

CORONAVIRUS – COVID19

YKHC OFFICIAL ADVISORY — MAY 17, 2021

Community Advisory Update

Our region's vulnerability to COVID-19 is significantly higher than many places in the state due to transportation challenges, limited healthcare infrastructure, limited access to running water and sewer, and multi-generational housing. Consequently, even with decreasing cases in the YK Delta, YKHC continues to recommend communities implement mitigation factors to protect from the transmission of COVID-19. YKHC has put the following framework together to help identify when to implement these mitigation activities. The following is based on recommendations from the State, CDC, availability of vaccines and stakeholder feedback. YKHC guidance regarding schools may differ from these recommendations based on variables specific to that setting.

Indicators of Community Transmission: The CDC recommends two measures to assess the risk of transmission—for a period of the past 7 days both the total number of new cases and the percentage of positive tests should be considered. YKHC's recommendations incorporate those measures, as well as additional factors based on feedback from stakeholders.

Sub regions are defined by the five Sub-Regional Clinic Service areas. The remaining villages fall into the Bethel area.

Indicator	Low Transmission Blue	Moderate Transmission Yellow	Substantial Transmission Orange	High Transmission Red
Aniak Sub-Region Cases in Past 7 days	0	1	2	≥3
Bethel Sub-Region Cases in Past 7 days	1	2-7	8-13	≥14
Emmonak Sub-Region Cases in Past 7 days	0	1	2	≥3
Hooper Bay Sub-Region Cases in Past 7 days	0	1	2	≥3
St. Mary's Sub-Region Cases in Past 7 days	0	1	2	≥3
Toksook Bay Sub-Region Cases in Past 7 days	0	1	2	≥3
Percentage of positive tests during the past 7 days	<3%	3.0-3.9%	4.0%-4.9%	≥5%
Percentage of eligible population that has been vaccinated	≥50%	30%-50%	10%-30%	<10%

Contact Tracing of Local Cases Linked to Travel: Each individual community should go two weeks without any cases that are not clearly linked to travel. This period reflects one full disease cycle, and helps ensure the virus has not spread in the community.

Guidance for Vaccinated and Unvaccinated People: Whether or not certain activities can be performed safely depends on two factors: if a person is vaccinated and the transmission rate of COVID-19 in the community.

If a community is experiencing high transmission, YKHC recommends the community go into lockdown. If not in high transmission, people can use the chart below for guidance on participating in activities.

The chart below shows some common activities and indicates how safe each activity is (green is the most safe, yellow is less safe and red is the least safe) and if masks are needed for that activity. There is different guidance for vaccinated and unvaccinated people. This is because vaccinated people have more protection against the virus that causes COVID-19.

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This chart does not apply if there is high transmission of COVID-19 in the community.

Unvaccinated People	Examples of Activities OUTDOOR	Fully Vaccinated People
	Walk, run, wheelchair roll, or bike outdoors with members of your household.	
	Attend a small, outdoor gathering <i>with fully vaccinated family and friends</i> , including participating in subsistence activities, attending bonfires and playing outdoor sports, such as basketball or soccer	
	Attend a small, outdoor gathering <i>with fully vaccinated and unvaccinated people</i> , including participating in subsistence activities, attending bonfires and playing outdoor sports, such as basketball or soccer	
	Attend outdoor social events with multiple households that may include eating, such as potlucks, graduation parties, birthday celebrations.	
	Attend a crowded, outdoor event, like a live performance, parade, or sports event	
INDOOR		
	Get a massage or visit a barber or hair salon.	
	Shop in the store or attend Saturday market.	
	Have indoor play dates between multiple households with a mix of vaccinated and unvaccinated people.	
	Go to a movie or a steam bath. Have a sleepover with a mix of vaccinated and unvaccinated people.	
	Attend an indoor funeral, baptism or story circle.	
	Participate in Yup'ik dancing or attend a full capacity worship service with singing.	
	Eat at an indoor restaurant or bar, attend indoor social events with multiple households that may include eating, such as potlucks, graduation parties, birthday celebrations.	
	Participate in an indoor, high intensity exercise class, or close contact school sports like wrestling and basketball	

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Additional Recommendations for Unvaccinated People

Quarantine: Any unvaccinated person who has been in close contact with someone who has COVID-19 or traveled within the last 10 days should quarantine. If quarantining because the individual was in close contact with someone who has COVID-19, and they are unable to separate from other household members, the entire household should quarantine. When quarantining due to travel, only the traveler needs to quarantine.

YKHC and the State of Alaska endorse two options for shortened quarantine. Option 1 is a 7-day quarantine with negative test on day 6 and day 7. Option 2 is a 10-day quarantine with no test required. The earliest a person could return to work with two negative tests would be on day 8 following their last day of exposure, or day 11 with no test.

