Kaŋiqsirugut News

kang·ik'·see·roo'·koot (Iñupiaq): we understand

Photo: Carol Seppilu

Quyanna Care Center staff wear homemade cloth face masks, donated to NSHC by community members, to comply with state long-term care standards. The State of Alaska recommends wearing cloth face coverings in public where other social distancing measures are difficult to maintain. Back, from left: Amanda Homekingkeo, CNA; Vanessa Koonooka, CNA; Jessyka Creasey, CNA; Regina Mathis, CNA; Elyse Aguirre, speech therapist. Front: Ilene Koonooka, CNA; and Angela Koehler, RN, QCC director of nursing.

Help prevent spread of COVID-19

The COVID-19 pandemic is spreading to people around the world—and Alaska.

This new respiratory illness can cause a broad range of symptoms ranging from common cold symptoms 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, please call Norton Sound Health Corporation's Nurse Call Line at (907)443-6411 or 844-586-8773.

The symptoms listed above can be caused by COVID-19—but also by many other medical problems. Discussing the symptoms with the Nurse Call Line staff will help NSHC determine the next step in your evaluation.

If it is determined that you should be tested and treated, Nurse Call Line staff will notify local clinic staff.

COVID-19 is highly contagious. To keep our communities and loved ones safe, we must avoid exposing others. If you are found to have COVID-19, your provider, in collaboration with the state 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, you might be asked to isolate in an alternative site.

Ideally, during your isolation period

> **Think you have COVID-19 symptoms? Dial NSHC's Nurse Call Line: (907) 443-6411**

What is COVID-19?

From the Centers for Disease Control and Prevention

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a new coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

How does COVID-19 spread?

The virus is thought to be spread mainly between people who are in close contact with one another (within about six feet) through respiratory droplets produced when an infected person coughs or sneezes. A person can also get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes.

What are symptoms of COVID-19?

Patients with COVID-19 have mild to severe respiratory illness with symptoms of fever, cough, and shortness of breath.

What are severe complications from this virus?

Some patients develop pneumonia in both lungs or multi-organ failure, and some of these patients die.

How can I help protect myself?

You can protect yourself from respiratory illness with everyday preventive actions:

► Avoid close contact with people who are sick.

► Avoid touching your eyes, nose, and mouth with unwashed hands.

► Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based sanitizer that contains at least 60% alcohol if soap and water are not available.

POSTAL CUSTOMER

ECRWSS

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Nome, AK 99762

Kaŋiqsirugut News

PREVENT SPREAD
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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 others in your home the virus. If you live with others, it's important that you take care of cleaning the area that you stay in and the bathroom that you use. Those you live with should take care of cleaning shared areas.

If someone else must clean your bathroom, they should do so only as needed, waiting as long as possible after you have used the bathroom and, if possible, wearing a mask. Please discuss any questions you may have with your provider.

We can stop the spread of COVID-19, but it will take all of us working together!

To stop the spread of this virus, follow these recommendations:

► Stay at home.

► Do not travel.

► Do not gather indoors or outdoors with people you do not live with.

► Check in on your elders and at-risk friends and family by phone or email, rather than in person.

► Leave your home only for essential reasons and with the least number of people possible.

► If possible, work from home.

► If you must go to work or leave home, follow social distancing guidelines by staying more than six feet from other people. Wash (20 seconds with soap and water) or sanitize your hands frequently. Don't touch your face. Do not shake hands or give a hug.

► If you or a family member is sick with a cold or fever, call the Nurse Call Line. If you do not need to see a provider, stay at home and, if possible, isolate yourself from others in your home.

How NSHC will identify and manage COVID-19 cases

1. Patient (in Nome or any of the villages) has symptoms of COVID-19 (cough, fever, shortness of breath).

2. Patient calls the Nurse Call Line: 907-443-6411 or 844-586-8773.

3. Patient is given a face mask upon entering the hospital or clinic.

4. Patient is examined by a provider (doctor, mid-level practitioner or health aide).

5. (a) Patient is tested for flu and/or strep throat (if sore throat exists). These tests are performed on-site in the clinics and take 15-20 minutes for results to return.

   (b) If the patient is negative for flu/strep, then a test is done for other respiratory illnesses using a respira-tory panel. These tests will be sent to the Nome lab, where test results will be available within a few hours after arriving. While awaiting results of the respiratory panel, patient will be asked to self-isolate at home.

6. If patient tests positive for any of these tests, patient is diagnosed and treated appropriately.

7. If patient tests negative on all tests and meets testing criteria, COVID-19 swab will be taken and sent to either the State of Alaska's lab or a private lab.

8. Test results take around five business days, and patient is asked to self-isolate during this time.

9. NSHC is notified of testing results, and provider will share them with the patient and Public Health.

10. If patient tests positive and is stable, they will be asked to self-isolate for a period determined by Public Health and medical teams. NSHC will manage and assist on a case-by-case basis.

