

Required by Tri-Agencies of Savoonga: Savoonga I.R.A., City of Savoonga, and Kukulget, Inc.

All COVID testing is required whether or not you're vaccinated.

- You are required to test within 72 hours prior to travel into Savoonga.
 - If you're traveling in from Anchorage, you can contact ANMC
- You will need to test on day 7 entering Savoonga.
- You will need to test on day 14 of entering Savoonga.
- Test if you should have any COVID symptoms, such as:
 - Cough, shortness of breath, muscle/body aches, fatigue, new or increased sputum production, stomach pain, new loss of smell or taste, congestion, runny nose, fever, chills, diarrhea, sore throat, red or irritated eyes, headache, nausea or vomiting, or loss of appetite.

The Savoonga Clinic is open Monday through Friday, 9:00am-5:00pm, excluding Holidays.

Appointment desk: 907-984-6756

Main Office: 907-984-6513

Dental: 907-984-6911

If you should have an urgent or emergent health matter or injury, please contact the Nurse Triage Line to determine whether or not you should be seen:

1-844-586-8773

OR

907-443-6411

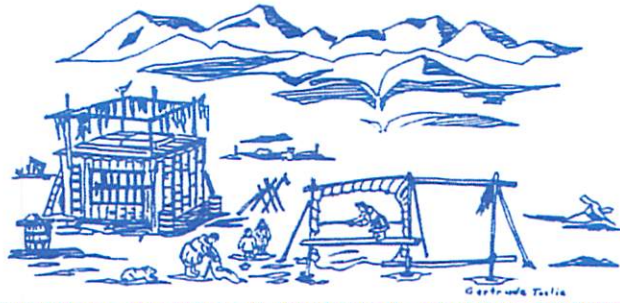
OR

907-984-2700

The difference between isolation and quarantine:

Isolation is when you have tested positive for COVID-19. You will have to isolate yourself from others for 10 days, starting from the onset of symptoms OR from the date that you test positive. You will need to stay away from all members of your household. If there is no safe space for your household to isolate, they will need to quarantine as well.

Quarantine is when you are a close contact to a person that was tested positive for COVID-19. Close contact is someone you share space with/live in the same house with. Your quarantine time will be based on your last contact with the person during their infectious period. If you share space with a person that tested positive, your quarantine time starts from your last contact with them OR if you decide to isolate with them, then your quarantine time starts when they are no longer considered infectious (when they are done with their 10 day isolation).



NATIVE VILLAGE OF SAVOONGA • P.O. BOX 120, SAVOONGA, AK 99769 • PHONE 984-6414 • FAX 984-6027

1. **Isolation for positives** is being reduced by the CDC from **10 days to 5 days** for anyone who's symptoms are resolving by day 5. This is being done because most spread happens the 2 days prior to a positive test/onset of symptoms and the 3 days after. So, by day 5, most people are no longer infectious if they are having no, or minimal symptoms. Anyone still having significant symptoms at day 5 should extend their isolation till symptoms are resolving. This reduction is for both vaccinated/boosted and unvaccinated/boosted people. From days 6-10, these positive people should always wear a mask.
2. Quarantine for unvaccinated/un-boosted close contacts is now reduced from 7 days to 5 days. A mask should be worn for days 6-10. A test for close contacts should happen on day 5 after last contact. We had been testing on days 3, 7, 10, 14. We can reduce that now to just a test on day 5. (Fully vaccinated/boosted people no longer need to quarantine but should wear a mask for 10 days and test on day 5.)
3. Healthcare workers who test positive are held to a slightly higher standard before being allowed back to patient care. Isolate for 7 days (reduced from 10). Must have a negative test result 48 hours before coming back to work and must be free of fever for 24 hours. Symptoms must be resolved.
4. Please be aware that being "fully vaccinated" now means getting your booster if you're due for it. Fully vaccinated/boosted close contacts do NOT need to quarantine for 5 days. Please make sure you are up to date on your booster so that you're not knocked into quarantine. We don't want a situation where we are short on staff due to a lack of a booster. This is a NSHC requirement.
5. Pay fines will be issued to those who do not follow and abide by the guidelines.
6. Dr. Peterson stated that 90% of cases are close contacts, that means it is community spread.

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COVID-19 Isolation and Quarantine Guidelines



01/21/22

Isolate if you are sick or test positive

If you tested positive for COVID-19 or have symptoms, regardless of vaccination status

- Stay home for at least 5 days and isolate from others in your home
- Wear a well-fitted mask around others until day 10

Ending isolation if you had symptoms

- End isolation after 5 full days if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving

Ending isolation if you did NOT have symptoms

- End isolation after at least 5 full days after your positive test

Quarantine if you were exposed

Close contact exposure is defined as someone who spends 15 or more minutes within six feet of an infectious individual.

If both individuals are masked, they are not considered close contacts.

If you were exposed to COVID-19 and are NOT up-to-date on COVID-19 vaccinations

- Quarantine for at least 5 days
- Wear a well-fitted mask around others until day 10
- Get tested 4-5 days after exposure

If you were exposed to COVID-19 and are up-to-date on COVID-19 vaccinations

- No quarantine, unless you develop symptoms
- Wear a well-fitted mask around others until day 10
- Get tested 4-5 days after exposure