

Southcentral
Foundation



Special Edition



Be Prepared

Join Southcentral Foundation in
Supporting the Health of Our Community

What Everyone Should Know About the Coronavirus Disease 2019 (COVID-19)

SCF Public Relations

It's a topic that is on everyone's mind: the coronavirus. While the thought of a pandemic is scary, it is important to know that health care providers at Southcentral Foundation and the Alaska Native Medical Center are prepared should the virus infect customer-owners who receive services at any of SCF's health care facilities.

You might be wondering, what exactly is the coronavirus? It is a type of virus. There are many different kinds of viruses and some cause disease. Corona viruses are named for their appearance — under a microscope the viruses look like they are covered with crowns. A newly identified type has caused the recent outbreak of respiratory illness called Coronavirus Disease 2019 (COVID-19) that has reached many countries around the world. The spread of this coronavirus is being closely monitored by the World Health Organization and the Centers for Disease Control and Prevention.

While there are still a lot of unknowns about COVID-19, health officials believe it may be passed from person to person by contact with infected bodily fluids. Taking precautions against infection is essential. The CDC recommends that everyone wash their hands frequently, cover coughs and sneezes with a tissue (then throw the tissue in the trash), avoid touching any part of their face with unwashed hands, and to stay at home if sick.

COVID-19 symptoms include cough, fever, shortness of breath, and breathing difficulties. If you are experiencing any kind of respiratory trouble, call your health care provider before coming to Southcentral Foundation or the Alaska Native Medical Center. Be sure to tell them

whether you have traveled outside of Alaska in the last two weeks, and who you have come into close contact with. Your provider will tell you the next steps you should take. In the case of a medical emergency, do not hesitate to visit the Emergency Department at the Alaska Native Medical Center.

Health officials widely agree that the most important thing to remember about being prepared is to stay calm. While there remains much to be learned about COVID-19, most people who contract it will suffer relatively minor symptoms. Remember, if you develop any symptoms, call your health care provider for advice on what to do next.

Information within this article and throughout this publication of the Anchorage Native News was sourced from the Centers for Disease Control and Prevention, World Health Organization, and the Alaska Department of Health and Social Services. Help prevent the spread of misinformation and stay informed with the most up to date information from reputable sources:

Centers for Disease Control and Prevention Website:
www.cdc.gov/coronavirus/2019-ncov/index.html

World Health Organization Website:
www.who.int/emergencies/diseases/novel-coronavirus-2019

Alaska Department of Health and Social Services:
dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/default.aspx
For non-clinical questions related to COVID-19: Dial 2-1-1

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SCF reserves the right to edit all submissions for clarity, length, and content.

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Vision

A Native Community that enjoys physical, mental, emotional and spiritual wellness.

Mission

Working together with the Native Community to achieve wellness through health and related services.

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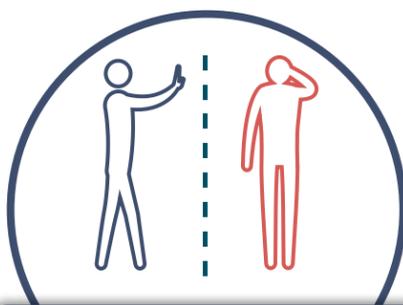
Katherine Gottlieb



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- Prevent - the Spread of Coronavirus

Help prevent the spread of respiratory illness.



Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands immediately after.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, alcohol-based hand sanitizer may be used.

Preparing for the New Coronavirus

Dr. Anne Zink

As we go about our daily lives, it's easy to forget the unseen world of bacteria, viruses and fungi that are in a constant state of tug-of-war within our bodies. These organisms are critical for our good health and survival, but can also cause illness and even death from infection.

Throughout history, infectious agents have traditionally been a leading cause of death among humans. More recently, advancements in our understanding of germs and disease prevention have led to antibiotics, antivirals, improved sanitation and other disease-fighting strategies, all of which have significantly increased average life expectancies. These are commendable achievements, but they can also come with complacency. The public's trust in medicine to find solutions means we don't always take health risks as seriously as we should.

