



The power of community to create health is far greater than any physician, clinic or hospital ~ Mark Hyman, author

CHAP Weekly Update

October 30, 2020

COVID-19 Alaska Surge

The COVID-19 pandemic is surging in Alaska. The number of new cases have been rising each week for the past month. Alaska's average daily case rate as of October 29th is 44 cases per 100,000 people. This rate is the 7th highest in the nation.

All regions of Alaska except southeast are affected by rising rates of infection. This includes both urban and rural areas. The largest increases in the past 2 weeks have been in the Yukon-Kuskokwim Delta Region and the Northwest Region.

Chart right: *Pandemic alert levels on Thursday, Oct. 29, 2020, according to data from Alaska DHSS.*

REGIONAL ALERT LEVELS	Alert Level	Total cases last 14 days	Cases per day on average last 14 days	Daily case rate per 100,000
Anchorage Municipality	High	1816	130	44
Fairbanks North Star Borough	High	446	32	33
Juneau City and Borough	High	112	8	25
Kenai Peninsula Borough	High	247	18	30
Matanuska-Susitna Region	High	501	36	34
Northwest Region	High	138	10	36
Other Interior Region	High	82	6	25
Other Southeast Region - Northern	Intermediate	21	2	7
Other Southeast Region - Southern	Low	8	1	3
Y-L Delta Region	High	396	28	108
Southwest Region	High	49	4	12

How COVID-19 Spreads in Alaska



The most common forms of transmission include:

- Person-to-person by close contact
- Through respiratory droplets create by coughing, sneezing, singing, shouting
- Spending more than 15 minutes within 6 feet of someone who has COVID-19
- Attending weddings, funerals, birthday parties, graduation parties

Health Aides as Leaders

Health Aides can be leaders in their communities by doing the following:

- Wearing masks
- Practicing social distancing
- Providing education on how the virus spreads
- Working with city and regional leaders to establish best practices



Save the Date

Next session: November 3, 2020 Join our second session with the Alaska Department of Health and Social Services Coronavirus Response Team. Send your questions in advance or bring them with you.



Thanks to Dr. Ellen Hodges, Dr Mark Peterson and the Alaska Department of Health and Social Services Coronavirus Response Team who participated in the call.

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





There is immense power when a group of people with similar interests gets together to work toward the same goals. ~*Idowu Koyenikan*

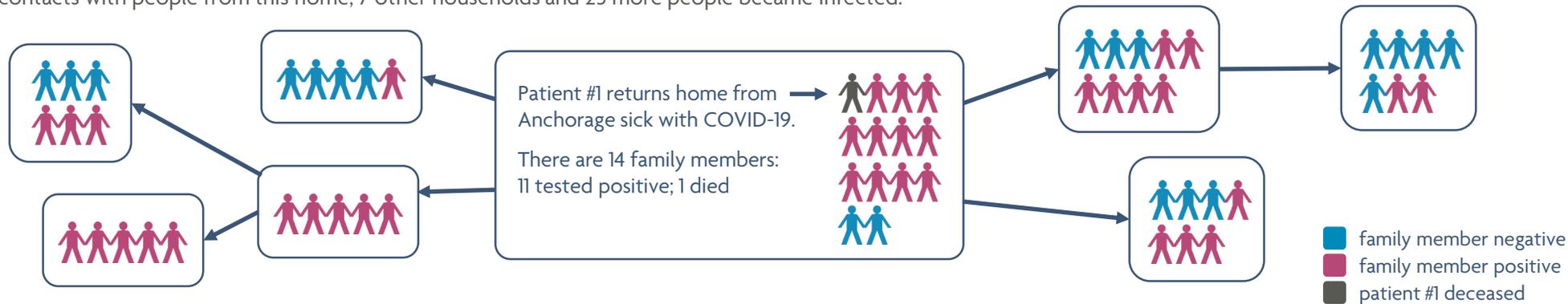
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Example of a Real Community Outbreak in Rural AK

A person already sick with COVID-19 traveled from Anchorage to his home in the community. He died. Of the 14 people living in the home, 11 became positive for COVID-19. Through contacts with people from this home, 7 other households and 25 more people became infected.



