



CITY OF UNALASKA

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www.ci.unalaska.ak.us/coronavirus

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NEWS RELEASE

Wednesday, November 4, 2020, 4:30pm, News Release no. 151

Coronavirus COVID-19

LOCAL RISK FACTOR: Medium

UNALASKA COVID-19 CASE COUNT:

COVID-19 tests performed locally	3,120
Cumulative positive persons tested locally	105
Current active cases	1

NEW POSITIVE TEST, UNISEA EMPLOYEE: A new positive test for COVID-19 is reported today. The individual is an employee of UniSea and has been in quarantine since arriving in Unalaska via commercial flight on Saturday, October 31, 2020. The individual is now in isolation and is being followed by staff at the IFHS Clinic. Contact tracing is underway.

If you arrived in Unalaska on October 31, you should be in quarantine already and monitoring for symptoms. Additionally, consider being tested 5-7 days after this possible exposure. As a reminder, people in travel quarantine are not to visit any public places including, including the local schools, PCR facilities and stores.

This new positive test highlights the importance of submitting the contact tracing questionnaire upon arrival in Unalaska and complying with the City's 14-day travel quarantine order.

We are ever mindful that that just one person with COVID-19 could come to the island and infect others by not complying with the 14-day travel quarantine and other protective measures. This is a highly contagious disease, but protective measures work!

IF YOU TEST POSITIVE, NOTIFY YOUR CLOSE CONTACTS IMMEDIATELY: If you test positive for COVID-19, both State DHSS and our local IFHS Clinic recommend that you promptly notify anyone with whom you have had "close contact" in the two days before you test positive or from the time you develop symptoms, whichever is earlier, and until you go into isolation after getting the positive result. "Close contact" is defined as anyone with whom a person with COVID-19 has spent more than a cumulative 15 minutes within a 6-foot space in a 24-hour period. The State's contact tracing team is incredibly busy with the huge increase in cases around the State of Alaska, so the sooner people know about possible exposure, the quicker they can quarantine or isolate and get tested if needed. Public health officials will continue to contact those who test positive as soon as they can, but having people notify their own close contacts will help prevent COVID-19 from spreading in our community.

WHAT TO DO AFTER YOUR COVID-19 TEST: The State of Alaska is distributing an informational flyer, available here, <http://dhss.alaska.gov/dph/Epi/id/SiteAssets/Pages/HumanCoV/Whattodoafteryourtest.pdf>, and included with this news release, covering these topics:

- What to do while waiting for your results
- What to do if your test is positive
- When to end isolation
- Retesting previously positive people
- When to seek medical care
- Keeping track of your close contacts

STATE OF ALASKA CASE COUNT: Source <https://coronavirus-response-alaska-dhss.hub.arcgis.com/>

STATEWIDE STATISTICS	Resident	Non-Resident	Total
Cumulative Cases	16,764	1,096	17,860
Recovered Cases	6,475	649	7,124
Active Cases	10,205	447	10,652
Cumulative Hospitalizations	455	8	463
Deaths Statewide	84	0	84
State's Case Count for Unalaska	5	92	97*

**The total reported by State DHSS for Unalaska doesn't match the cumulative positive persons tested locally because some of those individuals may have previously tested positive before arriving in Unalaska, so were not counted as an additional positive person by the State; or because of other intricacies in how the State tracks cases.*

RESOURCES:

- Drive-up COVID-19 testing available at the IFHS Clinic, call 581-1202 for an appointment
- Local social services support (food, supplies and more) call USAFV at 581-1500
- USAFV Toll-Free 24-Hour Crisis Line (907) 478-7238 or 581-1500
- USAFV Crisis Text Service 359-1500
- Unalaska Public Safety recorded information line (907) 581-6080
- **Report COVID-19 Mandate Violations** (907) 359-1323 or kwood@ci.unalaska.ak.us
- STATE OF ALASKA
 - Main COVID-19 website <https://covid19.alaska.gov/>
 - Health Mandates <https://covid19.alaska.gov/health-mandates/>
 - Information for travelers into the State <https://covid19.alaska.gov/travelers/>
 - DHSS <http://dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/default.aspx>
 - DHSS data hub: <https://coronavirus-response-alaska-dhss.hub.arcgis.com/>
 - Questions and assistance, dial 2-1-1 or email covidquestions@alaska.gov
- Centers for Disease Control and Prevention (CDC) website www.cdc.gov
- World Health Organization (WHO) <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Thank you for getting tested

Your testing facility will inform you about how to obtain your test result (negative or positive).

