

**COVID-19 Tribal Leadership Session Minutes  
May 28, 2020**

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| 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                    |
| Joleen Oleson, Kawerak         | Dorothy Barr, Native Village of White Mountain | Audrey, City of Koyuk                     |
| Jason Harrell, NSHC            | Chuck Swanson, Native Village of Koyuk         | Preston Rookok, Savoonga                  |
| Opik Ahkinga, City of Diomedea |  |   |

\*Over 40 participants attended today's meeting.

| AGENDA ITEMS  | DISCUSSION/RECOMMENDATION  |
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| Introduction to Meeting – Angie Gorn, NSHC CEO                    | <ol style="list-style-type: none"> <li>1) Blessing</li> <li>2) Medical Staff Briefing</li> <li>3) Comments and Questions</li> </ol> <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   |
| Update  | <p><b>Angie gave the following NSHC update:</b></p> <ul style="list-style-type: none"> <li>- Went over press release titled NSHC Tests Workforce in Response to COVID-19 Cases that was released on Thursday May 28<sup>th</sup></li> <li>- Norton Sound received COVID-19 testing cards; So now when you get tested at the tent, the person performing the test can initial that you have had the test and the date you had the test; It's a card that you can keep in your wallet, share it with employer if needed, and may be good to have if you are flying into Nome</li> <li>- Tomorrow we will not have a call; We will take a break and resume the call on Monday June 1st</li> </ul>   |
| Medical Staff Briefing – Dr. Mark Peterson, NSHC Medical Director | <p><b>Dr. Peterson gave medical staff update on the following:</b></p> <ul style="list-style-type: none"> <li>• <b>Alaska:</b> 13 new cases this morning, 425 total, number of cases in the last 24 hours, one case in a Bethel village and one in the North slope, 366 recovered, 49 active cases, no additional death which keeps it at 10 deaths</li> <li>• <b>ANMC:</b> 22 outpatient, 3 additional in one night, 0 inpatient</li> <li>• <b>NSHC:</b> no additional cases, 3 cases total one from April</li> <li>• As things open up and as people travel we are going to be getting cases and thankfully so far most of these cases seem to be health cases</li> <li>• We are going to continue seeing cases and find positives in our region and all other regions</li> <li>• We need to continue testing to find these cases early, try to maintain some travel quarantine to slow the cases down, try to discourage people on coming to the region for no reason</li> <li>• People in our region need to enjoy the summer and try not to travel outside the region but be within the region and try to enjoy that as much as possible</li> <li>• It may be 12 months from now where we are still singing the same tune but getting closure to a vaccine</li> <li>• This is a marathon not a sprint</li> <li>• We should not be at the edge of our chair worried about the next case; We are going to get cases and to encourage friends and family to come in and get tested</li> <li>• If they work with people get in and get tested frequently</li> <li>• Everyone should be staying healthy</li> </ul> |

- Now is a good time to stay motivated and stay healthy; Quit smoking, lose weight, eat healthy
- The villages should try and keep things fairly tight; 14 day quarantine is best; Try to limit unnecessary travel to the village
- Travel for medical is important; continuing to get your mammogram and other cancer screens is important and we do not want to see a rise in cancer
- Don't travel to Anchorage just for fun and if you can travel to Nome from groceries that would be the best
- We can do a lot of things, we just have to do them in a smart fashion
- Be watchful and if you or someone you know starts getting symptoms come in and get tested

**Angie gave update on cases:**

- Sitka announced their second case and they found that case by testing a patient who was admitted
- You are going to see a lot of hospitals when patients are being admitted, that's criteria for automatic testing
- As Dr. Peterson mentioned the more we test the more cases we will most likely find
- We did see yesterday that Barrow announced their first case, they tested a patients who flew in from Anchorage, was tested in Barrow, and then went on to their home village, they did not announce the village
- We have seen that the Bethel Region has announced their third case
- More will pop up in the regions, and of course more hospitals and tribal health organizations have the ability to test, more testing is going to result in more cases and we are seeing that

