

**COVID-19 Tribal Leadership Session Minutes
May 22, 2020**

Angie Gorn, CEO, NSHC	Reba Lean, NSHC	Mark Peterson, MD, Medical Director, NSHC
Kelly Bogart, NSHC	Megan MacKiernan, NSHC	Cameron Piscoya, NSHC
Kristen Timbers, NSHC	Carol Charles, NSHC	Megan Alvanna-Stimpfle

*Over 40 people attended today's meeting.

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) Prayer 2) Medical Staff Briefing 3) Updates 4) Comments and Questions <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	Prayer was given
Medical Staff Briefing – Dr. Mark Peterson, NSHC Medical Director	<p>Dr. Peterson gave medical staff update on the following:</p> <ul style="list-style-type: none"> - Originally was not going to do a call today but with the second positive we wanted to update everyone - Alaska: 0 new cases within the last 24 hours reporting period, 402 cumulative cases, 356 recovered, 10 death, 36 active cases - Numbers are still very low which is what we are wanting to see - ANMC: 1 inpatient, 1 case under investigation for possible COVID, 19 outpatient cases - NSHC: Test 1,664 individuals, done over 2,000 total test since some of those individuals have been tested more than once, have 189 pending, we do have a new positive test so that is 2 total positive for us, one last April and one yesterday <p>Information on positive case:</p> <ul style="list-style-type: none"> - Case happened in Nome - Happen to be a NSHC employee within the City of Nome - Public Health is on the case and started their investigation last night into close contacts - This individual is in isolation now and doing well - There are contacts that are contacted by Public Health - If there is concern that there was contact to any one individual or if there is concern that there was contact to a village or anyone traveling to a village, Public Health would have contacted you by now - Like the other case it is very important that we keep the confidentiality of this

	<p>person identity confidential</p> <ul style="list-style-type: none"> - They were willing to allow us to share that it was a Nome base case - As far as NSHC and what we are doing, we are working as if it's a weekend day so our ER is open, our Acute Care is open, our clinic doctors are in but we are not seeing patients today and we are not seeing patients elsewhere in the clinic today as if it were a Saturday or a Sunday, this allows us to catch up on things - We are going to do a deep cleaning of areas - We are going to be doing extensive testing, we are already doing that with Norton Sound employees - Were already doing mandatory testing of employees and we are going to move that up and test everyone over the next few days rather than testing over the next couple of weeks - We will be testing everyone - Expect that next Tuesday we will be back to business as usual - We are going to interrupt village travel next week, just for one week while we do all of this employee testing - Depending on the result of that testing and if everything is looking good, within a week, week and an half we expect to be back to business as usual - We do not expect this to interrupt the business that Norton Sound does for patients or village care - We do expect the interrupt today as we act like a weekend day and we expect some interruption for a limited amount of village care next week for a couple of providers that were traveling out to the village we will just hold off on that for a week - We will reassess after we get the testing back and Public Health with their full evaluation - We expect things to be back to business as usual after that - We are doing the testing - We are emphasizing that we all need to continue doing what we are doing and wearing mask - If anyone comes into the hospital has to wear a mask - Wearing a mask, social distancing, and washing your hands are very important - The fact that our whole region has had time to get prepared is helpful in a situation like this - It is a bit of a wakeup call for the villages and someone of the villages are talking about opening up more and the state is opening up but again limiting the movement of the virus from the lower 48, Anchorage, or Nome to the villages is very important - Dr. Peterson encourages that if the villages still have the 14 day travel ban in place to continue that or again if you are going to reduce that to 7 days and add testing that is an option as well - People have to be cautious about opening up completely and going to zero days of quarantine right away and think that would be a mistake as the road system, and state opens up we need to be cautious and careful when opening things up - If you have the question "If I have been exposed how would I know?" "What if I think I have been exposed?" Public Health does a very deep investigation of contact and if you are a known contact you will be contacted, if you feel like
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	<p>you are you can always reach out to Public Health</p> <ul style="list-style-type: none"> - If you are an employee of Norton Sound and are concern and have not been contacted by employee health or public health you probably do not need to be overly concerned by if you are you can reach Karla Homelvig with employee health to voice your concern about yourself and investigate it - One thing we are making sure that is happening and is partially due to patient feedback and recommendation is limiting the high touched surfaces and making sure those are clean and disinfected, wiping down instruments and pens, and making sure that anything that could be shared between people are clean - If you are an employee and you are considered part of a critical infrastructure area like cab company, grocery store, post office worker, if your business has stated open throughout this whole time and you are seeing customers, and people on a daily basis it is important for you to continue doing the precautionary measures that have been in place the entire time like hand washing, masking up, and everything that has been mentioned - We do have the ability to test more people and you can be tested weekly if that is something you want to do and if your manager or business owner would like you to do <p>Education Piece:</p> <ul style="list-style-type: none"> - Close contact according to the CDC guidelines are 10 minutes within 6 feet - Being within 6 feet of a person with COVID-19 and spending 10 minutes of time with them - It's not the fact that you walked by somebody or came by them or stand 3 minutes by them or know who they are and walked by them; that is not close contact and does not require quarantine for that person - We do have testing available to everyone that wants it - If people are having concern "oh gosh I know this person, or I walked by them, or walked down the hallway" again if you are not spending 10 minutes within 6 feet you are not considered a close contact for quarantine - Now when you add in the fact that everyone in the hospital should be wearing a mask that is extra protection that's even those who are within 6 feet for 10 minutes - Those are the things we are doing to protect the spread of virus - Wanted to reassure you on that end as well
<p>Question and Comments</p>	<ul style="list-style-type: none"> ○ Is this case, was it contracted in Nome or was it travel related or any ideal on that? <ul style="list-style-type: none"> ▪ Dr. P: That has not been determined yet and the State Epidemiology wants a little more time on that to make a determination. It is not a straight forward answer on that. State Epidemiology when they put their report out they will report on that and they usually like 24-48 hours to assess that. ○ Do we know if this case is somebody that is a provider and seeing patients or is it something that we have to worry about? <ul style="list-style-type: none"> ▪ Dr. P: unfortunately all I can say is that it is an employee of Norton Sound who works in the City of Nome. Again if there is an individual at risk our Employee Health and Public Health will contact that individual. Pretty rapidly people find out if a village is at risk or an

