

**COVID-19 Tribal Leadership Session Minutes
June 01, 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
Joanne Keyes, Wales	Joleen Oleson, Kawerak	Cherri McConnell, Kawerak
Charles Swanson, Native Village of Koyuk	Native Village of Savoonga	Opik Ahkinga, City of Diomedea
Tiffany Martinson, Nome Eskimo Community	Howard Weyiouanna, City of Shishmaref	Frank, Saint Michael
Dorothy Barr, White Mountain	Irene Navarro, Native Village of Golovin	Toby, Golovin
Janelle, Teller Traditional Council	Deborah, Wales	

*Over 40 participants attended today's meeting.

AGENDA ITEMS	DISCUSSION/RECOMMENDATION
Introduction to Meeting – Angie Gorn, NSHC CEO	<p>Reminder to keep phone's muted.</p> <ol style="list-style-type: none"> 1) Blessing 2) Medical Staff Briefing 3) Changes with Governors mandate for travel 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"> • Alaska: <ul style="list-style-type: none"> - We have cases from Sunday and today - Providence Extended Care, which is a part of providence hospital had a bad outbreak of 13 people over the last couple of days - On Sunday there was a total of 27 new cases, 12 of those were from the Providence Extended Care Facility the rest of the cases were in Anchorage-12, Wasilla-4, Eagle River-3, Kenai-3, Homer-2, Soldotna-1, Kenai Peninsula Borough-1, Anchor Point-1 - For the last 24 hours there were 7 additional cases, 1 came from the Providence Extended Care, and do not have where the other 6 cases are listed out - Total is 467 cumulative cases in Alaska - 368 recovered - 89 active cases - Was at 35 active cases last week now up to 89 - As things start to open up we will see more cases - No new deaths, for a total of 10 deaths • ANMC: 25 outpatient, 0 inpatient • NSHC: 2,213 people have been tested, 4,669 tests have been conducted, 3,500 tests have returned negative, 1,166 are pending, 3 tested positive (2 from May and 1 from April) <p>General Comment from Dr. Peterson:</p> <ul style="list-style-type: none"> - We need to be vigilant as things open up

	<ul style="list-style-type: none"> - As more reason to be wearing masks, social distancing, and washing hands, kind of all the good things that need to be happening to prevent the virus from spreading - We know elders can get quit sick from it - We know a lot of people can carry the virus without knowing it - We know the virus can come up through the airport
<p>Changes with Governors Mandate for Travel</p>	<p>Dr. Peterson gave the following update on interstate travel per the state:</p> <ul style="list-style-type: none"> - The state sounds like on Friday they are going to change interstate travel(travel from the lower 48 to here) - It's going to change where they are going to require a test 72 hours before coming to Alaska or a test on arrival in Anchorage, or 14 day quarantine - The state is not dropping their 14 day quarantine but they are giving an option of testing - You can either quarantine for 14 days or do testing, 72 hours before coming up or upon the arrive to Anchorage, there is no quarantine of the line being short in Anchorage when you fly in so people are being encouraged to test before they come up - What does NSHC recommended to the City of Nome? <ul style="list-style-type: none"> ▪ Right now the City of Nome recommend a 14 day quarantine for those coming in from the lower 48 because that is what the state is requiring and that is the best option is 14 quarantine, the safest option ▪ For intrastate travel within the state, the City has two options: 1) 14 day quarantine, 2) 7 day quarantine with testing on the first day and the last day ▪ To keep things simple what Norton Sound would recommend if the state were to make this change and it happens on Friday, we would recommend that anybody traveling into the City of Nome from Anchorage that they all do the same thing, either 1) 14 day quarantine, or 2) reduced quarantine of 7 days and testing on the first day and 7 day ▪ It's seems like a good alternative to reduce quarantine and we still feel that some days of quarantine and testing are better than no quarantine ▪ You can test negative one day and 5 days later or 7 days later come down with the virus <p>Deanna with Public Health stated the following:</p> <ul style="list-style-type: none"> - Agree with Dr. Peterson that will be rolling out on Friday from the state - Again underscore the important that social distancing outside of the family units, and keeping social circle small, and continuing to wash hands, avoid touching eyes, nose, and mouth, and when you are coughing cover your mouth when out in public
<p>Updates</p>	<p>Charlene Saclamana with Kawerak:</p> <ul style="list-style-type: none"> - Wanted to reiterate that any business, organization, or agencies that is traveling into any of our regional villages is supposed to be prepared with a workforce protection plan which should be shared with the city government - The City in each of our villages should be aware of any businesses that companies may be in your villages and what protections they have in place in case COVID-19 is spread in your community

