

# Iliamna Newhalen Emergency Response Team

## CORONA VIRUS INFORMATIONAL SHEET

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

### Watch for symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

These symptoms may appear **2-14 days** after exposure to the virus:

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell



If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, call your healthcare provider for medical advice.  
Nilavena Clinic (907) 571-1818 / Emergency Cell (907) 571-7111



This time can make you feel isolated and alone. The best way to end this common feeling is to talk and learn about this disease. If you or your loved ones experience symptoms of extreme stress—such as trouble sleeping, problems with eating too much or too little, or using drugs or alcohol to cope—speak to a health care provider, Pastor Mike, or Father David. They are always willing to listen.

Nilavena Clinic      571-1818  
Pastor Mike Clark    571-7181  
Father David Askoak 571-7011

We are all in this together!

## Who Are Higher Risk for Severe Illness

COVID-19 is a new disease and there is limited information regarding risk factors for severe disease. Based on currently available information and clinical expertise, **older adults and people of any age who have serious underlying medical conditions** might be at higher risk for severe illness from COVID-19. Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- People 65 years and older
- People who live in a nursing home or long-term care facility
- People of all ages with underlying medical conditions, particularly if not well controlled, including:
- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised

Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications

- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

## HOW THE VIRUS SPREADS AND PREVENTION

### Know How it Spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
  - Between close contact with one another (within about 6 feet) respiratory droplets produced when an infected person coughs, sneezes or talks.



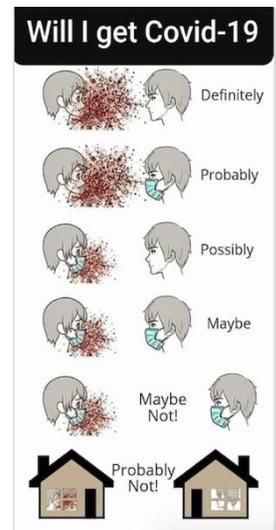
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- COVID-19 may be spread by people who are not showing symptoms.

## Clean Your Hands Often

- Wash your hands often with soap and water for **at least 20 seconds** especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. Always wash your hands before you eat!
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

## Avoid Close Contact

- Avoid close contact with people who are sick
- **Stay home as much as possible.**
- Put distance between yourself and other people.
- Remember that some people without symptoms may be able to spread virus.
- Keeping distance from others is especially important for people who are at higher risk of getting very sick.



## Cover Your Mouth and Nose

- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities.
- Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The cloth face cover is meant to protect other people in case you are infected.
- Do NOT use a facemask meant for a healthcare worker.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

## Clean and Disinfect

- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them.** Use detergent or soap and water prior to disinfection. Read the label of store bought cleaners. Most recommend leaving the spray on the surface of an item for several minutes and then wipe it off.
- **To make a bleach solution,** mix: 5 tablespoons (1/3rd cup) bleach per gallon of water OR 4 teaspoons bleach per quart of water



## FREQUENTLY USED TERMS DURING COVID-19 known as the Corona Virus)

(also



**MANDATES-** These are orders from the Governor of Alaska to protect the health of all Alaskans. We are expected to follow all Mandates. People who do not follow the Mandates are putting themselves and their communities at risk. State and local law enforcement have the authority to enforce individual violations with fines or imprisonment. To report non-compliance, send an email to [investigations@alaska.gov](mailto:investigations@alaska.gov)

**MITIGATE / COMMUNITY MITIGATION-** Means to help slow the spread of the virus through the community. There is no medicine to cure coronavirus, so we must use community-based actions. Examples are: Follow Governor's Mandates (cancel community gatherings like bingo, basketball school potlatches, church; practice social-distancing; hunker down in home; no village to village travel; practice personal protection measures (handwashing, disinfect surfaces often, cover coughs, wear a mask), separate yourself if feeling sick, activate the Emergency Operating Committee as needed.



**SOCIAL DISTANCING-** Means staying away from people to avoid spreading illness. No gatherings, no Bingo, no card games in homes, no potlucks. Stay at least 6 feet apart from another person. Imagine putting a moose or two large dogs standing nose to tail between you and another person. It is recommended to wear a cloth face mask when you go to the Post Office, store, clinics and other public places. Even with the mask on, try not to touch your face. Wearing disposable or washable gloves can help to protect you as well. Remember to dispose or wash your gloves after each use.

**CLOSE CONTACT-** This is being within 6 feet of another person for more than 5 minutes. We do not know who has the virus because they may have no symptoms and still be able to spread the virus for up to 14 days. Therefore take precautions to practice social distancing.

**SYMPTOMS-** These are the physical signs of being sick. With COVID-19 they are usually: fever, cough, shortness of breath, muscle aches, runny nose. A sick person can have just some of these or many. It is important to call your Clinic and let them know what you are experiencing and they can decide if it is time for you to be tested for COVID-19.

**ASYMPTOMATIC -** A person can have the virus and not have any symptoms of being sick. They can still pass it on to others without knowing it.

**CONTAGIOUS-** This is also called the infectious period. This is the time when you can spread the virus to others. Sometimes you do not even know that you are in this contagious time, because you have no symptoms.

**QUARANTINE-** Means staying away from other people. This is for people who have had close contact with someone infected with the coronavirus. Avoid leaving your house. Don't share food, cups, eating utensils, towels with other people in the household. Maintain distance (as much as possible) from other people and pets in your home; Call ahead to Provider if you develop symptoms – DO NOT show up at Clinic before calling first.

**ISOLATION-** For those people who are sick. Think of the letter "I" = Illness = Isolation. Isolation keeps infected (sick) people away from healthy people to stop the sickness from spreading. This is stricter than Quarantine. This means: the sick person has to stay in a room, alone: no contact with others, food to be placed outside their door, use their own bathroom if possible, if someone needs to come in to their room the sick person must wear a mask.