How to Slow the Spread in Rural AK

- ❖ Define “hunker down” or “lock down”: Keep contacts to people in own home. No mixing between homes. Children who play with friends may spread COVID-19 to each other and their families.
 - Start this with the first positive test in the community.
 - Continue for two weeks **after the last positive test** in the community
- ❖ Perform COVID-19 testing at regional airport before traveling to village communities.
- ❖ Know who lives in and is visiting in the community.
 - If there is an outbreak, work with hub medical team to identify contacts, assign dates for end of quarantine and end of isolation for each positive case and contact.
 - Test all contacts when identified and once again before quarantine is over.
- ❖ Test everyone who is sick with any COVID-like symptoms.

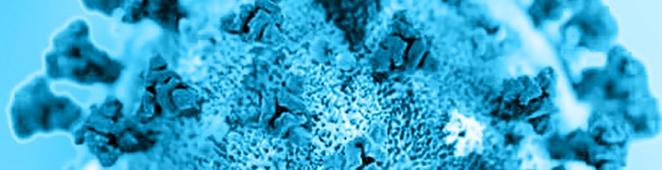
- ❖ Inform community about meaning of **ISOLATION** and **QUARANTINE**.

ISOLATION: If someone tests positive for COVID-19, they need to stay separate from others so they do not spread the infection. A separate room with food delivery is best. Isolation lasts until the person’s symptoms are improving and they are fever-free for 24 hours OR for 10 days after the date of their first symptoms or positive test, whichever one comes later. The shortest isolation period is 10 days.

QUARANTINE: After someone is exposed to a person with COVID-19 they become a “close contact.” They must quarantine to avoid spreading the virus. Quarantine means staying away from other people, such as in a separate room or a separate building. Quarantine lasts 14 days after the last contact with a positive case. If someone is living with a positive case, their quarantine time continues for 14 days after the positive case isolation ends. For some households this means isolation and quarantine lasts for 24 days.

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COVID-19 By The Numbers

Alaska total cases:	14,837
US total cases:	9.2 Million 234,758 Deaths
World total cases:	45.7 Million 1.19 Million Deaths



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Attempts to Slow the Spread Continued

- ❖ A quarantine officer takes the following actions:
 - Brings food, water, fuel
 - Gets the mail
 - Picks up medications
 - Helps with waste removal
 - Enforces quarantine if necessary
- ❖ If there is a positive test in a household and it's difficult to isolate the person:
 - Everyone wears masks in the house
 - Establish quarantine or isolation housing in the community



CHAP on Facebook



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

Continuing Education



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

HAPPY HALLOWEEN



Tips for a Safer Halloween

- ✓ Continue to wear a cloth mask. Don't substitute a Halloween mask if it is not a cloth face covering.
- ✓ If walking from house to house, keep 6 feet away from anyone who is not part of your household.
- ✓ Avoid handing out candy or going to indoor gatherings where households are mixing. Instead, leave candy in a bowl, on the end of a fishing rod, or in a way that allows everyone to be socially distant.

More information on [CDC COVID-19 Holiday Celebrations](#)

Resources



[DHSS State website for Corona Virus](#)
lots of great information and patient education

ECHOs of interest:

- ❖ **Science ECHO:** [COVID-19 Science ECHO](#) – for the general public
Wednesdays, 12:00 pm-1:00 pm
- ❖ **Situation report:** [Healthcare Specific COVID-19 ECHO - Situational Awareness](#)
Thursdays, 12:00 pm-1:00 pm
- ❖ [List of all ECHOs available](#)

New [interactive map and dashboard](#) shows the COVID-19 risk level in your area.
Harvard Global Health Institute/Microsoft

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