11. If patient requires more advanced care, patient will be admitted to Norton Sound Regional Hospital or an Anchorage hospital if needed. NSRH staff are trained and prepared to manage COVID-19 so that it will not infect other patients. If the patient must travel from a village to Nome to be admitted, NSHC will medevac the patient. The EMS crew and pilots will be protected and the patient will be masked.

12. NSHC will manage COVID-19 at its facilities when medically possible. If a patient's condition deteriorates and a higher level of care is needed, NSHC will transport the patient via medevac.

What are quarantine and isolation?

Isolation and quarantine help protect the public by preventing exposure to people who have—or might have—a contagious disease.

► **QUARANTINE** separates and restricts the movement of *people who were exposed to a contagious disease* to see if they become sick.

Who should quarantine? When you return home from traveling, please self-quarantine according to your community's rules. You may have been exposed to COVID-19 while traveling and could bring this highly contagious disease into your community.

► **ISOLATION** separates *sick people with a contagious disease* from people who are not sick

Who should isolate? If you're presumed ill, you should self-isolate with guidance from medical staff.

Questions about your quarantine? Contact Amy Hollis, NSHC quarantine lead, at (907) 434-0654.

WHAT IS COVID-19?
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Are you sick? Don't spread respiratory illness to other!

► Stay home!

► Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

► Clean and disinfect frequently touched objects and surfaces.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

How to wash your hands

Using soap and water

1. Wet your hands with clean running water (warm or cold) and apply soap.
2. Lather your hands by rubbing them together with the soap.
3. Scrub all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for 20 seconds. Need a timer? Hum the "Happy Birthday" song twice.
4. Rinse hands under clean running water.
5. Dry your hands using a clean towel, or air dry them.

Using hand sanitizer

1. Use an alcohol-based hand sanitizer that contains at least 60% alcohol. Supervise young children when they use hand sanitizer to prevent swallowing alcohol.
2. Apply. Put enough product on hands to cover all surfaces.
3. Rub hands together until hands feel dry. This should take around 20 seconds. ***Note:*** Do not rinse or wipe off hand sanitizer before it's dry; it may not work as well against germs.

NSHC's COVID-19 Incident Command Team members

Dr. Mark Peterson
Village Operations

Dr. Gary Kulka
Nome Primary Care

Dr. Terry O'Malia
Nome Emergency Room & Acute Care

Dr. Tim Lemaire
Employee Health & Community Prevention Education

Use bleach to make a safe handwashing solution

If you don't have running water, creating a handwashing solution using bleach is a good way to keep up the healthy habit of washing hands.

You can do this in either a basin or a bucket with a spigot. If you use an open basin, change the water multiple times a day because bleach evaporates.

Making Hand Washing Solution from 5% Liquid Bleach

Mix 2 tablespoons of 5% bleach into 1 gallon of water every day. Stir Well. Label bucket MILD 0.05%.

5%
2 TBS
2 tablespoons of 5% bleach

1 gallon of water + 5% 2 TBS = MILD 0.05%

For any bleach labeled "ultra" or "concentrated", decrease the amount of bleach by 1/2.

Use the mild chlorine water to wash hands.

MILD 0.05%

Make new mild chlorine water every day.

Only use bleach if you do not have respiratory illness. This is not recommended for children in the household with RSV.

Make sure there is proper ventilation.
Do NOT drink chlorine water.
Do NOT put chlorine water in mouth or eyes.

NORTON SOUND HEALTH CORPORATION

Cleaning and disinfecting your home

NSHC Office of Environmental Health

As part of your everyday prevention actions, clean and disinfect frequently touched surfaces (e.g. tables, countertops, light switches, doorknobs, etc.).

► First use regular soap and water to clean surfaces, then use a disinfectant.

► No disinfectant? Cleaning with soap and water will still help keep germs from spreading.

► Make sure you have good ventilation in the area where you are cleaning.

► You can use a diluted household bleach solution or an alcohol-based solution with at least 70% alcohol.

► Follow instructions on the cleaning product's label and check to make sure it isn't expired.

► Honey buckets? When emptying, tie the honey bucket bag closed tight; wear gloves and muck boots. Clean and disinfect the bucket, gloves and boots daily.

► Wash your hands with soap and water for 20 seconds when you're done.

Stay home, stay safe, stay informed!

Stay up-to-date

► Sign up to receive NSHC's Daily Situation Report Update emails. Contact Reba Lean: rlean@nshcorp.org

► Join the Daily Tribal Leader Call at 11 a.m. daily: 1-800-315-6338; code: 03286#

► Like NSHC on Facebook: www.facebook.com/NortonSoundHealth-Corporation

► Get updates on COVID-19 news in our region: www.nortonsoundhealth.org/nshc-covid-19-response

Feeling sick?