What to do while waiting for your results

If you are being tested because of symptoms or a close contact:

- Stay at home until your test results are back (except to get medical care). **Avoid all public places and transportation.**
- Keep at least 6 feet from people and animals, including those in your household.
- Avoid sharing personal household items, wash your hands and high touch surfaces regularly.
- Inform your work (or your child's school) that you are awaiting results.

If you are being tested for screening purposes, continue to wear a mask, wash your hands and stay 6 feet apart from others.

If your test result is positive

Most people do well, but it is important to take care of your health and protect those around you

- Stay at home and avoid all public places and transportation until cleared by public health from isolation (except to get medical care).
- Keep at least 6 feet from people and animals, including those in your household.
- Avoid sharing personal household items (including the restroom), wash your hands and high touch surfaces regularly.
- Inform your work (or your child's school) that you are positive.
- Wear a face covering if your symptoms allow, even in the house when not in a separate bedroom.
- Designate one household member to bring you food and other necessities.
- If you need non-medical help (e.g., groceries or other support) call 2-1-1 or 1-800-478-2221.
- Notify your close contacts (i.e., anyone who was within 6 feet of you for 15 minutes or longer during the two days prior to when your symptoms started, or when you were tested, whichever is earlier) that they need to quarantine for 14 days from the time you were last together.



- Close contacts should remain in quarantine for 14 days after their most recent exposure to you (regardless of a negative COVID-19 test or a provider's note).

When to end isolation

Your isolation period will end after 10 days have passed since symptoms first appeared (or date of specimen collection for people who were asymptomatic at the time of testing) and 24 hours have passed with no fever (without the use of fever-reducing medications) and other symptoms of COVID-19 are improving. Note: people who are severely ill with COVID-19 may require a longer isolation period.

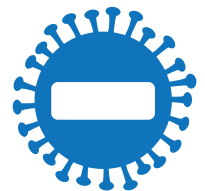


Retesting previously positive people

- Retesting asymptomatic people is not routinely recommended within 3 months after the date of symptom onset of the initial COVID-19 infection.
- For people who develop new COVID-like symptoms within 3 months after a prior COVID-19 infection, retesting may be considered by a medical provider.

If your test result is negative

This test shows your result at this moment in time. It offers no protection from future infection. Continue to take steps to protect yourself. You should not be around others until you are feeling better and fever free for at least 24 hours.



Seek immediate medical care if you develop:

- Difficulty breathing
- Bluish, gray, or whitish lips or face
- Constant pain or pressure in the chest
- Severe constant dizziness or lightheadedness
- Acting confused
- Difficulty waking up
- Slurred speech (new or worsening)
- Other symptoms that are concerning

Keep track of your contacts

Contact tracing efforts may be delayed. The sooner people know about possible exposure, the quicker they can quarantine or isolate and get tested if needed. This will help prevent COVID-19 from spreading and help keep schools and businesses open. If you test positive, please notify your own close contacts. Using the chart below, write down the names and contact information for anyone with whom you spent more than a cumulative 15 minutes within a 6-foot space within a 24 hr period.

Start this chart by filling in the date your symptoms started, or if you have not experienced any symptoms, please write in the date of your test. Then go back two days. This is the time frame that you would be infectious and should alert others of your results. Include all days until you were able to isolate from other people.

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ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM



FOR MORE INFORMATION

www.coronavirus.gov and covid19.alaska.gov

Contact your local health authority or emergency operations center.

If you have been tested but do not receive results after 3 days, please contact your testing facility.