individual is at risk. I will reassure everyone if they have not already been contacted I wouldn't be really concerned.

- **Was the employee first test or were they ever tested before?**
 - Dr. P: unfortunately I cannot share more information about the test and that kind of thing. That I cannot share.
- **This person now is positive, how far like if you have gone to the hospital, how many days ago, should you be concern about if you were in contact with this person?**
 - Dr. P: State Epidemiology, Public Health, and Norton Sound are evaluating this and have been evaluating this. If there are individuals that we feel are at risk and need to be quarantine they will be contacted. They will be contacted no later by the end of the day today and probably have already all been contacted. If you are not contacted that means your level of risk and concern is not higher than the general public. We will be doing more broadcasting and will have more information in about a week and certainly if there is any more concern we will reach out. I would reassure anybody that has been at the hospital that they don't have to be overly concerned. Again everyone is wearing masks, all employees are wearing masks, we have all these measures in place, and we are really helping mitigating the spread. So thankfully we have that in place.
- **Is the second case a concern to opening the villages back up?**
 - Dr. P: What I said early was that I think all the villages should think seriously about their travel ban. The virus is going to get into the village by traveling in. If someone has it and travels into the village. My advice would be to not just open up the village to anybody and everybody. If the state does that that does not mean the village has to do that. So I think having a 14 day travel ban regardless of the second case. I think having a 14 day travel ban is go ideal for the villages, and think if you want to look at a 7 day travel ban with testing on either end I think that is a second best option. I think opening things wide open to travel anywhere is going to be a problem for the villages. Because if the state opens up travel to Nome that means anybody from the lower 48 can come up and bring the virus into Nome and that means somebody from the village can contract it Nome and come out to the village. Norton Sounds advice would be for the villages to be careful and cautious about opening travel to rapidly.
- **Can patients still go to Nome for dental?**
 - Dr. P: Again today we are not going to have things open it's like a weekend day, Monday is a holiday. So that's Friday, Saturday, Sunday, Monday we are closed and we are doing additional testing. Again I think dental appointments next week Tuesday through Friday is okay to come in and have a dental appointment yes that should be fine.
- **Can villages open up to 100 people for discussion?**
 - Dr. P: The state is opening up. It was 50% capacity but now it's going to be 100% capacity the villages has the right to follow what the state mandate is and they have the right to do something less than that. You

have the right to limit things further than what the state allows. They will have to make a decision on that. Norton Sound would say be cautious. That would be our advice.