<p>Survey</p>	<ul style="list-style-type: none"> - Will resend the email that goes over the workforce protection plan <p>Megan MacKiernan gave the following survey update:</p> <ul style="list-style-type: none"> - Would like to thank everyone that has taken the survey - Reminder if you have tested you can take a survey about your testing experience by texting the word COVID to our toll free number, or you can fill out a paper form at your testing location - It is one entry per person, if you get tested more than once you cannot submit again - Our toll free number is 1-833-321-0166 and text the word COVID - Friday's winner is Marcia Jennings - Today's winner is Yvonne Slwooko
<p>Question and Comments</p>	<ul style="list-style-type: none"> o What is Nome doing after the change of policies? <ul style="list-style-type: none"> ▪ GS: That is part of the discussion that going to be needs to be held. Right now there is an emergency order out there that continues the 7 day and 14 day option until July 14th. It's up to the council to ultimately make that decision if they want to leave what we have in place or not. Just heard Norton Sounds recommendations and will be carried to the council. A lot of people, in fairness, have been devastated by some of the restrictions that have been in place even though those restrictions were not put in place by the council; there are a lot of people in the community that would like to see the community open back up in a much faster situation. I always carry forth the recommendation of Norton Sound and that would be the recommendation to the council. Cannot say where the city is going to be when I'm sure the council is going to review this on June 8th. ▪ Dr. P: We appreciate that. Norton Sound so everyone is aware, Norton Sound is all about health care and our recommendation has to be health care focused and less business focus. Health care is what we do and what we recommend. It's not that the state change in going into kind of entry testing is not a terrible thing. It's certainly better than not doing anything for sure. We just know that because of that element of being able to carry the virus in and having a negative test and have it show up a few days later because we know that it exist and being able to get some quarantine in there, 7 of those, we know that is a better deal. We understand that it's got to be taken to the council and the council has to debate that. o Can the virus stay in a person for 21 days? <ul style="list-style-type: none"> ▪ Dr. P: That's a good question. The majority of people that are exposed to it, within 14 days they are not going to be infectious. It's possible that somebody maybe infectious a little bit longer than that but not very likely. The CDC still says 14 days is a pretty good quarantine length and does not need to go to 21 days. 14 days is considered that a vast majority of people will be recovered by that time and not spreading virus. o Will the eye doctor be able to come to the City of Shishmaref? They are scheduled for the 15th.

why don't you just swing by the tent and get tested? You all have great access to our testing tent so that's an advantage that you have. I recommend getting tested. I do hear your comment about masks. People should be wearing masks inside of building. When you are outside and by yourself you do not need to have a mask on but when you are inside around others you really should be wearing a mask inside.

- **Is the tent open on the weekend?**
 - **Dr. P:** Yes it is in the afternoon from 1pm-5pm or 1pm-4pm on the weekends.
- **Are there enough nurses to do at night in Nome?**
 - **Dr. P:** The tent is just open 1pm - 5pm on the weekend. We had to set certain hours. Now if you are sick or ill you can always be seen at the hospital but for routine testing it's that 8am – 5pm Monday through Friday and 1pm – 5pm Saturday and Sunday. You can also get testing at your location.
- **Would there be a way if they call a head of them can they go in to PCC or ER to get tested?**
 - **Dr. P:** For anyone in Teller or any village you don't need to get tested on the evening or the weekend. You can test in your location Monday through Friday 8am – 5pm in your own clinic. The testing that happens in your village by your health aide and midlevel's in your own clinic there that test tests goes to ANMC and get tested on a very sophisticated machine that is as good or maybe a little bit better than the machine in Nome. If you are in the village just get tested in your local clinic. It doesn't take that long for the results to come back. That is what I would recommend. We have all the test kits and swabs there and you don't have to wait and come to Nome to get tested when you are in the village.
 - It's the waiting part because it is 3-5 days before getting the results.
 - **Dr. P:** I understand. We'll look at the possibility seeing what we can potentially do in Nome for that.
- **Do you talk with Bethel hospital about testing? We have a lot of travelers going up for herring fishing and they are going to the store.**
 - **Dr. P:** Bethel is like us and have testing for people and testing at the airport. Sure they have requirements for those fisherman and fisherwomen that are going to your region. Sure there is some kind of plan in place where they may have had to test a head of time or quarantine. I would imagine that there is something in place like that. Bethel has not had a lot of cases they are like us and they have not had an outbreak in their villages. Their village members would be fairly safe to be coming in. Sure there is some type of requirement that they have for testing.
- **Can mosquitos transmit the coronavirus from person to person?**
 - **Dr. P:** No they cannot and is not possible which great news. It is not like malaria and we are thankful for that.
- **The positive cases that we have had did they test again? Just curious about**

false positives. Also are they recovered or are they still in quarantine?

