



****COVID-19 HEALTH ALERT****

Issued March 13, 2020

By: Dr. Anne Zink, Chief Medical Officer, State of Alaska

DHSS strongly advises that all Alaskans read and comply with the following [CDC guidance](#) for workplaces, schools, homes, and commercial establishments:

Practice good hygiene:

- Stop handshaking – use other noncontact methods of greeting.
- Clean hands at the door and schedule regular hand washing reminders by email.
- Create habits and reminders to avoid touching their faces and cover coughs and sneezes.
- Disinfect surfaces like doorknobs, tables, desks, and handrails regularly.
- Increase ventilation by opening windows when able.

Be careful with meetings and events:

- Use videoconferencing for meetings when possible.
- When videoconferencing not possible, hold meetings in open, well-ventilated spaces.
- Consider adjusting or postponing large meetings or gatherings.

Special travel considerations:

- Assess the risks of travel including the location and rapidly changing events.
- At risk individuals and communities with limited health care infrastructure or high-risk populations should consider limiting all non-essential travel.

Handle food carefully:

- Limit food sharing.
- Strengthen health screening for staff working with food and their close contacts.
- Ensure staff working with food and their close contacts practice strict hygiene.

Special consideration for businesses:

- Use booking and scheduling to stagger customer flow.
- Use online transactions where possible.
- Consider limiting attendance at larger gatherings.
- Promote tap and pay to limit handling of cash.

For transportation businesses, taxis, and ride shares:

- Keep windows open when possible.
- Increase ventilation.
- Regularly disinfect surfaces.
- Encourage social distancing during rides.

If you don't feel well:

- Stay at home if you are feeling sick.
- Do not go to work, out in public or around others if you have a fever and for 72 hours after your last fever.
- Consider staying at home if you have a sick family member in your home.

Households with sick family members are recommended to:

- Give sick members their own room if possible, and keep the door closed.
- Have only one family member care for them.
- Consider providing additional protections or more intensive care for household members over 65 years old or with underlying conditions.

Households with vulnerable seniors or those with significant underlying conditions:

Significant underlying conditions include heart, lung, kidney disease; diabetes; and conditions that suppress the immune system.

- Have the healthy people in the household conduct themselves as if they were a significant risk to the person with underlying conditions. For example, wash hands frequently before interacting with the person, such as by feeding or caring for the person.
- If possible, provide a protected space for vulnerable household members.
- Ensure all utensils and surfaces are cleaned regularly.

These recommendations are based on the CDC's guidance, which can be found here:

www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html

This is not a mandate. These recommendations are based on CDC recommendations.