**Dr. Peterson gave general comment about travel from one region to another:**

- Remember that the virus is spread primarily person to person
- It can spread by picking up on countertops and things too
- More likely person to person is how it's spread
- If a person traveling from one village to another, and let's say both villages are fine with that, they are okay with traveling from one village to another village
- Where you travel is important but the way you travel is more important
- If you travel from one village to another but wear a mask and wash your hands whenever you were in close contact with anyone
- If you came down with the virus and public health talks to you, they are going to say "who in the last few days have you been in close contact with? That is you've been within 6 feet for 10 minutes without a mask on or maybe with a mask on."
- If you are going to travel from one village to another because it essential travel, you're going to pick up a 4wheeler, you're going to pick up someone, you're going to pick up/drop off a grandchild, when you go on that mission, just make a point to not exposing yourself to anyone
- You're going there with a mission of getting something/someone or dropping something/someone off, go do that, and come back so that if you do happen to

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|                              | <p>have a virus and it shows up later you can honestly say that you didn't have contact with anyone; you're not going to give the virus to anyone if you are washing your hands and not near anyone</p> <ul style="list-style-type: none"> <li>- Get that you shouldn't be traveling if you don't need to be traveling but if it's okay to travel to the region because there is no ban, do it in a smart fashion and you're not going to spread the virus</li> <li>- Know you are going to travel by plane, keep your distance from everybody else, wear a mask, make sure they are wearing a mask</li> <li>- If you go by boat go by boat, if you go by 4wheeler go by 4wheeler</li> <li>- It's not just so much that a person went from this village to that village, it's how they went and who they were exposed too</li> <li>- Public Health is saying you should know in a course of a week, you should keep your circle of people that you are in contact with should keep that to a minimum, 3-4-5 people at the most, and everyone else is at a distance</li> <li>- That is what we are encouraging everyone in the hospital, keep the distance between coworkers, keep your mask on and wash your hands, eat lunch by yourself because you will have your mask off when you are eating, don't be by anyone</li> <li>- It's for example when someone goes from village to another for a funeral and you are around everybody, and there's a potluck, and you are around everybody there and they have their masks off and eating, That's a mistake there</li> </ul>   |
| <p>Question and Comments</p> | <ul style="list-style-type: none"> <li>o <b>AH: Kind of going through the Kawerak website to see if there was any travel bans and know a lot of community leaders communicated verbally on the 12<sup>th</sup> of May that they were changes to their travel mandates and that they were relaxing. As she is hearing Dr. Peterson talking about where we are at this moment with our recent cases, can't stress enough how important it is to let them know what it is that they want at this current time because we defiantly want to make sure we are following what it is that you want us to do with the patients that are traveling. Again Amy just deals with patient travel in quarantine and can reach her at 907-434-0654.</b></li> <li>o <b>Diomedes is still waiting for new revised travel permit from the City of Nome.</b> <ul style="list-style-type: none"> <li>▪ GS: The travel form is continuing to be refined. Hoping that it's going to be done either today or tomorrow and we will make sure it gets out to Reba so everybody can see the new form and new fax sheet that goes with the form.</li> </ul> </li> <li>o <b>Going around town would say a majority of people are not wearing a mask. From a medical perspective or public health perspective, has anything changed as far as guidance that we have been dealt locally, statewide, CDC, does anybody say anything different other than social distancing, 6 feet apart, wear a mask when you are in an area with lots of people. If it has changed we should know that.</b> <ul style="list-style-type: none"> <li>▪ Dr. P: Nothing has changed but think people are just getting lax because it's summer. We have to kind of get back to tightening up on that. Think we are going to start seeing more kids hanging out together, even other groups. We are actually seeing more cases lately in the state, in the bush. Nothing has changed and unfortunate that we see people</li> </ul> </li> </ul> |

not wearing the mask. Now is the time to wear masks when you are in the grocery store. Things are going to pop up now, now that people travel.