Anyone who develops symptoms within 14 days of an exposure (regardless of whether or not they remain in quarantine) should immediately self-isolate and seek additional testing. Persons can continue to quarantine for 14 days per existing CDC recommendations. The full 14-day quarantine period is also recommended for unvaccinated workers in a communal living and crowded work setting, check with your employer for further guidance. Local communities may decide to continue a 14-day quarantine for residents. Local travel or quarantine restrictions must still be followed. As communities begin lifting restrictions, they should begin with fully vaccinated people.

Social Circle: Community transmission is still occurring throughout the region. In-person contact and social circles should be kept as small as possible among unvaccinated individuals. In high transmission levels, this means just your own household. As levels drop, individuals can slowly expand their circle to include others outside your household. New members of your circle should agree to stay at least 6 feet away from others outside the circle and wear masks.

As you consider expanding your circle, adding fully vaccinated individuals is the safest group to start with. Please remember that even at low transmission levels you should be able to name everyone you have been around the last two weeks.

Outdoor Activities:

When in high risk category for transmission:

- Do not attend-- Large, crowded outdoor gatherings or outdoor dining with friends from multiple households. Do not play indoor or outdoor sports with unvaccinated people.
- Wear a mask and physically distance when gathering outdoors in small (less than 10 people) groups with other unvaccinated people
- Mask and physical distancing are not necessary when exercising with family members, attending small (less than 10 people) and private gatherings with other households if everyone from the other households is vaccinated.

When not in high risk category:

- Wear a mask-when attending large, crowded outdoor settings or if engaging in less safe activities, such as playing sports outdoors with unvaccinated people; gathering outdoors in small (less than 10 people) groups with other unvaccinated people or dining outdoors with friends from multiple households.
- Without a mask, exercise with family members and attending small (less than 10 people), private gatherings with other households if everyone from the other households is vaccinated.

Indoor Activities:

When in high risk category for transmission:

- Do not attend any indoor public gathering.

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- Wear a mask in any public indoor setting, including at work, in stores, at post office, or while visiting unvaccinated friends
- Masks are not necessary in small (less than 10 people), private gatherings with other households if everyone from the other households are vaccinated.

When not in high risk category:

- Wear a mask in public indoor setting, including at work, in stores, at post office, or while visiting unvaccinated friends.
- Without a mask, attend small (less than 10 people), private gatherings with other households if everyone from the other households are vaccinated.

Travel

Quarantine after travel. There are two options for quarantine -- a seven-day quarantine with negative test on day 6 and day 7 OR a 10-day quarantine with no test required. The earliest an unvaccinated person could return to work with two negative tests would be on day 8 following their last day of exposure, or day 11 with no test. If you develop symptoms within 14 days of an exposure (regardless of whether or not you are in quarantine), immediately self-isolate and seek additional testing.

Local communities may decide to continue a 14-day quarantine for residents. Local travel or quarantine restrictions must still be followed. As communities begin lifting restrictions, they should begin with fully vaccinated people

Additional Recommendations for Vaccinated People

Masks:

Vaccinated people can still safely participate in gatherings of all sizes indoors without a mask. Anyone unvaccinated will still need to take precautions. If vaccination status cannot be determined, the safest practice is for all participants to follow all recommended infection prevention and control practices including maintaining physical distancing and wearing source control such as masks. Local governments and businesses should keep in mind their ability to determine vaccination status when updating mask and distancing policies and ordinances. Please check with your local government, employer, business, or event organizers to see what their current mask guidelines are.

Mask recommendations for vaccinated and unvaccinated individuals are still in place for schools and public transportation.

Quarantine:

YKHC does not recommend quarantine for fully vaccinated persons due to recent travel or exposure to a suspected or confirmed case of COVID-19 provided they meet the following criteria:

1. They are fully vaccinated. People are considered fully vaccinated two weeks after getting the second shot of Pfizer or Moderna or one week after getting the Johnson & Johnson vaccine.
2. Have remained asymptomatic since the exposure. Note that targeted testing will still be performed for any exposed person in accordance with YKHC guidance if the vaccinated individual is symptomatic.

Anyone who develops symptoms within 14 days of an exposure (regardless of vaccination status) should immediately self-isolate and seek additional testing. Local communities may decide to continue a 14-day quarantine for residents. Local travel or quarantine restrictions must still be followed. Check with your local government and employer for further guidance.

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Testing

Test if you have symptoms of COVID-19. No other testing needed. Local communities and businesses may have additional testing requirements. Please check with your local government or employer for further guidance.

Travel

Fully vaccinated travelers are less likely to get and spread SARS-CoV-2 and can now travel at low risk to themselves within the United States.

If you would like additional guidance for yourself or your community, please reach out to YKHC.