We see this complacency when people choose not to vaccinate against deadly diseases like the flu. Even though the flu causes hundreds of thousands of hospitalizations and tens of thousands of deaths in the United States each year, more than half of all Americans don't get an annual flu shot. Flu vaccination reduces the risk of flu illness by between 40% and 60% among the overall population. Moreover, those people who still get the flu despite having been vaccinated usually have a milder illness.

Each time I work in the emergency department, I'm reminded of how hard it is for people to invest in prevention against an unseen threat. The importance of prevention often strikes home only after an illness or accident has occurred.

I'm asked every day by fellow physicians, teachers and friends how worried they should be about this novel coronavirus. These are understandable fears because of the unknown and evolving nature of a new infectious agent. What we do know is that taking preventative actions to be prepared now can help prevent the spread of disease.

As we investigate the threat of a new disease, two major factors we consider are how contagious it is and how many people will get seriously ill or die from it. So far, COVID-19 appears to be more contagious than seasonal flu and is associated with a higher risk of serious illness and death compared to seasonal flu. However, there are a lot of unknowns, such as how much we can continue to slow the spread, the impact of modern medical care, if antivirals will work or if we'll be able to develop a vaccine.

So, what does prevention and preparedness look like for COVID-19? In Alaska, we're taking these warnings seriously. Our state's health emergency response system has been activated for over a month and

federal, tribal, state and local entities are working cooperatively with our medical communities, schools, businesses and many other sectors of our communities to prepare.

Individual Alaskans are also asking what they can do to prepare. We'll be communicating more on this in the days and weeks to come, but here are a few key steps everyone can do now:

Please get your flu shot. Getting an annual flu shot protects you, your family and relieves an undue burden on our medical system when we start to see COVID-19 cases.

Wash your hands. Seriously! Protect yourself and others by washing them for at least 20 seconds frequently throughout the day, and every time you eat, cough, sneeze or use the restroom. Hand-washing is part of good self-care, just like eating healthy food, getting enough sleep and exercising.

Don't share your germs. This coronavirus is spread like the flu from sneezing, coughing and close contact with others who are sick. If you are sick, stay home and practice "social distancing," which means staying at least six feet away from others.

Stay informed and start planning. Begin the conversation about what you can do to be prepared and become familiar with the pandemic planning resources listed below.

If you're a health care provider, you can call our Section of Epidemiology at (907) 269-8000 or after hours at 800-478-0084 to have a member of our epidemiology team help answer your questions or address concerns about a potential case.

Please make every effort to prevent spreading panic, fear and worry which can make the situation much worse than it is.

As we prepare for the possibility of COVID-19 cases occurring in Alaska, I'm reassured by the ability of Alaskans to work together to address problems in our state. We have tremendous resilience and courage to adapt and navigate challenges. Let's prepare for this emerging threat the Alaskan way – with calm, thoughtful planning and intentional action. Please stay informed and take care of each other. We are stronger together.

Dr. Anne Zink, M.D., is a board-certified emergency physician and Alaska's chief medical officer.

Originally printed as an opinion piece in the Anchorage Daily News. Reprinted with permission from DHSS



Get Connected. Get Answers.

Alaska Department of Health and Social Services has enlisted Alaska 2-1-1 as a resource for handling the large volume of calls from the public with questions regarding Coronavirus Disease 2019 (COVID-19). The 2-1-1 information referral specialists are equipped to take and triage these calls, and to refer callers to appropriate resources.

