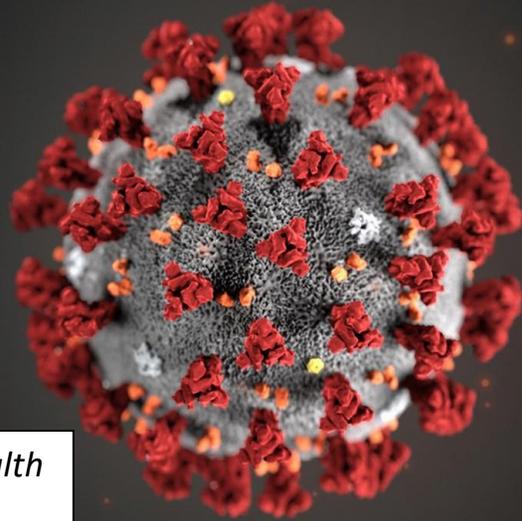




Native Village of Scammon Bay COVID -19 Emergency Response

Coronavirus Disease (COVID-19)



*Native Village of Scammon Bay Tribal Public Health
Alert & Notice -- COVID-19 Pandemic*



There has been a lot of media coverage about the Coronavirus (COVID-19). The Centers for Disease Control and Prevention (CDC) is closely monitoring the outbreak.

We know this may be concerning to you and your family, and we want to share important information about this outbreak.

What is a coronavirus?

A coronavirus, also called COVID-19, is a family of viruses that cause illnesses ranging from the common cold to more serious respiratory illnesses. The virus that causes COVID-19 is a new coronavirus that originated in Wuhan City, China and has not previously been seen in humans. COVID-19 causes symptoms such as fever, cough, and difficulty breathing.

Who is most at risk?

For the general public, currently, the health risk from the virus is considered low in Alaska, however it is quickly changing, and today is our best time to stay healthy. Those who are most at risk are our village elders, older adults, babies, and those with underlying health conditions or compromised immune systems. Health care workers caring for patients with the virus should also exercise extreme caution. Currently, the CDC recommends that you avoid travel into hot zones where COVID-19 is confirmed a health risk.

What about Scammon Bay Travel limits?

There are current travel advisories regarding risk in travel and limits to leaving and returning to Scammon Bay based upon CDC guidance, and State of Alaska active and emerging confirmed cases. Traveling includes screening and providing travel information by health and / or flight representatives to include the pilots and village agents. Returning to Scammon Bay at this time requires your tribal ID and possible self-isolation, quarantines or testing. Continue to check prior to travel what the current changes are, and be prepared that if you leave Scammon Bay, you may be unable to return for an unidentified amount of time.

Is there a vaccine for COVID-19?

There is no vaccine against COVID-19 to date. Researchers around the world are working to learn more about this virus.

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What can I do to protect myself and my family?

If you feel sick, it is important to stay home for 14 days.

The best way to prevent any virus from spreading is to:



Wash your hands with soap and warm water for at least 20 seconds. Using a hand sanitizer can help as well, but washing your hands is always preferable. Teach children early on how to properly wash their hands.



Avoid touching your eyes, nose, and mouth.



Avoid close contact with people who are sick.



Stay home when you are sick.



Cover your mouth with a tissue when you cough or sneeze, then throw the tissue in the trash. If you don't have a tissue, cough into the crook of your elbow, not your hands.



Clean and disinfect surfaces and touchpoints like doorknobs, handles, light switches, and your phone.

Continue to practice good hygiene to prevent coronavirus, and other severe illnesses like the flu, from spreading.

Will there be any changes at my doctor's office?

Health Providers are taking precautions as needed. You may see some changes like masks, gloves, or gowns. Staff may also ask you if you have traveled to infected areas recently. Don't be alarmed; these protocols are in place to keep you and our community safe.

How can I get accurate information about this virus?

We recommend that you get your health information from trusted sources such as:

- The Centers for Disease Control and Prevention (CDC) at [cdc.gov](https://www.cdc.gov)  Centers for Disease Control and Prevention
CDC 2017. Saving Lives. Protecting People.™
- The World Health Organization (WHO) at [who.int](https://www.who.int) 
- State of Alaska Department of Health and Social Services (DHSS)
<http://dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/default.aspx>
- Your doctor or health provide



