

**COVID-19 Tribal Leadership Session Minutes
March 24, 2020**

Angie Gorn, CEO, NSHC	Megan MacKiernan, Quality and Risk Management Director, NSHC	Reba, Public Relation Manager, NSHC
John Bioff, Kawerak	Axel Jackson, Native Village of Shaktoolik	Blanche Garnie, Teller
Charlene Saclamana, Kawerak	Opik, Diomedede	Heather Payenna, King Island Native Community
Donna James, Kawerak	Glenn Steckman, City of Nome Manager	Ted Katcheak, Stebbins
Floyd Kiyutelluk, Shishmaref	Karla Nayokpuk, Shishmaref	Donna James, Kawerak
Anna Nora, Kawerak	Tracy McGarry, Kawerak	Tiffany Martinson, Nome Eskimo Community
Charles Swanson, Native Village of Koyuk	Carol Charles, VHS Director	Charlie Brown, Golovin
Preston Rookok, Native Village of Savoonga	Larry Kava, Savoonga	Racheal Lee, NSHC, OEH Director
Mark Peterson, NSHC, Medical Director	Joleen, Unalakleet	Marie Katcheak, Stebbins
Howard Weyiouanna, Native Village of Shishmaref	Mark Johnson- City of Nome	Kirsten Timbers, VP of Community Health Services, NSHC
Mary David, Kawerak	Frances Ozenna, Diomedede	Dr. Tim Lemaire, NSHC

Call the meeting to order: Angie Gorn called the meeting to order at 11:05 am and concluded at 1:00 pm. Participants were reminded to mute their phones. The above attendance is not inclusive of everyone on the call, estimated number of total callers was 50.

AGENDA ITEMS	DISCUSSION/RECOMMENDATION
Introduction to Meeting – Angie Gorn, NSHC CEO	<p>Angie gave an introduction regarding the purpose, standing agenda, and frequency of the call. The daily call will be at 11 am Monday through Friday and will include NSHC Administration and Medical Staff. The Standing Agenda includes:</p> <ol style="list-style-type: none"> 1) Introductions(voluntary, but helpful) 2) Prayer- will alternate each day 3) Medical Staff Briefing(# of total confirmed cases in state, # of tests run) 4) Reminders and education 5) Quarantine presentation- What does this mean and how do you practice it? 6) Travel bans by village 7) Questions- open to group questions with answers <p>Note- Any questions may be sent to Reba Lean at rlean@nshcorp.org anytime or text to 907-434-1927 and they will be answered during the 11:00 am call.</p>
Prayer – Preston Rookok, NSHC Board Chair, and Larry Kava	Preston Rookok read a script from the bible and Larry Kava gave prayer in Siberian Yupik.
Medical Staff Briefing – Dr. Mark Peterson, Medical Director	<p>Dr. Mark Peterson gave a briefing and also went over the following information:</p> <ul style="list-style-type: none"> - Upper 30’s (32 plus) COVID-19 cases in Alaska

	<ul style="list-style-type: none"> - 8 tests have been done at NSHC, 6 are negative, and 2 results are “pending” - NSHC is working with ANTHC, the state, and other agencies - We have rearranged staff and adding staffing and are prepared - COVID-19 team is being created that would be sent to the villages to provide a mini hospital if needed - 80-90% of patients will have a cough or fever, but will not need hospitalization - If patient is positive with COVID-19 we want to keep them in the village and isolate. Will send into Nome if needed - Field clinic is a space preferably that may have running water, and bathroom that could be used if there is an outbreak in the community(example, your school might be a good location for the field clinic/hospital). Each community should start to think about “where” this space will be if needed. We are not “there yet”, but planning is key.
<p>Reminders and education – Angie Gorn</p>	<ul style="list-style-type: none"> ○ Update: Yesterday it was mentioned that we had 5 ventilators but NSHC actually has 11 ventilators. ○ Education: Think about how many people need to go somewhere “together”- for example, don’t send everyone to the store, one person from the household should go. Reduces the number of people going out in public. ○ Cleaning: Using dawn dish detergent is just as effective at breaking down the virus as the chemicals, like bleach or Lysol wipes. If your store has dish detergent, this is a great place to start to wipe down your surfaces. ○ Meetings: If your community plans to hold meetings please make sure to keep the number of attendees to 10 people or less. You can always repeat the meeting for the public a few times, use your VHF, or ask people to call in, to reduce the number of people sitting in a small space. ○ Reminder: Quarantine means someone who has been told not to go in public for 14 days. Some community members have to use the washeteria and what can they do? They can bag their laundry and have someone else take it, but the best thing to do is to talk to the city and find a time where they can go alone to the washeteria and then it should be wiped down afterwards. ○ Education: Please check out the CDC, center for disease control,