- Dr. P: We have not had any false positives in our region. We do know that of the two new cases one will be recovered and reported on the Norton Sound situation report tomorrow and we will get an update on the other case and let you know that soon. We would expect all three of those to be recovered cases very soon and will let you know the update on that.
- Dr. P: Public Health runs the show on recovery. To get to recovery is a combination of things. The definition includes the last day of symptoms, so many hours with no fever and without medication, and improvement in symptoms. Testing is not a mandatory requirement to see if you are cured. There is a test based strategy to see if you are better but better than that is to serve your time like a 14 day quarantine and recovery if you serve your time, which is typically 10 days since onset of symptoms you will be recovered. Testing is not a required part of that. Now depending on the situation they may or may not test. Everybody can be reassured that active cases that we have had have been managed very well and we are expecting for these people to do very well.
- **Can somebody get the Novel Corona Virus more than once?**
 - Dr. P: There is really no evidence that people can get it more than once. There are some articles out there have said that people can get the virus twice but it's not very many people out of millions of people. Probably some of those were false positives. There is no evidence that people are going to be getting this over and over again. There has been no evidence of that. So we don't expect that. We expect that anybody in our region that gets it, once they recover they will be good.
- **Golovin and other communities discussed their change in restrictions.**
- **Even though that people test and it turns out negative doesn't mean they are not carrying the virus correct?**
 - Dr. P: Correct. Testing does not replace quarantine. It takes a while for the virus to develop enough antibodies to turn the test positive. One test could be done a little bit too early. That's why two test 7 days apart is better.
- **Comment was made about construction season going on and not knowing if the construction workers have been tested to see if they have the virus.**
- **Are White Mountain's restrictions still relaxed?**
 - White Mountain is still relaxed from Nome but not if they are coming from Anchorage or Fairbanks. Will revisit during our meeting in June.
- **Does Dr. Peterson expect the doubling time to shorten since the governor relaxed travel?**
 - Dr. P: That's a good question. Do we think it will take the current number to double quicker? Ya I think we are going to be seeing more cases as things start to open up. Things are going to be more relaxed; more people are going to be coming up and possibly bringing the virus. I think we will see more cases. We will know more in the next couple of weeks. There is no reason on why it's not going to be and double.

Hopefully I'm wrong.

- Think it's going to be regardless of the state opening up we are testing more and more each day and throughout the state.

- **Discussion on village restrictions held.**
- **Are there any antibody test done and are they available?**
 - Dr. P: The nasal swab testing is for the virus. That is the most important testing that we can be doing and what we need to be doing now, not antibody testing. The nasal swab testing is really the only testing we should be doing right in our region because it tells us who has the virus, which might have it without symptoms, which might be carrying it, who might be spreading it to others, who might be bringing it in to the villages, who's bringing it into Nome. It is the test that we need to be doing all the time. Everybody if you have not had a nasal swab test you need to get one. You can get it in the testing tent in Nome and you can get it in all the villages. We have the swabs there, we have the kits there, and you can call ahead and get tested. If you get symptoms you need to be tested. 99.99% of the testing is that. Antibody testing is a blood test. A poke in the arm for blood and it checks to see if you might have had the infection in the past sometime. It doesn't tell you if you have it now, it doesn't tell you if you are spreading to others. It's just a test that tells you if you might have had it in the past. For some reason if you think you may have had it in the past and want to get an antibody test then call your provider in the village clinic or if you are in Nome call PCC 443-3333 to make an appointment with a provider to get antibody testing. It's a blood poke and a send out and will come back in a couple of days and we will tell you if you have antibodies to the Coronavirus and that will tell you if you might be immune to it and that if you had it in the past you might be protected. Antibody testing is most helpful where there have been a tone of disease, New York, New Jersey, places like that. It's helpful because it's more accurate when it's done in those regions where there are a lot of active cases. It's much less accurate in places like Alaska, Montana, Hawaii, places where they have low rates of infection. It's just not very accurate. We do have the antibody testing, it's available, just make an appointment. My recommendation would be instead of getting poked in the arm get a swab in the nose. It's the better test to be doing. Or get both. As far as testing all the villages, we have tested over 12% of people in the villages. We need people in the villages to continue going in and getting tested. We don't have planned to do broad antibody testing because it really doesn't have a place for us right now. If individuals are queries if they think they have it and never got tested in the nose you can do it. We don't have a plan to test everyone in the villages for antibody testing.
- **Are there enough tests for each village to have each person taking the Covid test?**
 - Dr. P: Yes there is.
- **What is the percentage of Golovin testing completed?**

