

**COVID-19 Tribal Leadership Session Minutes  
April 9, 2020**

Chase Gray, NSHC	Megan MacKiernan, NSHC	Angie Gorn, CEO, NSHC
Kelly Bogart, NSHC	Cameron Piscoya, NSHC	Reba Lean, NSHC
Dr. Mark Peterson, Medical Director, NSHC	Kirsten Timbers, NSHC	Carol Charles, NSHC
Megan Alvanna-Stimpfle	Katie Hannon, NSHC	Charles Swanson, Koyuk
Howard Weyiouanna, City of Shishmaref	Carolyn O., Teller	Nelson, BSNC
Jeannie Kost	Opik Ahkinga, Diomede	Frances Ozenna, Diomede
Karla Nayokpuk, Mayor, City of Shishmaref	Cora, City of Teller	Charlene Saclamana, Kawerak
Cherri McConnell, Kawerak	Mary David, Kawerak	Carol Piscoya, Kawerak
Charlene Isabell, Teller	John Bioff, Kawerak	Glenn Steckman, City of Nome
Tiffany Martinson, NEC	Joanne Keyes, Wales	Dan Harrelson, City of White Mountain
Rhonda Burnett, NSHC	Janice Knowlton, KINC	Jason Harrel, NSHC
Lori Hughes, NEC	Preston Rookok, Savoonga	Blanche Garnie, City of Teller
Charlie Brown, Golovin	Barb Gray, Council	Lance Johnson, NSHC
Chelsea Ongtawasruk, Wales	Donna James, Kawerak	Toby, Golovin
Dorothy Barr, NC of White Mountain	Tony Haugen, Native Village of Unalakleet	Jolene Olson, Kawerak
Dolly Kugzruk, teller	Stebbins	Saint Michael
Kevin Bahnke, NEC	Liz Johnson, Solomon	Liz Kugzruk, Nome Children's Home
Rhonda West, Council		

<b>AGENDA ITEMS</b>	<b>DISCUSSION/RECOMMENDATION</b>
<p>Introduction to Meeting – Angie Gorn, NSHC CEO</p>	<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"> <li>1) Prayer</li> <li>2) Medical Staff Briefing</li> <li>3) Questions to address</li> <li>4) Alternative for homemade masks</li> <li>5) Self-Care</li> <li>6) Questions and Comments</li> </ol> <p>Angie announced that today is Health Aide recognition day. Several years ago our board of directors wrote into our bylaws that the second Thursday of April every year will be Health Aide recognition day. We have over 75 health aides that are in our work force. We cannot express our appreciate enough for what they do every day in their community. Health care would be nonessential in our villages if we did not have our health aides. Together they provide over 25,000 patient encounters on an annual basis and make up 50% Norton Sounds system wide health care. What is really difficult during this time is that our health aides are often recognized in April with potlucks and celebratory events but this year it just isn't possible. Those things have to be postponing due to social distancing. I know you all know a health aide so please do what you can to recognize them through social media over the phone by email whatever you can do to express your</p>

