

“Alaska has been number one in the country for numbers of people vaccinated per state population for two weeks now.”

~ Kelsey Pistonak, Public Health Advisor, Alaska Immunization Program



CHAP Weekly Update

January 29, 2021

Update on Testing Guidelines and Vaccination Resources

Vaccinations Across the State

43,992 first doses have been administered; nearly 11,000 people have received the second dose. More vaccine is arriving in February. Thank you for all your efforts and help to get your community protected!



Vaccine Scheduling and Dosing

Pfizer Vaccine: Doses are given three weeks apart.

Moderna Vaccine: Doses are given four weeks apart.

- If someone misses a second dose, give it as soon as possible.
- Give the same vaccine for both doses.
- Educate your patients so they are prepared. Both doses are necessary for immunity.

Vaccine Side Effects

- The second dose of both Moderna and Pfizer vaccines may cause more side effects.
- Second dose side effects include fever, chills, fatigue, headache, arm pain and swelling.
- Side effects may last one to three days.
- Side effects may be treated with ibuprofen or acetaminophen; however, do not take these medicines unless the side effects become too uncomfortable. Also, do not take ibuprofen or acetaminophen as a pre-medication.
- Let your patients know that side effects are a sign the body is reacting to the vaccine and building immunity.



COVID-19 Vaccine Resources

CDC Resources:



Patient education: [What to expect after Getting a COVID-19 Vaccine](#)

For healthcare providers and the public: [Different COVID-19 Vaccines](#)

Strategy to Reinforce Confidence in COVID-19 Vaccines: [Vaccinate with Confidence](#)

Vaccine Safety Resources:

VSAFE is a free service to remind people to get their second dose and to report any side effects by text message. Use this link: [free national reminder and safety test messaging system](#), OR anyone can text ENROLL to 1-833-VAX-TEXT.

Vaccine providers should report all side effects and adverse events to the national VAERS system at [vaers.hhs.gov](#).



Want to follow state vaccination rates?

If you want to track how many vaccines are being given in Alaska, use this tool: [Vaccine Monitoring Dashboard](#)



Thanks to:

Thanks to the Alaska DHSS Coronavirus Task Response team for educating us on the new testing guidelines and providing a vaccine update.



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

“Wearing a face mask continues to be critical in our COVID-19 response as a way to prevent transmission.” - Joe McLaughlin, Chief State Epidemiologist



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New Isolation and Testing Questions and Answers

Question: Are there new options for the scenario below?

Scenario: Someone tests positive for COVID-19. They have no symptoms at all. You know it is best if they isolate for 10 days, but they perform a critical job in your town and there is no one else to do it.

Answer: Yes, the state released new guidelines January 20.

If someone has a positive test, NO symptoms, and performs a critical job:

- They may leave isolation after two negative tests.
- The negative tests must be at least 24 hours apart and at least 24 hours after the positive test.
- Tests must be PCR tests – not BINAX card test and not Abbot ID Now tests. Binax Now is an antigen test and Abbot ID Now was not approved for asymptomatic infections.

This new guidance applies only to people with **NO** symptoms. As always, talk with your referral doctor about what is best for your village. Isolation for 10 days is usually the safest option.

If a person has **symptoms** of COVID-19 and a positive test, they need to isolate to prevent spread. If the fever is gone after ten days, they are not considered contagious.

Question: Should we retest people for COVID after they appear to have recovered, just to be sure?

Answer: No. Some people will still have a positive COVID test because non-functioning parts of the virus may still be present. These people are not considered contagious and do not need a repeat COVID test.

Question: What about reinfection?

Answer: The CDC thinks reinfection is rare within three to six months.

Question: So we shouldn't retest anyone for three months?

Answer: Correct, UNLESS the person develops new symptoms like fever or loss of smell. In that case, talk with your referral doctor and ask about testing, even if it's within three months of the their last infection.



Additional Resources

New state guidelines:

[Guidance for Coronavirus Disease 2019 Testing in Alaska, January 22, 2021](#)

Tuesdays:

Meeting the first and third Tuesday of each month at 7pm, The Alaska COVID-19 ECHO for Alaskan Medical Providers.

[Click here to register.](#)

Thursdays:

Meeting Thursdays, 12pm to 1pm, The Alaska Coordinated Call series: COVID-19

Situational Awareness ZOOM meeting. [Click here to register.](#)



SAVE THE DATE



February 2, 2021

Dr. Liz Ohlsen will talk about school and sports and COVID – what's safe, what to think about and what's in the future.

February 9, 2021

Dr. Jodie Totten will talk about pediatric dehydration and how to prevent it.

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