



CITY OF UNALASKA

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www.ci.unalaska.ak.us/coronavirus

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NEWS RELEASE

May 21, 2020, 1:00pm, News Release no. 58

Coronavirus COVID-19

LOCAL RISK FACTOR: Medium

CITY OF UNALASKA COVID-19 CASE COUNT: There are 0 confirmed cases in Unalaska.

Patients tested in Unalaska	95
Confirmed Negative Tests	95
Confirmed Positive Tests	0

STATE OF ALASKA COVID-19 CASE COUNT: No new cases reported yesterday.

Confirmed cases in the State	402
Recovered cases	356
Cumulative hospitalizations	44
Deaths	10

HAND WASHING: As we slowly reopen businesses and carefully broaden our social circles, it is more important than ever to protect ourselves. Hand washing is one of the best ways to protect ourselves from getting sick, because it helps prevent the spread of germs (coronavirus and other germs). Because this is so important, and we can all benefit from the occasional reminder, here are the CDC guidelines for effective hand washing and key times to wash our hands.

Follow these five steps every time:

WET-LATHER- SCRUB- RINSE-DRY

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

Key Times to Wash Hands:

- After you have been in a public place & touched an item or surface (doors, tables, gas pumps, shopping carts, electronic payment devices)
- After blowing your nose, coughing or sneezing
- Before touching eyes, nose or mouth
- Before, during & after preparing food
- Before eating
- Before & after caring for someone who is sick
- Before & after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning a child who has used the toilet
- After touching an animal, animal feed or animal waste
- After handling pet food or pet treats
- After touching garbage