PREVENT GERMS

Wash your hands with soap and water



- After coughing or sneezing
- When caring for the sick
- Before, during and after you prepare food
- Before eating
- After toilet use
- When hands are visibly dirty
- After handling animals or animal waste

Get a Jumpstart on Spring Cleaning

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What can be done by individuals if COVID-19 reaches Alaska and starts circulating throughout the state? What if there's someone sick at home? Now is a good time to start spring cleaning to prevent spread of illness, such as the flu or coronavirus. It is still unknown how long the coronavirus that causes COVID-19

can survive on surfaces. Studies with similar viruses have shown that a clean environment can significantly decrease the amount of virus on hard surfaces.

Cleaning several times throughout the day will help keep germs and bacteria under control in high traffic areas. Wipe down the doorknobs, handrails, toilet seats, light switches, phones, countertops, refrigerator handles,

remotes, and children's toys. It is also a good practice to switch out dish cloths and hand towels daily, and wash everything in hot water when possible. It is also recommended to wash bedding once a week in hot water. Even wiping down surfaces with soap and water may kill the virus.

COVID-19 has a lipid envelope around it and soap is a detergent that can break down lipids.

When cleaning the house, workspace, vehicle, or any other environment, follow disinfectant directions according to the label. Most disinfectant

products need to saturate the surface for several minutes to fully sanitize.



A clean environment can significantly decrease the amount of virus on hard surfaces.



ALASKA NATIVE PEOPLE SHAPING HEALTH CARE

**SHAPE YOUR FUTURE.
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➔ **2020 CENSUS** ⬅

Some Important Information About Wearing Face Masks

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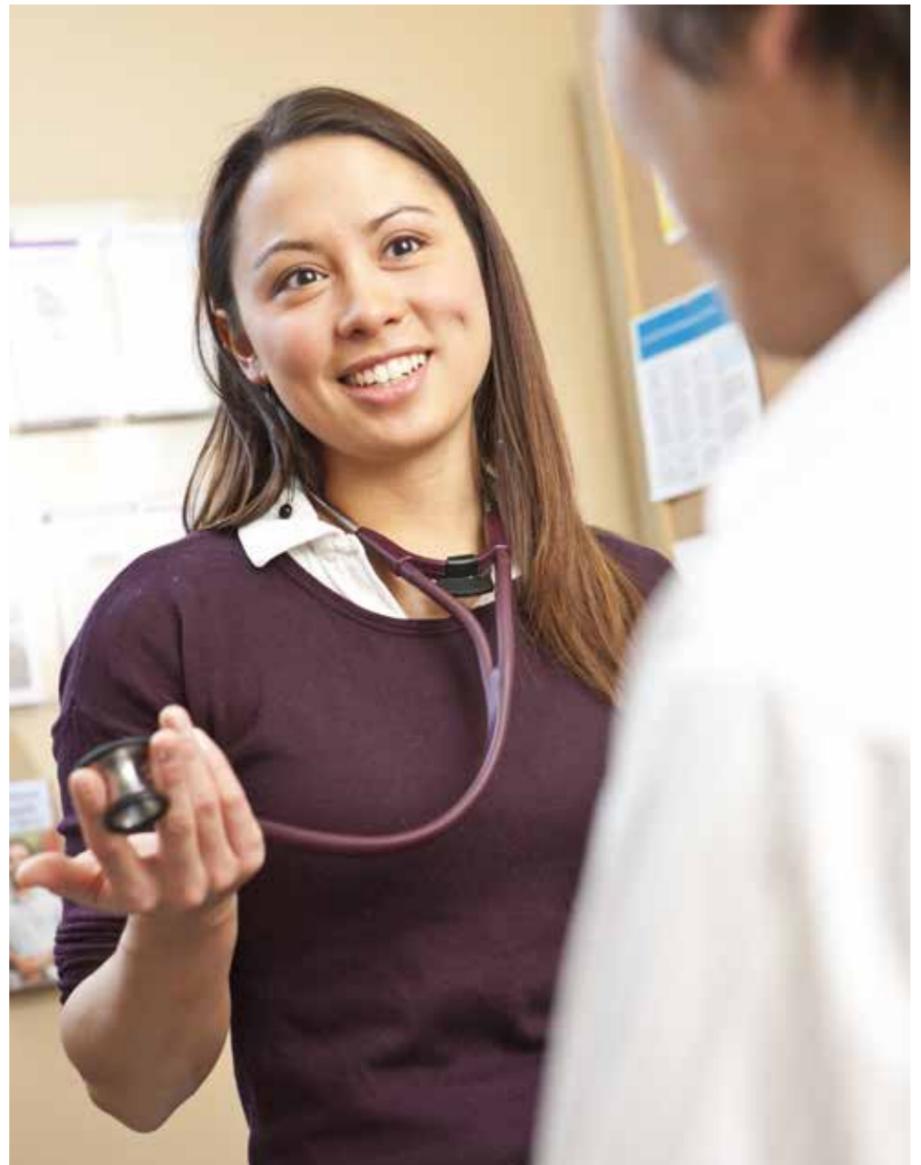
Face masks are a staple in the medical industry because they allow providers and customer-owners to protect one another. However, in some countries, the general public frequently uses them. This has led to discussion, and confusion, about the recommended use of masks and whether everyone should be wearing one to avoid getting sick. According to the CDC, the answer is no. For healthy individuals who want to avoid COVID-19, a face mask will not necessarily help.