- MM: Based on some rough calculations think Golovin is at about 30%.
 - Dr. P: Wow that's good. That's 1 in 3 people tested.
- **Does every NSHC employee that travel from Nome to the villages do they quarantine?**
 - Dr. P: If a NSHC employee who lives in Teller and is a health aide in Teller or travel clerk in Teller or cleans the clinic in Teller and happens to come to Nome and now they are going back to Teller Norton Sound does not have any rules for that person except to follow whatever Teller's quarantine rules are. If it's a resident of Teller and they come to Nome they have to follow those communities' policies. If it is a Norton Sound employee that lives in Nome, and works in Nome, and they are traveling to Teller to provider services, then those employees that live and work in Nome, and they have traveled out region and/or out of state they have to quarantine for 14 days in Nome and test before going to the village. If they live in Nome and have not traveled out of the region they have to test before they go.
- **Can people from Teller go over to Brevig?**
 - Dr. P: That would depend on Brevig's travel restrictions.
- **What is the purpose of antibody testing?**
 - Dr. P: To look for antibodies in the blood.
- **If it's recommended to test some place like New York, why would you need to test for antibodies if there was already a huge outbreak?**
 - Dr. P: Don't think they need to test for antibodies there if a lot of people have had the virus already.
- **Dr. P: The accuracies of antibody testing depend on the prevalence of it. If a region has a lot of COVID-19 the accuracy of the antibody testing is quite good meaning if your antibody test is positive it means it's a true positive, meaning it is most likely coronavirus that is showing up in your antibody test, is the novel corona virus that causes COVID-19. There are many different kinds of corona virus. Corona virus has been around for a long time. In regions like ours where there is not a lot of, in the State of Alaska, there is not a lot of COVID-19 the antibody test because much less accurate meaning if it's positive there's a real high chance it is falsely positive It's not that we can't do it for a lot of people, we could put a process in place to do it. It's not going to be accurate for the whole state. That's just the guidance from the State Epidemiology. It's not a Norton Sound thing and it is coming straight from the State Epidemiology, Dr. Zink, ANMC, they are all saying the same thing to please put effort into finding out where active infection is, that's how you prevent it from spreading to other regions. We do have the antibody testing available it just won't be real accurate and there will be false positives in our region. If anybody want's an antibody test they can certainly get in and get one done. They can certainly have one done.**
- **Abbott testing analyzers were brought up and testing in the villages.**
 - Dr. P: We can always test more and do more testing. The analyzers, we have a certain number of analyzers. We had to have all the analyzers running recently when we had the two employees tested positive. We

have three analyzers running all the time to keep up with the testing locally. We had to have all of them 7 running to get the entire employee testing done. We are setting one up in Unalakleet for the dental program there and it is a requirement to test the dental patients before they can get seen. Savoonga has a dental program. Unalakleet's is going to be very soon in the next couple weeks to get up and running. Savoonga is next in line. They need to get staff trained on how to use it. Teller is in line and then we are out of analyzers but we can ask for more analyzer. We are saving one analyzer in case we need to fly to a village to do testing. Let's say there is an outbreak in a village. We can take the analyzer out to the village and test the whole village if we need to rapidly. We don't have any additional analyzers but can certainly ask for more analyzers. I agree people like to have rapid turnaround if possible. The analyzer is complex and requires a lot of training and kind of needs to be the same person doing it every time. We expect them in Unalakleet, Savoonga, and Teller and will try to get more analyzers and will be hanging on to one in case we need to go out to a village to test.

- **When will plasma be available in Anchorage or the Regional Hospital if there is a big out break?**
 - Dr. P: Just so everybody knows what we are talking about. People who have been sick with corona virus can donate their blood and that has antibodies in it and that can be used to treat somebody who is very sick with COVID-19. It's a somewhat complex process to do that and in Anchorage they might be doing some of that. Those are going to be sicker patients that are transferred into Anchorage. I don't know if it is going to be done in Anchorage and if it is it may be ANMC or providence or somewhere like that.
- **Will there be supplies if people want to donate plasma?**
 - Dr. P: That's a good question. I think in order to use the plasma, blood that has antibodies in it, in order to use that for any community you would have to correct it well in advanced, have it stored, and have it ready for usage. It's not the situation where if there is an outbreak in a village you can come out and take donation at that time. If you know someone who has been positive for COVID-19 they can investigate where they can donate plasma. They can certain look into that and being a volunteer to donate their plasma if they have had COVID-19.