- GS: From a city perspective is we just ran in add in this week’s paper reminding people and recommendation to people what to do to stop the spread in the community. We are also going to speak with the chambers of commerce on what they can do. We are seeing a lot of people traveling in and we are reminding them of face masks and we will see what we can do. We all have to work together to encourage people to follow the rules but we don’t want confutation either.
- **Is there anything wrong without wearing a mask when outside and not around other people?**
  - Dr. P: Correct. So in a building situation, a place of work, if you are in your own office you can take your mask off, go out in the hallway put your mask on. If you go outside and no one is around or by you, you don’t have to have your mask on. If you are with a group of people, or going into a facility or if you expect to be running by people because you are in a crowded part of town you should have your mask on. If you are walking down the beach alone you do not need to have your mask on or if you are with people from your own household who are already exposed to you it’s not as important to have a mask on when you around them. Think if at place of work, public facilities, with other people outside your household absolutely should wear it. Not a public health expert and if they are on they can chime in but that is his recommendation. Remember when you are wearing a mask you are doing it to protect others and they are wearing their mask to protect you. Do have to be careful when taking your mask on and off. Let’s say you have the virus, you didn’t realize it, your appropriately wearing your mask so you don’t spread it to others, when you are taking it off and putting it in your pocket putting it back on you are touching that mask a lot there is a virus there. That is a reason why we need to wash our hands frequently. That is the only comment about touching your masks, be careful with that and wash your hands after.
- **Comment was made about some people saying why we don’t get it and get it over with.**
  - Dr. P: The big problem with this virus is the mortality rate for those that are older are really high may 15-20% and that’s just too high to ethically say “hey let’s just get this thing”. If everyone 40 and under could just get this thing and get immune that would make sense but how would they get it and not pass it to an elder.
  - MM: I think one of things that go with that is that there has been some false information that has been spreading around. About the statistic on this virus you know that “Oh it’s not killing people etc.” and when you do look at the current statistic it is holding out there without how we talked about at the beginning of the mortality rate. Have seen people post saying “Oh 1% mortality” and that’s really not accurate. I think there is some misinformation feeding into people feeling like when

they are making those comments about just get it over with.

- **We know that a person that test positive that is symptomatic in order to get cleared is to not show symptoms for three days, get tested, and get then test the next day to be cleared correct?**
  - Dr. P: There's actually different ways of clearing people to go back to no isolation and there kind of three different recipes, and depend on if you have symptoms or don't have symptoms, and it depends on if you are going to do a test base strategy to clear you or not test base strategy to clear you. They changed recently and if public health is on they can talk about the three recipes. I do think that most people have to be 10 days out from the onset of symptoms. Minimum 10 days out and they have to be 72 hours free of any fever without medication, no Tylenol, no aspirin, no ibuprofen and 10 days out from symptoms. That combination gets you free from quarantine. If you don't have symptoms and asymptomatic I think it's 10 days from your positive test. There is also a test base strategy that is faster to release people back to work. Some facilities will use that for health care workers if they are needed to get right back to work. Can get there faster by doing a couple of tests 48 hours apart and both tests are negative. We do not have a need to use that fast rapid return to work strategy. We will spend the who quarantine time. Again public health does that aspect of things as far as people in isolation. They take care and make sure they meet the criteria before releasing them.
- **Participant brought up that Golovin will be meeting about essential workers because they have new health aides that need to get out for training**
- **Participant brought up that some providers have cards that state that they can work anywhere and that they are essential but recommended that if they are not need in the village that they hold off going out.**
- **In a village they have leaders that would or could approve travel either for medical reasons or close to medical reason. One thing concerned about is a chain of command for our requirement for quarantine. Should one of our leaders need to be quarantine, who can enforce quarantine or can we do it on our own out of respect?**
  - Savoonga: They have a mayor and IRA President that work together on these two situations. They agree upon who's coming and they sign document on who is coming to the village, who is coming in, and approve their travel that way the whole community knows that those individuals coming in whether one of them go, one of them will be approving that and one of them will be overlooking that situation.
  - Dr. P: If one leader had to go into quarantine the other leader will be supervising the quarantine.
  - Savoonga: Yes that is how it is set up in Savoonga.
  - Golovin: Comment made yesterday was referring just to that. Concerned brought up concerning a family that traveled to White Mountain. Just looking at, like stated yesterday, it may seem we are favoring some residences in our community, which is not the case. Like

Preston said, we would follow I'm sure the same guidelines because our three entities, along with our community members, approved our travel ban and it was signed by all three entities in Golovin.