Face masks are designed to act as a barrier between providers and customer-owner, but not necessarily as a shield from invisible germs. These masks are not fitted or sealed, so they are not an effective tool for complete viral safety. While they can help block some larger respiratory particles from entering the body when breathing, the outside of the mask itself may still be contaminated. Any part of the body that touches that outer surface will ultimately reverse the positive health effects of the mask once they meet the face.

Surgical face masks do have their protective uses. Face masks are more appropriate for people who are already sick, to help prevent contamination in the immediate area when they cough or sneeze.

It is important to remember that face masks are vital to the medical industry. The shortage of face masks world-wide may become a problem. If medical professionals don't have a way to protect customer-owners, they cannot safely provide care to those that need it most. If you are not sick and do not live with susceptible individuals, do not stock up on face masks. Instead, consider following the other preventative measures recommended by the CDC and World Health Organization, such as hand hygiene, covering your cough, and social distancing.

If you have questions about whether to wear a face mask, please talk with a provider.



The CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory illnesses, including COVID-19. You should only wear a mask when sick or if a health care provider recommends it.



PLEASE ASK FOR A MASK

IF YOU'RE COUGHING OR SNEEZING

Ask for a mask if you are coughing or sneezing. Wearing a mask will help protect you and others from illness and germs.

Be Prepared and Have a Plan

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One of the challenges associated with COVID-19 is that most diagnosed cases are classified by symptoms similar to the cold and flu. During this flu season, many individuals and families are on high alert because it can be difficult to tell the severity of the illness. The CDC recommends that, when sick, individuals should elect to stay home in order to separate themselves from the general public and prevent the spread of germs.

The practice has been termed social distancing, and it includes reducing or eliminating contact between someone who is ill and their families, friends, and community. To successfully follow this recommendation, many may feel the need to stock up on food and medication. In Alaska, preparedness is part of the culture, and while COVID-19 shouldn't necessarily lead to people clearing the shelves at the grocery store, it's a good idea to have any necessary medications for ongoing conditions, over the counter drugs, and enough food to last a couple weeks.

Examples of medicines to keep on hand are pain relievers and fever reducers such as acetaminophen or ibuprofen. These can mitigate cold and flu-like symptoms, but they can also prove useful during a medical emergency. If it becomes necessary to stay home for an extended period of time, foods to keep on hand are non-perishable and canned foods as well as illness-compatible foods such as soup and crackers. While water is the most effective drink for staying hydrated, Gatorade and Pedialyte are acceptable options.

