

**COVID-19 Tribal Leadership Session Minutes  
June 18, 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
Joleen Oleson, Kawerak	Axel Jackson, Native Village of Shaktoolik	

\*Over 40 participants attended today's meeting.

AGENDA ITEMS	DISCUSSION/RECOMMENDATION
Introduction to Meeting – Angie Gorn, NSHC CEO	<p><b>Today's Reminder:</b></p> <ul style="list-style-type: none"> <li>- Please keep phone muted unless speaking or asking a question</li> <li>- There will be no call tomorrow Friday June 19th</li> </ul> <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>
Updates	<p><b>Angie gave the following updates:</b></p> <ul style="list-style-type: none"> <li>- Today at 2pm Norton Sound will host a call with the following communities: Brevig, Diomedede, Teller, Wales</li> <li>- The purpose of that call is to include leadership from all those communities as well as boat captains and other fisherman to have a discussion about respecting the different travel bans that are in place and the option for testing for those folks who get on boats together and just to have a dialog with all those communities with Norton Sound as the host</li> <li>- Next week we have two focus calls: <ul style="list-style-type: none"> <li>• On the 24<sup>th</sup> Senator Sullivan will be joining our group and he does need to call in right at 11am so I will continue to remind everyone that on the 24<sup>th</sup> we would like for you to call in a little earlier so we are ready to go right at 11am; He would like to address the group and then be available for any questions and he is interested in hearing about the impact of COVID-19 here in our region; He has been a huge champion for water and sewer so it would be great for him to hear those stories from you as well</li> <li>• On the 25<sup>th</sup> of June which is next Thursday we are going to have our safe subsistence during the pandemic talk; We will have that during our 11am talk and we are going to prepare in advance for that; This is the discussion that we tabled that we will talk about fishing for reds, as we look how folks fish on the Pilgrim river when they sein and have large groups of people and we want to talk about prevention education that will be useful for everybody</li> </ul> </li> <li>- Norton Sound started adding on the situation report to include the number of people that are being tested here in Nome through the airport testing and will continue to summarize that frequently and update it</li> <li>- The call in number for the boating call is 1-800-315-6338 code 32261#</li> </ul> <p><b>Angie gave update of board approval:</b></p> <ul style="list-style-type: none"> <li>- NSHC had a board meeting yesterday and our board improved several new staff specifically for the pandemic</li> <li>- We will be posting about 37 new positions here for all different kind of rolls that</li> </ul>

	<p>are very critical some are:</p> <ul style="list-style-type: none"> <li>• Full time Nome testing personal</li> <li>• Full time in each village to perform testing on the lab equipment</li> <li>• Full time quarantine team</li> <li>• Full time accountant to manage quarantine funding and grants</li> <li>• Part time Anchorage base airport personal</li> </ul> <p>- Board also approved a Roche COVID-19 lab equipment that was a pretty big expense</p> <p>- As Dr. Peterson mentioned once we are able to acquire that equipment here our lab here in Nome will be using that to run more samples at the same time and the 7 analyzers that we are using here in Nome will be distributed to the villages</p>
<p>Medical Staff Briefing – Dr. Mark Peterson, NSHC Medical Director</p>	<p><b>Dr. Mark Peterson gave medical staff update on the following:</b></p> <ul style="list-style-type: none"> <li>• <b>Alaska:</b> The last 24 hour period there were 20 new resident cases and 5 non-resident cases so a total of 25 cases, total resident cases are at 696 and adding in the non-resident cases pushes up in to the 700’s, 246 active cases, We do want to be watching the active cases, 23 people in the hospital with COVID-19 or expected COVID-19, 12 deaths</li> <li>• <b>ANMC:</b> 1 inpatient, 56 outpatient, 53 yesterday, 11 employees</li> <li>• <b>NSHC:</b> We have tested well over 7,000 test, tested over 3,500 individuals in our region, there have been no new positive cases, 6 positive cases, 4 recovered</li> <li>• The need is for everybody to socially distance, wear mask, stay away from large groups</li> <li>• The virus does not go away just because the sun is out and it’s a nice time to be out</li> <li>• We need to condition to be watchful</li> </ul> <p><b>Dr. Mark Peterson gave update on 5<sup>th</sup> positive case:</b></p> <ul style="list-style-type: none"> <li>• When we mentioned the number 5 case we mentioned that it was in the village and we talked to the village leadership and it is pretty much common knowledge that the village happens to be Teller</li> <li>• I’m not sharing anything new and not breaching any kind of issue by mentioning it</li> <li>• The reason why I bring it up is that, especially for folks that are from Teller and Brevig, there has been some misinformation about that case</li> <li>• That case is true case, it’s a true positive, and we have to treat it as such</li> <li>• There has been misinformation that there was state confirmation that it was not a positive and that is not true</li> <li>• We do have state test pending on that individual but those are not back and we expect them to be positive and it is really important that everyone in Teller follow the guidelines and that is if you are close contact you should be tested and quarantining</li> <li>• We will be putting out a clarifying message later to the residences of Teller and if anyone is on from Teller a positive is a positive and we have to follow those guidelines</li> <li>• We cannot force people to quarantine and can’t force them to get tested but it is good common sense, safety to other, and good public health if people will</li> </ul>

