"Let science do its job. Don't rush the process. Have faith in the scientific process and let it work."
- Anne Zink, MD, Chief Medical Officer for the State of Alaska*

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Review: Symptoms of COVID



Symptoms of COVID-19 may include any of the following: fever, cough, shortness of breath, difficulty breathing, chills, decreased appetite, diminished sense of taste or smell, diarrhea, fatigue, headache, muscle/joint aches, nausea, rash, rigors, runny nose, sore throat, or sputum production.

Some people have no symptoms at all. We know people may test positive before they have symptoms and may be most contagious when their symptoms are very mild.

What does this mean for testing? Test early and test with very few symptom. Always following your regional guidelines.

Long-Term Picture

- Not known
- Anticipate an increase in cases as Alaska opens up
- Anticipate a spike in cases with fall cold and flu season
- Hopeful developments: Antiviral medications being worked on; a vaccine may be available by early 2021

CHAP on Facebook



NEW! Community Health Aide/Practitioner Facebook page:
<https://www.facebook.com/groups/AlaskaCommunityHealthAidesPractitioners>

State of Alaska Information

- [DHSS COVID-19 Homepage](#)
- [DHSS COVID-19 Data Hub](#)
- [DHSS COVID-19 Testing Guidance](#)



ECHO Conferences

Do you want ongoing up-to-date information from the state?
Join the noon ECHO Conferences for health care providers.

- Tuesday and Thursday at 12 noon.
- Zoom Link:
[Healthcare Situational Awareness ECHO Meetings](#)

Continuing Education

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

Save the Date

Remember! You can get CEs for the weekly teleconferences.

Next Session: May 27 at 12:10; Marissa Gonzalez James, Geriatric Nurse Practitioner with Southcentral Foundation, talking about Elder Care and COVID-19.

New CE Courses

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



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

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