Even without an impending emergent situation, it's a good idea to sustain food storage. While gradually shopping for food and drink items to add to that collection, avoid overly salty foods that will cause thirst or dehydration. Incorporate dietary preferences, aversions or needs into planning and check food storage regularly for signs of aging: odd smells, compromised cans or containers, etc. Commercially bottled drinking water should be stored in a dark, cool place in its original, sealed container to protect it from contamination and bacteria. Staying



Do you have a plan for kids if schools or daycares close?

prepared will provide peace of mind and sense of control during an emergency.

Individuals with children attending school or daycare should also have a plan in place in the case of school or daycare closures. Anchorage School District maintains an infection disease plan which includes keeping school nurses up-to-date with the most current information. In certain extreme situations ASD may close for a period of time. Such a close would have significant impact on the community and would only occur when necessary for the health and safety of teachers and students. However, every family should have a plan in place and take the necessary precautions to minimize potentially negative impacts of such a closure. When creating a plan families should consider work schedules, childcare, activity schedules, transportation, and should have the contact information for the teacher or day care provider for each child. With consideration of COVID-19, ASD has stated that it will continue to communicate with the public regularly utilizing email, the ASD website, social media, and local media.

Practice These Habits to Maintain Wellness

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Everyone in the house should start a new habit today: When you return home from any public area, wash your hands as soon as you walk through the door. One of the best ways to protect against infection from COVID-19, cold, or flu, is good old-fashioned hand hygiene. Hands should be washed after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. In addition to reducing the risk of infection, hand washing also prevents contamination of food or beverages, where germs can multiply. If soap and water aren't readily available and your hands are not visibly dirty, alcohol-based hand sanitizer is a good alternative.

The best method to wash your hands is to:

- **Wet your hands with clean water and apply soap (It doesn't need to be antibacterial soap.)**
- **Lather your hands with soap. Thorough handwashing should include the back of hands, between fingers, and under nails.**
- **Scrub your hands for 20 seconds. Sing the "Happy Birthday" song twice to measure 20 seconds.**
- **Rinse your hands well in clean water.**
- **Dry your hands using a clean towel or air dry them.**

Handwashing is one of the best ways to protect yourself and your family from getting sick; remember to also avoid touching your face, eyes, and nose. Keeping hands clean through improved hand hygiene is one of the most important steps you can take to avoid getting sick and spreading germs to others.

How Do I Help My Family be Less Afraid?

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Be informed with the facts. Access to information has never been easier. With a 24-hour news cycle and social media constantly updating, it's easy to become overwhelmed and feel like everything should be shared with friends and loved ones. Before hitting the share button, ask — is this true? Is this helpful? Is this source reliable? The best source of information about COVID-19 is directly from the CDC and World Health Organization. Avoid sharing misinformation or news items with only partial information.

The word pandemic sounds scary, and the spread of COVID-19 within the U.S. could be a significant disruption to many people's lives. It helps to be mentally prepared for the possibility that life may be different for a period of time. Knowing that possibility and preparing now can help limit the surprise. If you are experiencing some COVID-19 anxiety, it isn't silly or unreasonable, it's part of the process of confronting a problem. Many may be experiencing stress, hypervigilance, obsessive reading about a crisis, and imagining the effect on family, friends, and the community. Processing these feelings before a crisis is fully developed is more conducive to resilience, coping, and rational response. Remember — you don't have to go through it alone. Southcentral Foundation offers services that support physical, mental, emotional, and spiritual wellness. If you need someone to talk to or have questions you would like answered, reach out to your primary care team. They can provide support, talk through fears you may be experiencing, and help answer questions about planning.

Be forgiving of yourself and others. Many are experiencing fear, worry, or reading and listening to everything about the virus. The spread of COVID-19 may be disruptive and difficult. Taking steps to mitigate the effects it could have on you or your family isn't a silly thing to do, it's a responsible one.