- Diomed: We do not have anybody that is supervising quarantine in Diomed.
- Dr. P: Think that Opik.
- Diomed: It's not so much supervising it's just making sure that all the proper paperwork is received and making sure the travelers have a requirement they need to follow. The City of Nome set up guidelines, Diomed has guidelines as well for when you are traveling back. It's working with the people individually and then if Opik were to leave to fly to Nome for summer fishing the next person would be the vice mayor to work with the travelers flying in and out.

- **Have an understanding that Golovin has been trying to get an essential worker there for clinic. When they travel to Golovin is there a requirement for quarantine since I know the essential worker is a health aide pretty sure is like a must need for a community when our health aide is traveling for work?**

- Dr. P: Golovin might need to have a health aide go out there who doesn't usually reside in Golovin. They may come out, and need to replace the health aide in Golovin currently. Any health care worker that Norton Sound is going to fly to a village has to have been in the region for the last 14 days, previous 14 days. They are also an employee so they test every two weeks. Any health aide that goes to Golovin would have been in our region for the last 14 days and would test negative before going to Golovin. Norton Sounds recommendation is that if somebody has been in the region for the last 14 days, has not been to the lower 48, they have not been exposed to anyone with COVID-19, they are low rest, test negative, they're okay to go to the village directly without quarantine in Golovin. That should be a safe way for a health aide to go out there. If Village Health Services is sending a health aide or a midlevel and have been in the region for the last 14 days, they're health, have a negative test, they should be fine to go there.

- **Discussion was held about Golovin and White Mountain's travel restrictions.**
- **MAS: Was wondering if Dr. Peterson can share some insight on what is on the horizon, just following up with the many moving piece as we are now on May 28<sup>th</sup>, and there is now cases in every region in rural Alaska which emerged in Alaska mid-March so I think you were mentioning than if we timed it right. Recognizing that there's significant time delay reaching rural Alaska and the governors opening Alaska back up and businesses are continuing to operate I think we are witnessing portions of the population who don't believe in masks and we have no control over that and so exploring ways that we can really continue to protect ourselves, recognizing that there's likely going to be, when is the date from this weekend that we see intermingling across the country that in two weeks that we should be**

**monitoring how much the corona virus is out there because what concerns me is that we have one of the highest rates of corona virus in the world and along with the vil and were opening back up. I think it's going to get a little turbulence and I was wondering if you might be able to lend someone insight on when to watch for things this summer.**

- Dr. P: Do know that on report on the beginning of the call mention that this is a marathon and not a sprint. Alaska cases started later than the lower 48 so were all delayed. We have done a good job by keeping cases low by locking down travel and all of that. Like we all mentioned as the state starts to open back up were just going to see more cases. We're already seeing that. There were 13 cases in the state in the last 24 hours. That's the highest number since way back in April. That's because fishery workers are coming up, were opening back up with more travel. We're seeing cases now in the North Slope, Barrow, Bethel, and Kotzebue. We're just going to be seeing more cases. As there are more cases on the road system in Anchorage like these 13 that just happened. They're going to have it exposed to more people over the next two weeks and going to see what happens there. There's always a two week delay. Your contacts are going to show up with systems maybe two weeks from now, maybe sooner. It is a marathon and thinks the villages are doing the right thing with continuing with appropriate quarantine and we just have to keep doing what we are doing. It's not the time to put our guard down and it's the time we stay tight. You want to do it in a logical fashion. Think if there are not cases in two different villages travel between those two villages is going to be relatively safe. Nome does not have a lot of cases but does have some. We know the virus is there. It's relatively safe to travel to the villages and Nome and back. The villages have quarantine when you travel from Nome then that's a good thing to have in place and think it should stay in place. It gets back to don't travel unless you really need too. Were all hoping that if the weather gets warm the virus will go away but don't believe we are going to see that. I think we're going to see more viruses come up from the state when people bring it up. Seafood workers, there have been 12-13 of them positive in just the last few days. We have to be watchful.

- **Are the COVID testing cards going to be sent to the villages too?**

- AG: Yes. We just got them in today and we ordered plenty of them and we will make sure we get them on their way to all the villages. We'll have some in the testing tent; we'll have some here in Nome if folks get tested at other locations, and also at the airport. We will be sending them out.