	<p>website at www.cdc.gov. They have a good hand out for quarantine that you can print out and have available for your community. If you or someone you know think they have the coronavirus check out the Coronavirus self-checker. It is excellent and can be used before calling the nurse call line.</p> <ul style="list-style-type: none"> ○ Every Community Should be working on a Checklist: 1) It is recommend to make a list of anyone that might be trained as an EMT, paramedic, etc. that is not working for NSHC but have the skills. Make a list of those resources of those folks in case your communities need them. 2) Think of buildings in your community that you may use for a quarantine spot. Some people may need to be quarantined for 14 days and if they live with an elder they will possibly need somewhere else that they can quarantine and watch for symptoms. 3) Look around your community and see where a good spot would be for a field clinic. The school might be a good clinic/Mini Hospital. We would send medical personal to you and this would be a space for patients if need be. Of course critical patients would be sent to Nome, but less critical patients (if there are a lot of them who need medical oversight)- might be managed in the village.
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<p>Quarantine presentation – Megan MacKiernan</p>	<p>Megan went over the CDC guideline which you can find at https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html</p> <p>Some items discussed:</p> <ul style="list-style-type: none"> - Isolation/Quarantine as the same term - Stay away from everyone else - Should not leave unless they need medical care or critical member of infrastructure business - No public transportation - Stay 6 feet apart - Own bedroom and own bathroom if possible - Reaching out to others to have them bring groceries - Call ahead before going to the clinic - If they have to leave, but aresick, they should be wearing face masks - Wash their hands often - Do not share dishes - Wash hands before you leave and when you get back from the
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	<ul style="list-style-type: none"> store - Frequently cleaning and washing hands - Keep hands from touching face - Quarantine for 14 days, unless public health tells you otherwise - Kids returning from Mt. Edgecumb(Sitka) can self-isolate, since old enough
Travel ban – Angie	<p>As of right now all villages except Brevig, Teller, and Stebbins have travel restrictions.</p> <ul style="list-style-type: none"> - Per request someone with NSHC will follow up with the Stebbins IRA or City to see if they need help.
Questions – everyone	<ul style="list-style-type: none"> ○ In Stebbins, 90% of the homes do not have water or sewer systems and are currently using plastic buckets. How should the community members be handling the waste in the buckets? <ul style="list-style-type: none"> ▪ Guidance on honey buckets, the virus is present in human waste, use bags, double or triple line the bucket that way they only have to touch the bag and not the bucket. ▪ Whoever is disposing the bag and if you have a haul service make sure they are using the appropriate PPE and that they are washing their hands after. ▪ NSHC is Getting hand sanitizer for communities and will get them disbursed in the coming week upon arrival to Nome. ○ Our store is out of bleach and Clorox. What else can we use? <ul style="list-style-type: none"> ▪ A lot of cleaning supplies work (Dawn Dish Detergent) and there are handouts that are coming out on how to dilute bleach so it is used safely. Remember, if you need cleaning supplies for the city or tribes to share sparingly with households who have nothing, email Reba Lean rlean@nshcorp.org. NSHC does have supplies, but we need to ration them also. Our priority is to give a little bit of something to the people who have nothing, so everyone can be proactive. ○ In another community the PPE is torn and doesn't last and the community are out of trash bags and the two people that haul do not want to pick up from people that are in quarantine. What can we do? <ul style="list-style-type: none"> - Will send out to tribal office- a bulk supply of trash bags. - Requested to send to city because tribes are closed. - Any one that needs supplies email to rlean@nshcorp.org and what your store is out of so we can send out what we have to help communities in need.

- **How long back do can we tell people that traveled back to the community to stay away.**
 - 14 days from when they arrived. March 10th-March 24th as of today.
- **Email received that people in a community is gathering and using marijuana.**
 - Reminder that people who smoke are at higher risk of catching COVID-19. Also, if people are “hanging out in groups of more than ten”- the community should identify this and self-police to keep everyone safe. Education is key.
- **If somebody passes from the virus what are we going to do with the person? What does the state require or NSHC require?**
 - There is specific guidance from CDC regarding what to do with post-partum remains. If that happens, they will make sure to share the guidelines.
- **What hand outs are getting sent out?**
 - There are about 8 different handouts that NSHC has printed and is sending to households. NSHC will send each community a supply to distribute now and then NSHC has worked with a publisher to send a mass mailing to each PO Box in Region (this will come in a few weeks).
- **Can we provide a notice on quarantine a head of time?**
 - Yes- NSHC will attach the quarantine notice with the minutes tomorrow
- **The office in Shishmaref has been trying to contact Department of military regarding the armory building in Shishmaref but have not received a response back can we help?**
 - Will try to go through other channels to get in touch and help. Charlene Saclamana indicated she would also help.
- **When will test kits be available in villages?**
 - All villages have test kits available. The current guidelines in AK are for doctors to check patient’s criteria where they were in contact with someone who was positive for coronavirus or went to a place where coronavirus was prevalent. If they meet criteria, we will test. We do not test if they do not have

symptoms. If we get a lot more test kits, we can test more, but right now NSHC is following the criteria.