Tips for Recovering at Home

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The new coronavirus — COVID-19 is making people sick with flu-like symptoms. Those who show early signs of illness, such as a fever or a dry cough, are encouraged to call their provider before going into a clinic. Going to the hospital or clinic without calling ahead could expose more people to the illness. When calling the provider, be prepared to answer questions about any recent travels and potential contact with someone who was exposed to the coronavirus. Basic information helps providers determine whether there is a risk of COVID-19. In the case of a medical emergency, do not hesitate to visit the Emergency Department at the Alaska Native Medical Center.

The majority of COVID-19 cases do not require hospitalization. Some cases may experience a fever, along with other symptoms, and slowly recover over the course of a few weeks. The CDC suggests that people recovering at home stay in an isolated room away from other people and use a separate bathroom, if possible. In addition to washing hands often and cleaning high contact surfaces like doorknobs, countertops, faucets, toilets, phones, and keyboards daily; the CDC also recommends restricting contact with pets and other animals. Individuals who are sick, or caring for someone who is sick, should also avoid sharing dishes, glasses, bedding, and other household items including toothbrushes and toothpaste.

The World Health Organization recommends when caring for someone at home to limit the number of caregivers. Ideally, assign one person who is in a good health and has no underlying chronic or immunocompromising conditions. Visitors should not be allowed until the individual has completely recovered and has no signs and symptoms. Additionally, avoid direct contact with body fluids, particularly oral or respiratory secretions, and stool. Use disposable gloves and a mask when providing oral or respiratory care and when handling stool, urine, and other waste. Perform hand hygiene before and after removing gloves and the mask. Do not reuse masks or gloves. When washing hands with soap and water,



One of the best ways to protect yourself against infection from COVID-19, or cold or flu, for that matter, is good old-fashioned hand hygiene.

it is preferable to use disposable paper towels to dry hands. If these are not available, use clean cloth towels and replace them daily.

Even if a someone is confirmed to have COVID-19, there is no specific medication for it. Much like the flu, providers treat the person's symptoms. For example, they ensure the individual is receiving enough oxygen and are staying hydrated. Whether it is related to COVID-19, or not, Southcentral Foundation is here to support.

Call your provider today if you are experiencing any health-related issues, or if you have any questions related to the health of you or your family at (907) 729-3300