- **Is there any indication on the Nome side that they are going to reinstate their travel policies?**
 - GS: Right now the villages travel within the Nome census area is still being allowed with no permits and we are still requiring two week quarantine for anyone that has traveled outside the Nome census area which means Anchorage. The hospital has set up a tent and if you have been flying into Nome and have been in Alaska for two weeks you are eligible to take a test at the airport, be in quarantine for 7 days, and retest after the 7th day and if the hospital tells you that you are negative for both test you can be on your way. If you choose not to be tested we are looking at two quarantine for that individual.
- **Those of us who have had to go to the hospital recently, can you at least confirm, because I worry that we are coming into the weekend and Public Health doesn't contact anybody, if you were exposed you are going to be sitting around people all weekend, can you at least tell us if the employee that tested positive works in an area that has direct contact with the public all the time?**
 - Dr. P: Anyone who may have been in contact really has already been contacted. If you have not had a call by now you can have a good holiday weekend. There is not a list of people that are not getting the call. I need to reassure that people do not need to be concerned. Contacts have already been contacted.
 - MM: Want to let everybody know that the information that we are sharing we do have direct permission from the employee to share that information and only that information they have permitted. We are limiting the information we are sharing to what we have permission to tell you.
 - Dr. P: We would never withhold anything if someone was at risk. We would do the opposite and go the extra miles to be reassuring.
- **Will test always be available since we will be going up for more testing and as more cases come here?**
 - Dr. P: We have been able to keep up with the testing swabs. We have enough analyzers; we have good staff to do the testing. We have been able to keep up and have 3 analyzers going right now and we are going to get 6 going and we feel like we are going to be able to keep up. I do see there being possibly an occasional day where we say "hey come back tomorrow we have a shipment of swabs coming in tomorrow." Or we say " hey we are going to send yours to ANMC because we have a shipment of our quick test coming in tomorrow and we ran out today." We can see that happening but will not run out on our ability to test people. We can also send it to the state lab if we need too. I don't ever see us running out of the ability to test. I do see the possibility that you might have to wait a day or two for a test swab if we run out. The state has been able to keep up on that which is great.

- **Does anyone know if the flights are still going through Kotzebue to Nome?**
 - Dr. P: They would need to come through Anchorage to get to Nome.
- **Are Norton Sound employees still locally based? Know that some employee travel on a rotation schedule.**
 - Dr. P: we don't have anybody right now who this month travels into the region from outside. Again a case of COVID-19 that is obviously brought from the lower 48 to Nome is usually picked up right away from Public Health and is labeled as travel related. That is usually a straight forward case. We have not had a case from that. We don't expect to have a case like that because we quarantine extensively. We don't have anybody this week traveling in that fashion. We do have an occasional employees that travel out of region and back into the region but they do their tests and full quarantine.
- **Curious of the internal policy and if somebody needs to be hospitalized it's a serious condition and thankfully we haven't had that. Is Norton Sound internally structured to handle a hospitalization or would they be medevac'd out?**
 - Dr. P: Ya we are set up for that. In fact that is some of the initial intensive planning and training. The answer is yes we are all set up for that. Certainly anybody that needs a higher level of care than normally what we can provide at Norton Sound would be transferred out and that is normally what we would do and the state has done a great job at keeping the number of hospitalized COVID patients to a minimum so there are plenty of critical care beds in the state open at ANMC, Providence etc. So anybody that needed that higher level of care would travel there for that.
- **If someone wanted to get a test a asymptomatic test in the village without showing any symptoms, what would be the proper process?**
 - Dr. P: Just call the clinic and say "Hey I understand you have testing for asymptomatic people, I have not had any symptoms and want to get a test." And they should be able to get it lined up for you.
- **Comment was made that they're may be miscommunication in the villages on people wanting to get tested and contacting the clinic.**
 - Dr. P: Will talk to village health service staff and talk with the health aide about testing being available for any asymptomatic person.
- **With all the testing that will be done in Nome that's not going to hurt the supply for the villages correct?**
 - Dr. P: Correct. That is a different swab and material used in the villages.
- **What is deep cleaning vs your regular everyday cleaning at the hospital?**
 - Dr. P: There really isn't any significant different. We felt that it was important to let people know that we are doing the cleaning that everybody does when they have a case, and that we would be testing employees. That we were going to take a break from village travel for a week. That we would be taking a breath, taking a step back, and then get back to conducting business as usual. It's really not different than what we are doing all the time. It's more of taking a step back and

	<p>doing what we do in a situation like this. Standard clinic hospital cleaning is what really kills this virus. There's no special separate cleaning that has to be done.</p> <ul style="list-style-type: none"> ▪ MM: it's important to remember soap and water are very effective against this virus. When you are thinking about cleaning your home, washing your hands, that soap and water are a really great choice and not having to use chemicals or anything like that. ○ MAS: Was wondering if Dr. Peterson could talk about a little bit of what makes your immune system strong. What are thoughts on immune preparedness and vitamin C.? <ul style="list-style-type: none"> ▪ Dr. P: Not an expert on vitamin's but will say that if you smoke don't smoke, if you are overweight getting regular excise, sleeping well, taking care of yourself, eating right. Eating right, a good native diet. Most people who eat a healthy diet get enough nutrition. But if a person is concern can take a multiple vitamin a day or get additional vitamin D, vitamin C. It really goes back to taking care of you.
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