COVID-19 Tribal Leadership Session Minutes
February 9, 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	**Today's Reminder:** - Please keep phone muted unless speaking or asking a question 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.
Updates	**Kelly gave the following update:** - Angie had another meeting she had to get to, so Kelly is hosting this call today. - We had a press release that went out yesterday evening stating that on Feb 7th & 8th, we had 2 positive cases identified in the region. The first case is a nonresident in accordance to the city of Nome travel/quarantine mandates, and the other case was a resident of Koyuk. On Monday evening, NSHC and Koyuk leadership convened to discuss the new case and develop a response plan.
Medical Staff Briefing – Dr. Mark Peterson, Medical Director	- State of Alaska: 100+ a day. - 2 additional cases: 1 in Koyuk & 1 non-resident travel related here in Nome. 5 5otal in the region: 1 in Nome, 2 Koyuk, 1 in SMK, 1 in WMO. - Get your name on the list for first doses if you or someone you know wants their vaccine. - There's been misinformation on social media. If there's questions regarding information you have please bring those forward. Many of it is misunderstanding or misconceptions regarding the vaccine. - The vaccine prevents people from getting severe illness & death. When you get the vaccine it prevents severe illness and death from COVID and reduces your illness. If you're exposed to COVID after getting vaccinated, you're 95% less likely to get severely ill or to die. - Reba: $500 fuel voucher: 1 per community. Each week
Question and Comments	○ **Lucy, TLA:** With everyone getting their two shots, do we still need to share Bering Air with the negative test results still? MP: For now, even if you've been vaccinated we want people to test upon arrival in Nome and one week later. This way so we can make sure we don't have COVID coming in and being carried by people (a very small chance). NSHC is fortunate to have exceeded testing capacities and have plenty of testing available. ○ **Amos, WMO:** Do we need a negative test to get on Alaska Airlines when you're flying to Anchorage? MP: No, you don't need one to get on Alaska Airlines. Anchorage or out of the region has more virus present, than our region. ○ **Debra, Wales:** Has there been any reports of people dying from getting the COVID vaccine? No one died from the vaccine. In the study, no one had severe allergic reactions or died from the vaccine. The only way someone would die from getting the vaccine is if they had a severe allergic reaction ○ **Inuraaq:** A sluggish vaccine rollout program can cause new variants to emerge. MP: The most important reason to get vaccinated is to get the virus out. When viruses get into your body they replicate in your cells and spread to other cells. It's in the process of virus replication that the new mutations develop. We need to get as much vaccine out to prevent spread and replication (and thus mutations). ○ **MP:** Getting dance groups vaccinated on one day. **Inuraaq:** What about elders at churches or congregants at a church. MP: That's a good idea, and that can be really good. ○ **Megan:** One of the misconceptions that we've seen online and out there that the mRNA vaccine can alter your DNA. My background is in molecular biology & biophysics. mRNA is a molecule in that your body uses to create protein. All the instructions for your body are in your DNA, and that's in every cell in the center, in an

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	organelle called the nucleus. The DNA never gets out of the nucleus, it stays in the nucleus. When your body needs to make a new protein or something new, the dna in your nucleus is copied into a molecule called RNA. That RNA molecule then leaves the nucleus and goes into the cell in ribosomes. That molecule is then translated into making proteins via amino acids and ultimately proteins. That protein can then leave the cell. Once that protein leaves, the mRNA breaks down & those pieces of mRNA are recycled the next time your body wants to make protein. mRNA never goes background, from the cytoplasm back into the nucleus. **This vaccine only contains mRNA which is injected into your arm. It is taken up by cells, but it only stays in the watery body of your cell (NOT your nucleus where DNA is).** Your ribosomes in your cell than read that mRNA and transcribe it to make the COVID-19 spike protein that your immune system can identify and attack & develop an immune response. **mRNA doesn't travel into DNA and doesn't affect regular cellular processes regarding DNA and making a new cell. mRNA cannot impact your DNA or your genome**. Reba: It's really important to explain the science in layman's terms and the technical information. MP: Simplicity is important, but it's important to answer some of the basic questions regarding mRNA vaccines: **1. *The mRNA vaccine never interferes with your DNA. It goes into your cell's cytoplasm and produces a protein that induces an immune response then it disintegrates. It never goes into the nucleus and affects DNA.*** **Megan:** The CDC has some really good information regarding mRNA vaccines and info sheets. Some of the terminology regarding vaccines sound very technical and scary, and some of the misinformation takes that and use that to scare people into not getting it. MP: We'll have Reba start sharing/creating some facts regarding the vaccine, misinformation and have our staff doublecheck it's accuracy prior to posting it to our website and FB. - **MP:** When you get symptoms following the first and/or second shot, that's your body responding to the vaccine so that when it encounters the real virus, it has those defenses (antibodies) ready. o **Amos:** Basketball updates this weekend? **MP**: Unalakleet is coming here to Nome and we'll be requesting both teams test 24-48hours prior to playing. Some villages have agreed to allow basketball travel. If parents want to travel to watch, they should also test prior to flying and spectating games.