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	<p>appreciate during this time.</p> <p>Note- Any questions may be sent to Reba Lean at <a href="mailto:rlean@nshcorp.org">rlean@nshcorp.org</a> anytime or text to 907-434-1927 and they will be answered during the 11:00 am call.</p>
Prayer	Prayer was given
Medical Staff Briefing – Dr. Mark Peterson, Medical Director	<p>Dr. Mark Peterson gave the medical staff update:</p> <ul style="list-style-type: none"> <li>- 9 new cases in the state which is 225 cases, 37 are hospitalize, 7 death, 49 recovered cases</li> <li>- 0 cases of COVID-19 in region</li> <li>- Over 31 test, 20 negative, 11 pending</li> <li>- Point of Care testing hopefully will start tomorrow in Nome</li> <li>- ANMC has no COVID-19 patients hospitalized, 6 cases isolated</li> <li>- Continue our preparation, Point of Care testing will help</li> <li>- ANMC testing capacity will most likely start Saturday</li> <li>- ANMC will be able to test anyone, beneficiary and non-beneficiary</li> <li>- No out of pocket cost for COVID-19 testing even for non-beneficiary, insurance will be billed but nothing out of pocket</li> </ul>
Question to be addressed	<p>Angie went over the one question that was shared last night and provide an answer.</p> <ul style="list-style-type: none"> <li>o <b>Should household members be sharing the same towel?</b> <ul style="list-style-type: none"> <li>▪ If people wash their hands well with soap and water and they rinse well it is fine to use the same towel. However, if it is possible each person in the household can use their own towel if that is possible. We would never recommend sharing towels, or wash cloths if anyone is sick. To wash laundry, wash cloths, or towels you should use hot water and detergent and dry on high heat and it doesn't just kill COVID it can kill other bacteria. Paper towel could be used at a substitute if everyone cannot have their own towel.</li> <li>▪</li> </ul> </li> </ul>
Alternative for homemade masks	<p>Megan went over Alternative for homemade masks:</p> <ul style="list-style-type: none"> <li>• You can use a scarf, bandanas, the more layers, and the better. You should be able to breathe through it.</li> <li>• Homemade mask that require or do not require sewing. Cotton fabrics work really well. Tighter weave the better.</li> <li>• If you see water drops after you cough, it is not enough, and you should add another layer.</li> <li>o <b>On social media like facebook there have been ads popping up to buy face masks with removable filters, have we looked into that?</b> <ul style="list-style-type: none"> <li>▪ We are recommending to the general public to use cloth masks. We are also cautious about ads on social media because there is a lot of fraud going around right now.</li> </ul> </li> <li>o <b>Is there any recommendation for eye wear people should be wearing?</b> <ul style="list-style-type: none"> <li>▪ Most simple shields and the type of shield that BSSD is making for the hospital. Overhead protector film that you make use for wood working. Safety glasses with wrap around the side, glass googles, chemistry googles, anything that has protection from the top, the side, and the front.</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>▪ Contacts are just fine and our eye care is following CDC. Please keep up the hand washing and not touching them.</li> </ul>
<p>Self-Care</p>	<p>Lance went over the follow Self-Care information:</p> <ul style="list-style-type: none"> <li>- Behavioral Health is using Telehealth which is telephone and video as they have been</li> <li>- No significant drop off of services. Some people do not have phones and they are aware of that and they are trying to find other alternative</li> <li>- Talk with the children regarding COVID-19. Share in the manner that you wish, with facts. Talk to them on how you manage stress</li> <li>- Stigma is a real concern. People may fill they are letting down their community. How we can support people during this time is something to be conscious of</li> <li>- BHS is available 24/7</li> <li>○ <b>Is there a phone number that we can call for our anxiety or stress from COVID-19?</b> <ul style="list-style-type: none"> <li>▪ 907-443-3344 is the number you can call during regular hours for Behavior Health with NSHC. After hours you can call the nurse call line at 907-443-6411 and they can connect you with the person on call for Behavioral Health. I recommend if you know someone that needs behavior health or even yourself please feel free to call us at any time. 907-543-6000 is YK’s general contact number and you can ask for the after hour and regular call number for behavioral health. YK’s emergency number for behavioral health is 907-543-6499.</li> </ul> </li> </ul>
<p>Questions and Comments</p>	<ul style="list-style-type: none"> <li>○ <b>At patient hostel in Anchorage there is a blue tent for COVID-19 testing can we get tested?</b> <ul style="list-style-type: none"> <li>▪ If you go to the blue tent you will need a physician approval.</li> <li>▪ If you are symptomatic you can go through a drive through in Anchorage also.</li> <li>▪ 907-729-1500 is a number that you can contact with ANMC if you want to do drive through testing.</li> </ul> </li> <li>○ <b>We have someone in the village that is from Anchorage and is trying to get out of the village what is the process?</b> <ul style="list-style-type: none"> <li>▪ The city would like to know if they are just passing through. If they are going to have a layover they need to quarantine.</li> <li>▪ Alaska Airlines will only be flying 3 days a week starting next week. They will not have flights Tuesday or Thursday.</li> </ul> </li> <li>○ <b>Can I get the travel permit for online?</b> <ul style="list-style-type: none"> <li>▪ Yes you can get it online at <a href="http://nomealaska.org">nomealaska.org</a> or email <a href="mailto:travelpermit@nomealaska.org">travelpermit@nomealaska.org</a></li> </ul> </li> <li>○ <b>Comment was made about antibodies from the COVID-19 virus and what elders stated about the history.</b></li> <li>○ <b>Has the City of Brevig been notified about this teleconference?</b> <ul style="list-style-type: none"> <li>▪ They have not and we can notify them.</li> </ul> </li> <li>○ <b>If a patient was in Anchorage and wants to travel home to Unalakleet does she need to quarantine in Nome?</b> <ul style="list-style-type: none"> <li>▪ If the patient is flying from Anchorage on AK Air and catching Bering Air to Unalakleet she will still need a permit but does not have to quarantine in Nome. Now if the patient is staying in Nome for a couple</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>of days she will need to quarantine while she is here.</li> <li>▪ Some travel bans do require to quarantine in Nome before going home.</li> <li>▪ Unalakleet does not require quarantining in Nome before traveling home but they do need to quarantine once they get home.</li> <li>▪ Unalakleet does have a committee that you can notify when traveling.</li> <li>○ <b>If you are traveling through Nome and get stuck in Nome do you need to quarantine?</b> <ul style="list-style-type: none"> <li>▪ For medical passengers please call Amy Hollis at 434-0654 if you get stuck.</li> <li>▪ You are not supposed to travel unless medical emergency or essential. You must apply for permit.</li> <li>▪ Coming to Nome for no reason including just to shop is not acceptable.</li> </ul> </li> <li>○ <b>Is NSHC able to advertise travel bans and questions?</b> <ul style="list-style-type: none"> <li>▪ Will be posting it shortly at nortonsoundhealth.org and you will need to click on the top read ban that states COVID-19 information click here.</li> </ul> </li> <li>○ <b>Wales has not received hand sanitizer yet is there an update?</b> <ul style="list-style-type: none"> <li>▪ NSHC will follow up with the shipment.</li> </ul> </li> <li>○ <b>At 2pm tomorrow please remember to pray for our State of Alaska.</b></li> <li>○ <b>Are there any entities or organization that would be out there that could help the City of Savoonga with garbage bags, masks, gloves, hand sanitizer while attending whaling camp to harvest for the village and region? Average of 22 whaling crew with 5-6 crews most likely over 100 crew members.</b> <ul style="list-style-type: none"> <li>▪ Our board of directors is meeting today at 1:30 pm and we will discuss helping our communities. We do have orders placed for all the communities for hand sanitizer.</li> </ul> </li> <li>○ <b>BSRHA bank account in Wales and there is nothing ready. Who do we contact to get started?</b> <ul style="list-style-type: none"> <li>▪ Angie can put them in contact with the manager at BSRHA.</li> </ul> </li> </ul>
Ending Remarks	<ul style="list-style-type: none"> <li>○ Angie would like to take a 3 day weekend due to Good Friday tomorrow and people observing that day. Everyone have a wonderful weekend.</li> </ul>