



# Yakutat Community Health Center

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## Memo

To: Yakutat Public

From: Martha Mallott, YCHC COVID Manager

Date: 9/21/2020

Re: COVID-19 Information

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Greetings Yakutat- Here is some information that I think is important for people to know.

Here are some definitions provided by the CDC and DHSS.

**Isolation --- Isolation is for the person who is positive/ill, - stay clear of other household members to contain in the household- do not leave isolation spot, unless for necessity and does not leave home.**

**Quarantine---** Quarantine is for people who have been determined as direct contacts; means to stay away from the public and people outside of the household, they can still leave house with household members to be outdoors but cannot interact with others outside the household and do not go to public places.

**Direct Contact- A person who has come into contact with someone who has tested positive. Within 6ft and closer for 15 minutes or longer without a mask on.**

At this time there are no definitions of “secondary contacts” (contacts of a contact)- **HOWEVER**, that does not mean that you should be going outside of your IMMEDIATE circle and not hunkering down. We should all stay vigilant. Maintaining Social Distancing, wearing your masks, washing your hands frequently, sanitizing and wiping high touch surfaces.

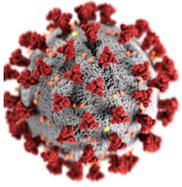
Just a reminder; fall is upon us which means the flu season is as well. The flu can cause similar symptoms as COVID- YCHC will make an announcement when we have Flu vaccines available.

Here are some helpful and information flyers from the CDC and Alaska DHSS.

**Our mission is to empower our community to thrive physically, mentally and spiritually.**

Our work is guided by traditional values of: Listening with respect, Working together, Responsibility and Care of Self, Inclusivity and Fairness, and Living in Peace and Harmony

# What you should know about COVID-19 to protect yourself and others



## Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



## Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



## Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



## Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



## Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



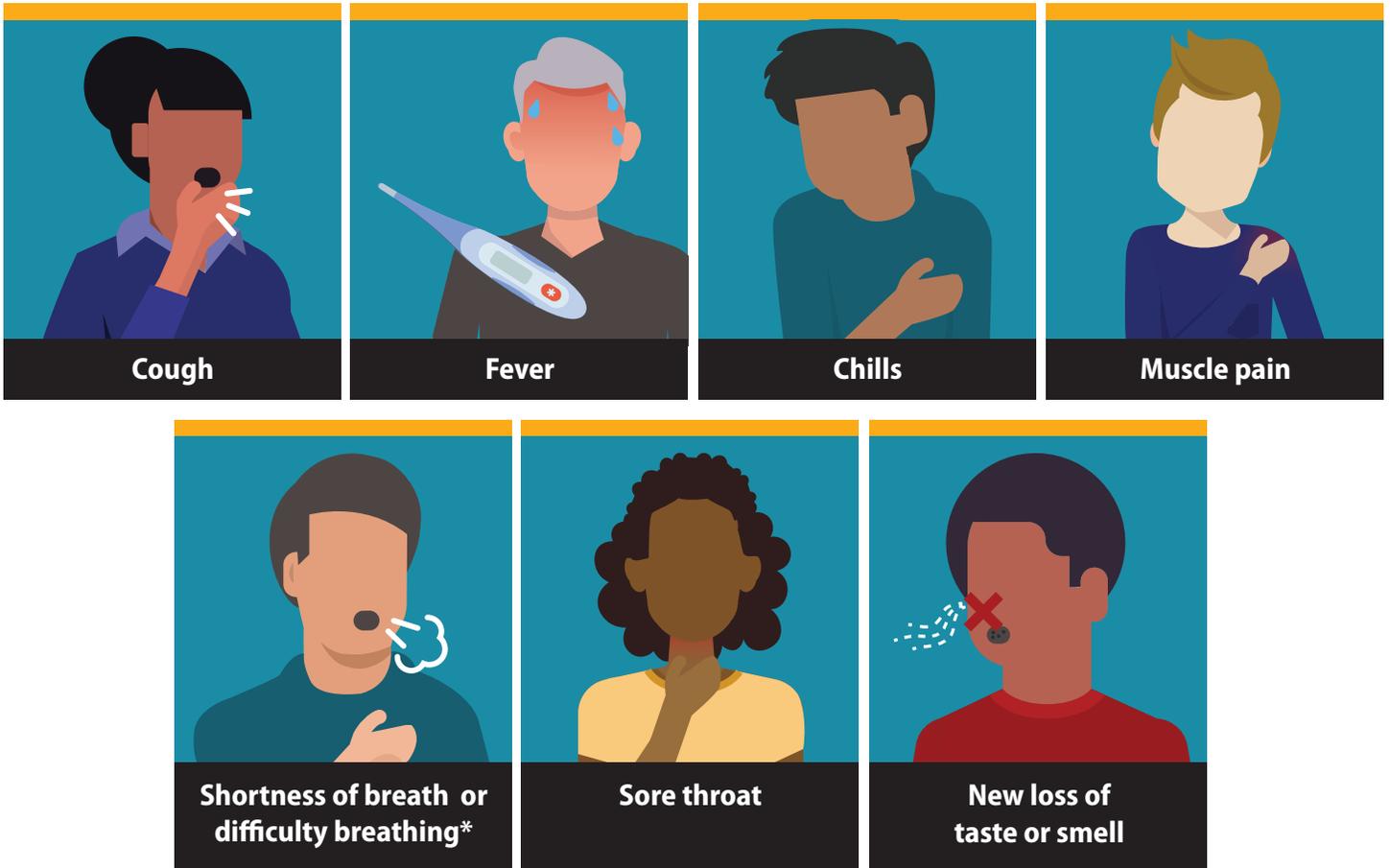
## Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



# Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

**\*Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.





## What to do if you are a close contact to someone with confirmed coronavirus disease (COVID-19) (updated 3/31/20)

You generally need to be in close contact with a sick person to get infected with the virus that causes COVID-19. Close contact includes:

- Living in the same household as a sick person with COVID-19, OR
- Caring for a sick person with COVID-19, OR
- Being in direct contact with secretions from a sick person with COVID-19 (e.g., being coughed on, kissing), OR
- Being within 6 feet of a sick person with COVID-19 for about 10 or more minutes

If you are a close contact to a person with laboratory-confirmed COVID-19, follow the steps below to monitor your health and avoid spreading the disease to others if you get sick.

### What should I do if I am a close contact to someone with COVID-19 but am not sick?

- You must stay home during the 14 days after the last day you were in close contact with the person with COVID-19. This includes not going to work or school, and avoiding public places for 14 days.
- You should take your temperature twice a day.
- You should monitor your health for cough, shortness of breath or feeling feverish during the 14 days after the last day you were in close contact with the person with COVID-19.

### What should I do if I am a close contact to someone with COVID-19 and get sick?

If you develop a fever, cough, or have trouble breathing:

- Seek medical care, but call ahead before you go to a doctor's office or emergency room.
- Tell your doctor about your symptoms and that you are a close contact to a person diagnosed with COVID-19.
- Avoid contact with others.
- If available, put on a facemask before you arrive for medical care

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have been exposed to COVID-19. If possible, put on a facemask before emergency medical services arrive.

If you need to seek medical care for other reasons, such as dialysis, call ahead to your doctor and tell them that you are a close contact to someone with COVID-19. If possible, put on a facemask before entering the facility.

# Coronavirus progression in majority of cases



Exposure to virus

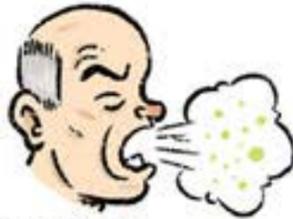
**Incubation period**  
4 to 6 days (average)  
Can be up to 14 days.

Person develops symptoms ●

**Infectious period**  
8 to 10 days  
(but can be longer)  
Starts from 1 to 3 days  
before symptoms develop.



**Illness**  
10 days



But can be longer.



No more symptoms  
3 days

Released from isolation