Family Wellness Warriors Initiative

Learning Circles Schedule

ALL LEARNING CIRCLES WILL BE HELD AT 4085 TUDOR CENTRE DRIVE UNLESS OTHERWISE NOTED.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>LEARNING CIRCLES 3 – 4:30 p.m.</p> <p>*ANGER: A NEW OUTLOOK</p> <p>CREATING WELLNESS</p> <p>DV EDUCATION: FOSTERING SAFE AND HEALTHY RELATIONSHIPS</p> <p>NA TIA SUKAN: CONFIDENCE IN RECOVERY</p>	<p>CIRCLE OF WARRIORS FOR MEN 8:30 – 9:45 a.m.</p> <p>OUR JOURNEY OF FAITH 8:30 – 9:45 a.m.</p> <p>GENERATIONAL HEALING 11 a.m. – noon</p> <p>*WELLNESS WARRIORS: THE WEEKLY VERSION OF BEAUTY FOR ASHES 11 a.m. – 1:15 p.m.</p> <p>BREAKING THE SILENCE: HEALING THE LOSS OF SUICIDE 12:15 – 1:15 p.m.</p> <p>NA TIA SUKAN: RECOVERY SUPPORT 3 – 4:15 p.m.</p> <p>CREATING WELLNESS 3 – 4:15 p.m.</p>	<p>ELDER'S CHANGING TIDES 10:30 – 11:30 a.m. Elders Program</p> <p>DV EDUCATION: FOSTERING SAFE AND HEALTHY RELATIONSHIPS 11 a.m. – 12:15 p.m.</p> <p>RELAXATION AND STRESS REDUCTION/MINDFULNESS 11 a.m. – 12:15 p.m.</p> <p>GRIEF AND LOSS 12:30 p.m. – 1:30 p.m.</p> <p>GENERATIONAL HEALING 12:30 – 1:30 p.m.</p> <p>CREATING WELLNESS 12:30 – 1:30 p.m.</p> <p>NA TIA SUKAN: JOURNALING FOR PERSONAL GROWTH 3 – 4 p.m.</p> <p>GRIEF AND LOSS 3 – 4 p.m.</p> <p>WELLNESS MATTERS NIGHT FOR PARENTS 5 – 7:30 p.m. (1st and 3rd Wednesday of the month)</p>	<p>ACE GROUP: EXPLORING EXPERIENCES OF HARM FOR MEN 11 a.m. – 12:15 p.m.</p> <p>ACE GROUP: EXPLORING EXPERIENCES OF HARM FOR WOMEN 11 a.m. – 12:15 p.m.</p> <p>NA TIA SUKAN 12:30 – 1:30 p.m.</p> <p>CREATING WELLNESS 12:30 – 1:30 p.m.</p> <p>*ANGER: A NEW OUTLOOK 3:30 – 5 p.m.</p> <p>WELLNESS MATTERS NIGHT 5 – 7:30 p.m.</p>	<p>MEN'S SPIRITUAL GROWTH 8:30 – 9:45 a.m.</p> <p>WOMEN'S SPIRITUAL GROWTH 8:30 – 9:45 a.m.</p> <p>DV EDUCATION: FOSTERING SAFE AND HEALTHY RELATIONSHIPS 11 a.m. – 12:15 p.m.</p> <p>CIRCLE UP: CONNECTION AND STORYTELLING 11 a.m. – 1:15 p.m.</p> <p>CREATING WELLNESS 12:15 – 1:15 p.m.</p> <p>RELAXATION AND STRESS REDUCTION/MINDFULNESS 3 – 4:30 p.m.</p> <p>CREATING WELLNESS 3 – 4:30 p.m.</p> <p>NA TIA SUKAN: CONFIDENCE IN RECOVERY 3 – 4:30 p.m.</p>

Hand Washing



If soap and water are not available, alcohol-based hand sanitizer may be used.

Clinic Contact Information:

In an emergency, please dial 9-1-1.

To contact the Alaska Native Medical Center Emergency Department, please call (907) 729-1729 or visit 4315 Diplomacy Drive, Anchorage.

	PRIMARY	AFTER HOURS/URGENT
Anchorage Native Primary Care Center	(907) 729-3300	(907) 729-1729
<i>Benteh Nuutah</i> Valley Native Primary Care Center	(907) 631-7800	(907) 729-1729
<i>C'eyiits' Hwnax</i> Life House Community Health Center	(907) 631-7665	(907) 891-3750 911 Urgent
Eklutna Village Clinic	(907) 688-6031	911 Urgent
Indian Creek Health Clinic	(907) 583-2461	(907) 230-4899
Igiugig Community Health Clinic	(907) 533-3207	(907) 533-6020
Kokhanok Community Health Clinic	(907) 282-2203	(907) 282-4121
McGrath Regional Health Center	(907) 524-3299	911 Urgent
Junior "Doc" Gregory Memorial Clinic Nikolai Clinic	(907) 239-2328	(907) 293-2328
Nilavena Subregional Health Center	(907) 571-1818	(907) 571-7111
Nondalton Community Health Clinic	(907) 294-2238	(907) 294-2238
Pedro Bay Community Health Clinic	(907) 850-2229	(907) 850-4019
Lake Clark Wellness Center and Port Alsworth Health Center	(907) 781-2256	(907) 891-3750
St. Paul Community Health Center	(907) 546-8300	(907) 546-4202 911 Urgent
Takotna Clinic	(907) 524-3299	(907) 298-2214