► Call the Nurse Call Line at 844-586-8773 or 907-443-6411

► Check your symptoms online with a self-checker tool: https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/

SOCIAL DISTANCING COLORING CONTEST

Here's an activity for all ages while social distancing at home!

TO ENTER:
Email a photo of your coloring to Alexis Erikson at aserikson@nshcorp.org

INCLUDE:
▸ Artist name, age, and contact number.

AGE GROUPS:
▸ 5 & under
▸ 6-10
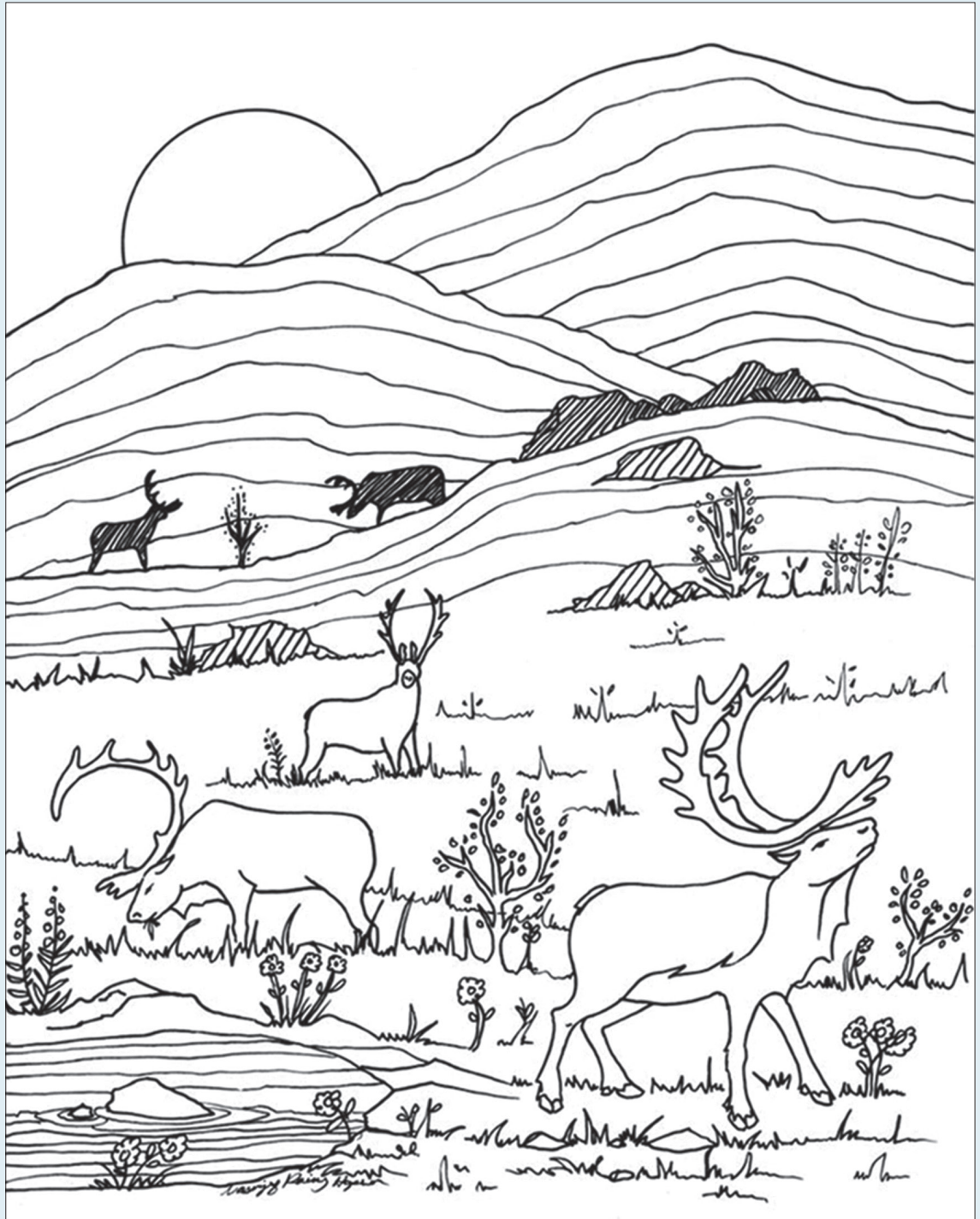▸ 11-14
▸ 14-18
▸ Adults

DEADLINE:
▸ May 15

PRIZES:
Winners in each age group will be chosen by an NSHC art committee. Prizes will be Amazon gift cards.
▸ **1st:** $50
▸ **2nd:** $30
▸ **3rd:** $15

You can download and print more copies of this picture at nortonsoundhealth.org. No printer? Contact Alexis Erikson (aserikson@nshcorp.org) for copies of the picture.

Artwork provided by Nasugraq Rainey Hopson