	<p>follow the quarantine rules and do the testing</p> <p><b>Megan MacKiernan provided the updated state numbers:</b></p> <ul style="list-style-type: none"> <li>- 12 resident and 6 non-resident cases posted by the state for yesterday</li> </ul>
<p>Survey</p>	<p><b>Megan announced the survey winners:</b></p> <ul style="list-style-type: none"> <li>- If you get tested you can text in or complete the form when you get tested</li> <li>- You text the word COVID to 833-321-0166</li> <li>- Our winner today is Asaaluk Irelan of Nome</li> </ul>
<p>Question and Comments</p>	<ul style="list-style-type: none"> <li>○ <b>Watching the news there was talk about a steroid that can help with the symptoms, can you discuss that?</b> <ul style="list-style-type: none"> <li>▪ Dr. P: That is a good point. Dexamethasone is an anti-inflammatory steroid that is very old and commonly used for a lot of illnesses. There was a study that shows that it has been quit helpful for those that have been severally ill with COVID and in the hospital. We had a pharmacy and therapeutic meeting today and we have a large supply of that and we are going to get more and have available if we need it. That might be game changer for COVID-19 because it has been very helpful and there has been discovery. It's very helpful, it's common used, it's available here and in the villages but it's primarily for those that are severally ill in the hospital with COVID-19 so unfortunately it's not a pill that you can take one time or when you test positive but you have to take it in the hospital. It has shown to be very helpful.</li> </ul> </li> <li>○ <b>Are the new 37 positions going to be hired faster than the normal process?</b> <ul style="list-style-type: none"> <li>▪ AG: We will post per our policy which requires a job to be posted for 14 days. We have been working on job descriptions and would like to see the jobs posted by this afternoon or tomorrow. We don't want to delay and would like to hire quickly.</li> </ul> </li> <li>○ <b>Are you looking at rotating health aides so we don't get health aide burnt out?</b> <ul style="list-style-type: none"> <li>▪ AG: That's a good question. We talked about the timeline and we know we need things covered now and part of our plan too for the pandemic is bringing in additional midlevels that can go to villages and cover vacancies if needed. Right now we aren't doing any health training and we haven't had any travel back and forth. We haven't been able to bring people in and train them and advance to higher levels. To meet the immediate need which is coverage for the villages, the health aides that want to take a break you can't be on 24/7, we need someone to cover the clinics. We are bringing in 4 additional midlevels who can just hit the ground running. So that is our plan during the pandemic.</li> </ul> </li> <li>○ <b>If you have a couple of Health Aide's that are near completion of a session and there is a midlevel in the village can that midlevel train them to finish their section?</b> <ul style="list-style-type: none"> <li>▪ AG: We do have folks in health aide training and if personal are approved by the village leadership to go out there, they are still completing health aides proctor them and do onsite assessment. That is still taking place and we are looking at creative ways of doing things because we may be in this for a while and don't want everything to</li> </ul> </li> </ul>

come to a stop. They are looking at ways to train and see if midlevel can do some proctoring with the health aides.

- MM: One thing we are doing is making sure we are exploring online learning for our health aides. Health Aide Training is working with midlevels to see how they can help with the training also.
- **Is there a testing schedule for the day shelter in Nome?**
  - AG: Do not have a schedule to share but can tell you that Norton Sound has been actively been performing outreach and we have a good program in making sure that we are taking care of very vulnerable populations. We know all of our staff is being tested per our schedule here with the hospital.
- **Was there anything being done about the stories for communities that do not have running water?**
  - RL: We did not end up getting a lot of video's for that project but we did get photos and still will put something together with those but it is still in progress. We got photos from Stebbins and Teller and received one video. We were hoping to receive more videos but can still put something nice and meaningful with the photos.
  - MAS: I do owe Reba some fact and figures that can be incorporated into the video. We did utilize the photos that were sent in during the water and sewer tour with the Department of Home Land Security Officials so they were immediately relevant in showing what a honey bucket was.
- **Does Nome have any travel restrictions or mandates for people traveling to the villages from Nome?**
  - GS: There are no restrictions between the villages and the Nome Census district. You must follow the restrictions in the village you want to enter. If you are an emergency worker or critical essential you test at the testing center and work in your position but are expected to go back home and not interact with other people and after 7 days you will need to test again. If someone is coming into Nome and does not want to test they have to do 14 day quarantine. If you are a nonessential employee you will do 7 day quarantine with testing on day 1 and 7 and not supposed to interactor with other people.
- **Does NSHC have any travel restrictions or quarantine requirements for their employees?**
  - AG: We do. This is the following:
    - International travel: Mandatory 14 day quarantine with no testing option
    - Employee traveling from different state to Nome: Currently 14 day quarantine with no testing option
    - Employees traveling into Nome from within Alaska: Have to quarantine for 14 days or can test on arrival, quarantine for 7 days and test on day 7
    - Employees from a village going into Nome: Employees can come into Nome but before they leave Nome they have to test

