

**COVID-19 Tribal Leadership Session Minutes
February 4, 2021**

Angie Gorn, 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

*Over 30 participants attended today's meeting.

AGENDA ITEMS	DISCUSSION/RECOMMENDATION
Introduction to Meeting – Angie Gorn, NSHC CEO	<p>Today's Reminder:</p> <ul style="list-style-type: none"> - Please keep phone muted unless speaking or asking a question <p>Note- Any questions may be sent to Public Relations at pr@nshcorp.org anytime or text to 907-434-1927 and they will be answered during the 11:00 am call.</p>
Updates	<p>Angie gave the following update:</p> <ul style="list-style-type: none"> - No new cases - Need to fill out the survey. For residents or current students from the region, you can still apply even if you're not currently in the region. Please apply if you think you're eligible. <p>Pharmacy Update: 6 communities for additional 1st & second doses sent this week. That vaccine is in these communities and available today. You can go and get vaccinated.</p> <ul style="list-style-type: none"> - Gambell - Unalakleet - Koyuk - St. Michael - Stebbins - Golovin <p>2nd doses – went out SVA, Gam, Unk, SHH yesterday.</p> <p>Reba:</p> <ul style="list-style-type: none"> - Anyone who has received their first dose in the region (or a regional resident) you can enter. March 31st is the deadline. - Every Monday we'll be picking names (1/10) respondents for each community for the fuel & shopping card prizes. - Nome post office will have staff available to sign up for vaccines and the survey. Survey paper copies have been sent to the villages yesterday, you can sign up online, or via text.
Medical Staff Briefing – Dr. Mark Peterson, Medical Director	<ul style="list-style-type: none"> - 158 new cases in the state, 25 non-resident cases (23 - Akutan outbreak). 38 in Anchorage, 60 in Bethel, and a smattering in other locations. Numbers seem to be coming down. 277 deaths, no change. Plenty of ICU and bed capacity. - Vaccinations: Weather has delayed/postponed some second doses for some villages. Getting more 1st dose Pfizer and Moderna headed to villages too. Get on the list in your village to get vaccinated. Walk in appts available in Nome: 9am-12pm, 1-3pm. Get everyone vaccinated. When you talk to family about the vaccine, ensure to stress the importance of getting vaccinated especially with the new variants coming. Getting even the first dose is helpful, because it provides 50% immunity.
Question and Comments	<ul style="list-style-type: none"> o Mary David: When do you think elective procedures at ANMC will be allowed? MP: Here's what I would say: we can all be patient for 8 more weeks. We want 70%+ vaccinated before routine medical travel that can wait happens (about 8 weeks). We want people to limit travel as much as possible until we can get our region vaccinated as much as possible. o Toby: When will you guys be accepting donations for another raffle? Reba: We need to still examine this, and hope to have an answer by Monday.

