



TO: Bering Strait Region Residents  
FROM: Norton Sound Health Corporation  
DATE: April 1, 2020  
RE: COVID-19 Guidance

COVID-19 can have a broad range of symptoms ranging from the common cold to fever, cough, shortness of breath, abnormal smell/taste sensation, loss of appetite and diarrhea. If you or someone you know has any of these symptoms you should call your provider to discuss. The symptoms described above for COVID-19 can also be caused by many other medical problems, and your provider will need to determine the next step in evaluation. If you have COVID-19, your provider, in collaboration with the public health department, will determine if you can safely isolate in your own home. If you have elders or someone with a weakened immune system in your home, your provider and the public health department may decide to have you isolate in an alternative site.

If you believe you are experiencing the symptoms of COVID-19, please call the Nurse Call Line at (907) 443-6411 or 844-586-8773. COVID-19 is highly contagious and to keep our communities and loved ones safe, we must avoid exposing others and allow the Nurse Call Line staff to notify local clinics of your need to be tested and treated.

If you are diagnosed or suspected of COVID-19, your provider may advise you to self-isolate at home. Ideally, you would remain in your own room with the door closed and use a separate bathroom from others in your house. Frequent cleaning of all high-touch surfaces is important to prevent giving someone else in your home the virus. If you live with others, it's important that you clean the area that you stay in and the bathroom that you use, and let those you live with clean the common areas. If someone else must clean your bathroom, they should do so only as-needed, wait as long as possible after the sick person has used the bathroom, and if possible wear a mask. Please discuss any question you may have with your provider.

We can stop the spread of COVID-19, but it will take all of us working together to do so. To stop the spread of this virus, practice the following recommendations:

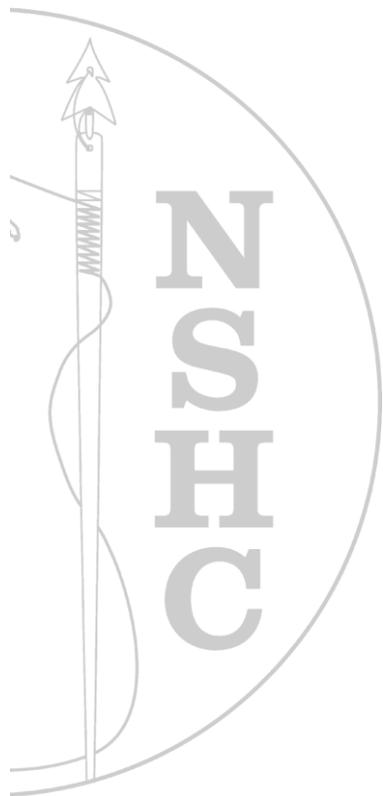
1. Stay at home.
2. Do not travel.
3. Do not gather indoors or outdoors with people who you do not live with.
4. Check in on your elders and at-risk friends and family using phone or email, rather than in person.

# NORTON SOUND HEALTH CORPORATION

*Providing quality health services and promoting wellness within our people and environment.*

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5. Leave your home only for essential reasons and with the least number of people possible.
6. If possible work from home.
7. If you must work or leave your home, following social distancing by remaining more than 6 feet from other people, wash (20 seconds with soap and water) or sanitize your hands frequently and minimize touching your face. Do not shake hands.
8. If you or a family member is sick with a cold or fever, call your medical provider. If you do not have a need to see a provider, stay at home and, if possible, isolate yourself from others in your home.



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