	<p>and they need to test again when they get back to their village 24 hours later</p> <ul style="list-style-type: none"> <li>• Any employee that works in QCC: There are no testing option and have to quarantine for 14 days even if they went to Anchorage for the weekend</li> <li>• Village base staff: We are testing every 7 days</li> <li>• On July 1<sup>st</sup> NSHC is going to be moving towards a very consistent strategy for quarantine which any of our employees that travel into Nome even if it was out of state travel it would be 14 day quarantine or testing strategy</li> <li>• Our physicians feel that is it a very safe testing strategy</li> </ul> <ul style="list-style-type: none"> <li>○ <b>ANMC has opened up and people are going down to Anchorage for services and returning home to the region and maybe they possibly live in a multi-family home, does the whole household have to quarantine and go through the quarantine process?</b> <ul style="list-style-type: none"> <li>▪ GS: Our approach is that we encourage someone when they are coming back from medical care down in Anchorage that they take the COVID-19 test when they arrive and that they try to self-isolate from anybody in the multi-member family unit in a building until they take their second test.</li> </ul> </li> <li>○ <b>Is there anything in the literacies that the patient receives about that?</b> <ul style="list-style-type: none"> <li>▪ GS: Their family member in the household, if they are isolating from the individual that did the travel that's fine. We are also encouraging people that when they go into the stores or when they are in crowd of people to wear a face mask. That's frequently the big push the city is having right now is to encourage people to wear face masks especially when they are in stores. We advertise in the paper, facebook, and other plat forms to do this because they are under the governor's regulations to go out in the community but were edging them to wear the mask.</li> </ul> </li> <li>○ <b>Concern was brought up about quarantining.</b></li> <li>○ <b>Suggestion was made that maybe bring awareness for people going into quarantine or in quarantine to have a group of people being available to help and go to the store or other places for you until you get the second test.</b></li> <li>○ <b>If an elder or someone that is sick with COVID how are they supposed to isolate?</b> <ul style="list-style-type: none"> <li>▪ AG: When there are patients that live in a home with a lot of people the team here, they spend a lot of time interviewing to try and find out if quarantining or isolating within the same household can or can't be done. If it can't be done everything is case by case situation and we work through that and try to find out if there is other space in the village where somebody could go for that amount of time and if not we find other options. Please know if you are listening that Norton Sound does work with each case and we try to present all the solutions to the individual's situation.</li> </ul> </li> <li>○ <b>When looking online at MSN there were new symptoms listed like headache, confusion, mental status, dizziness, having problem</b></li> </ul>
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**concentrating, alertness, numbness, and some patients may have these existing symptoms. If patient's go to the hospital with these symptoms will they be tested for COVID?**

- MM: That's a really good question. Right now any patient that is admitted in the hospital is going to get tested. I will also say that the symptoms you listed, I believe and I am trying to find the same article you are looking at, I did see a note from the CDC today and medical journal yesterday that these are some of the lingering symptoms patients have after they have COVID. What we are finding is people that get sick with COVID-19 they may be sick and contagious for maybe 7-14 days, sometimes longer if they require hospitalization, but some of those people are having some of these symptoms like dizziness, confusion, headaches for quite a while after they are technically recovered. They are not infectious anymore but they are still having symptoms that are lasting much longer than just the infectious period. The reason why we are taking this so seriously because it can linger and people get really sick from this virus.
- **With the rise of COVID cases is there going to be a shortage of hospital beds in Anchorage, Nome, or the Regional Hospitals?**
  - MM: That's a really great question. One of the things we track is how many hospital beds are out there and if you go to the state of Alaska website and go to their daily tracker on their COVID page it has a graph that looks like a fuel gage and it states how many of the hospital beds in Alaska are full, what percentage is full, how many ICU beds are full and the state and Norton Sound have taken action to have alternate care sights so if a hospital fills up what next? There are plans and equipment in place so if we start getting close to the hospital being full that we have plans set up for that.
- **Will there be enough respirators also?**
  - MM: That is another thing that us and the state are tracking. Currently we are not using any of our ventilators but if things got back and we needed too we know how many we have and how many the state has and there are some that can move around the state and the country so we don't run out.