- **Caller:** How long will the vaccine be good for and will it cover the new strain? **MP:** Here's what we know: Everything is so new and what we've discovered is that people can carry those antibodies for around a year. The 2 shots protect people than getting the disease itself. Antibodies seem to respond better with the shot. We don't know how long people's antibodies will last, but we expect at least a year. We expect to find out if we need booster shots in about 6 months. These shots/vaccines do a pretty good job in protecting us against the new variants. We need people to get the vaccine to prevent it spreading and replicating. When it replicates, it allows chances for the virus to mutate. The earlier you can get the vaccine, the better. We'll watch what happens and keep you updated.
- **Caller:** So you're not protected until you get the 2nd dose? **MP:** After the first vaccine you still get protection as soon as 1 week after the first dose. After the first dose you get less sick if you become infected. You get more protection after the second dose. About 2 weeks after the second dose you can get almost full protection (95%). If you're a little delayed in getting your second dose, that's still okay. Please try and get your second dose as close to the benchmark as possible (3 weeks) but hopefully less than 6 weeks.
- **Barb, OME:** Have you guys covered the reactions that people are having to these vaccines? **MP:** Anything can post anything on the internet. We've gotten an article sent to us with plenty of misinformation. We've seen severe anaphylactic reactions, that seemed to be a new side effect. We've given millions of doses, the risk of a severe allergic reaction is incredibly low, 1/100,000. Common & mild side effects are sore arm, fever, chills, achy, fatigue, drowsiness. Higher fevers and chills aren't very common. The information you see with social media is all false. If this were as dangerous as the misinformation online this drug would be pulled from the market by the FDA. The biggest thing is to educate people that side effects can happen but getting the vaccine outweighs that risk. **Reba:** You can get really good factual information from the Chief Medical Officer Dr. Anne Zink for the State of Alaska. She has really good information. **Barb:** Read an article from WSJ and the side effects: One thing I found was to be very hydrated when you get the vaccine. My family and I consume plenty of water a day and we all got vaccinated and didn't seem to have many side effects to the vax.
- **Charlie, GLV:** Certain people have different side effects. Is there any research to indicate that people on certain medications may interfere with the vaccine and cause side effects? **MP:** Being on medication and getting vaccine will not cause you to get a severe reaction. If someone has a personal history of severe reactions and allergic reactions, you should have a conversation with your provider. Being on medication will not make you more likely to get an adverse reactions.
- **Toby:** There's all sorts of numbers regarding herd immunity. What is NSHC's target, of 70-80% or more for herd immunity? **Angie:** Initially when that goal was released nationwide for target to 75%. NSHC's goal is to get that number as high as it can be.
- **Axel:** Lots of people have been vaccinated so far. We will be having SKK through the age groups. **Angie:** SKK statistics: 34% first dose, and 21% second dose as of our last numbers. We hope to get to a point that vaccine is always available.
- **Barb:** Seeing the new ad from regional leaders advocating to get your vaccine. **Reba:** Thanks, that's a team effort from NSHC, NSEDC, Bering Straits. That was a Laureli Ivanoff idea that is really.
- **Caller:** Is there a project update regrading NSHC clinics? **Angie:** we were able to complete the village clinic in Diomede back in October. We're waiting for furniture for barge. Shishmaref is going well, we expect the clinic to be complete end of the this summer. It's the same size as SVA, GAM. New construction for clinic in SMK should be starting this summer. We're excited that Tumet was able to put the base pad down in Wales and that clinic is being designed this summer. We're also going to build a triplex in Wales. Similar to Shaktoolik's clinic. Here in Nome our Wellness & training center is scheduled to open in June. It will include a sobering center. We're proud to be on track and
- **Caller;** Curious if the acupuncture clinic will be offered in the clinic? **Angie:** I know that the provider who regularly provides acupuncture has had issues returning to Nome due to the pandemic. We'll be reaching out to our staff and providers
- **Caller:** What qualifies as a prior "severe allergic reaction"? **Angie:** We'll wait to offer that question to Dr. Peterson.

	<p>MP: The only contraindication that would stop you from getting a shot is if you've had a vax before and a severe allergic reaction. Other people who should talk to Dr. Peterson is if they've ever had a severe anaphylaxis from other vaccines.</p> <ul style="list-style-type: none"> ○ Caller: How do you determine those villages are eligible for shots 18&over. Angie: We have a team that helps with distribution of that. Dr. Peterson can answer that question to get supply out to villages. MP: We started distributing the vaccine per capita which is how the State distributed the vaccine. Based on the size of the villages, number of elders. For most villages, we're finding ourselves in a spot for people who want it have gotten it. Every clinic is keeping a list of people who want the vaccine and on the list. When we get those vials in Nome we send them out based on the lists (demand) per community. There are some villages that have larger lists of people who want the vaccine. In some villages that people are no longer signing up and we want to educate them on the misunderstandings ○ Preston, SVA: Just wanna throw out weather conditions that there's gonna be closures because the weather is not ideal right now. We're due for second doses today. Can you explain to people that you can get the second dose a little delayed. Try and get it as soon as possible, but a few days delay is okay for getting the second dose. If you want the second dose, call your clinic.
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