- **Dr. Peterson reminds everyone:**
 - If you are sick stay home and do home care
 - If you get sicker and think you need to be seen call the nurse call line that way they can let you know if need to come in
 - If you are directed to clinic they will put a mask on you and evaluate you and will make a decision if you need to be tested. They will test for flu, strep, etc. if they feel they need to test you for coronavirus they will do the swab and send to the lab and they will tell you to quarantine at home and will let you know when your test results. If negative you can go on with your normal treatment and if you are positive you will finish out quarantine. Health Aide will be calling ER doctor and additional doctors on corona testing. 80-90% who get the virus get better. Make sure to stay away from elders because they are the ones that are at risk.
- **What is the bell graph?**
 - Not 100% sure but what happens in communities which starts with a small number of cases, then a peak of cases, and then it goes back down.
- **What are the different stages of coronavirus? Three stages?**
 - Dr. Peterson will research. No specific treatment and it run the course. People have different phases.
- **What is the proper use of chemicals that can be used around younger children? Can we have a guideline on that also for preventive measures?**
 - OEH is working on guidelines and has material with information that they can send out.
 - Sending a reminder on ventilation for different chemicals because the fumes are dangerous especially with those with respiratory problems.
- **After quarantining for 14 days should they still be concerned?**
 - If it was Nome, Nome does not have any confirmed cases as of yet. When 14 days are up and you don't have symptoms you would not pass the virus on if you had it. Your risk is very low for just being in Nome.
- **Patients that are flying into Nome do they need to quarantine**

before going back to Diomede?

- We would follow Diomede's rules/restrictions
- Starting tomorrow Nome will start their isolation process.
- **What about restaurant and stores?**
 - Restaurants are currently doing take out only
 - here in Nome the stores are disinfecting
 - Couple of communities are wiping down after a customer uses or touches something.
- **With the City of Nome's guideline they are requesting travel permits, will patients need a permit?**
 - If the doctors in Nome refer a patient to Nome, there will be a process.
- **Comment: Community of Shishmaref has three entities that meet and they are all donating towards hunters going out and hunting for community members. Just wanted to share in case other communities wanted to do that as well.**
- **Comment: City of Nome is working with Bering Air and Ravn on limiting travel to the villages and making sure freight is getting to the villages. Goal is to limit travel to the villages. If there is anyone in Nome that wants to get back to their villages they should do so. Alaska Airlines is limiting their flights to one flight and not going through Kotzebue to Nome. People will need to get a permit to leave Nome and when they return they will need to quarantine in Nome.**
- **What is the process with people flying to Unalakleet from Anchorage?**
 - All the entities in Unalakleet meet for travel ban and all were in favor to ban all travel which will start tomorrow March 26th until May 1st which includes travel to the surrounding villages. Only Exception is patients and people to work on infrastructure.
- **If someone from the village traveling to Nome for medical will they be subject to the 14 days quarantine?**
 - Obviously they will be meeting with their doctor, and after we will require them to return to their village. This will be on case by case basics. If they are positive they will need to quarantine.
- **Will the people who are incarcerated and it is time for them to**

come back will they be quarantined before returning home?

- Yes they should be quarantining on returning home especially if they are returning from the Palmer/Anchorage area.

○ **Are we watching the people that are coming back to Anchorage?**

- Anyone coming back from Anchorage need to be quarantined and people need to be watching and educating people on the need for quarantining. Now with the travel ban they will need to quarantine and we all need to be informing them if they do not already know.

○ **If there is an outbreak in Nome what is the extreme measures that will play into effect in our communities? If all travel stops will that be by the governor or the city?**

- Scenario goes like this: as the state gets more cases on the road system, and cases start to sprout in remote communities like Nome, Bethel, and Kotzebue, what will we do? We are going to have this call every day that way we can let you know what is going on and how many cases are in the state and in our region and this is a good place to get information. If it does rise, we will be sending out more information. NSHC is planning for the worse case sceanior, but hoping for the best. It's good that we are starting to ban now. We will have communication to the villages so everyone is informed.
- City is following the Doctors lead with LEPC. Once we start seeing cases in Nome we will take more extreme measures. Will be doing a virtual council meeting and will be posting the call in number. We are taking this all under considerations right now.
- The communities can be helpful in isolating. The community can help by making grocery runs and should help those who are in quarantine so they do not need to go out of their houses.

○ **Questions for villages outside of Unalakleet. Do you have hunters that want to go hunting and that are passing through other community villages? If so what are your protocols?**

- Koyuk is okay if they have supplies and just passing through. If they need supplies they need to get a hold of a local to go to the

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	<p>store and get supplies for them. Koyuk has a point of contact Morris Nassuk that hunters can get a hold of and his number is 907-412-3854.</p> <ul style="list-style-type: none">○ Did they check the mushers after they got in since there are mushers from different countries mushing? Recommend to have the mushers checked before Iditarod starts next year.<ul style="list-style-type: none">▪ In Talking with Iditarod officials, no mushers were checked. No symptoms have been mentioned and mushers were sent out as soon as possible after getting into Nome.
Ending remarks – Angie	The call concluded at 1:00 pm.