

“To be ‘in charge’ is certainly not only to carry out the proper measures yourself but to see that everyone else does so too.”
~ Florence Nightingale



CHAP Weekly Update

August 21, 2020

COVID-19 Testing: What does it mean? Is there any treatment?

Understanding COVID-19 Test Results

No known exposure AND No symptoms



Example: Person tested for travel, work, or peace of mind

- ❖ **Positive test:** Isolate at home for 10 days from the date of positive test (if still asymptomatic)
- ❖ **Negative test:** Continue general precautions (healthy lifestyle and self-care, wash hands, wear mask, limit social interactions)

Exposed to COVID-19 but has no symptoms



Example: Person had “close contact” with friend (spent at least 15 minutes within 6 feet) who had positive COVID-19 test

- ❖ **Positive test:** Isolate at home for 10 days from the date of positive test (if still asymptomatic)
- ❖ **Negative test:** Quarantine at home for 14 days since last exposure to the person who tested positive

Has symptoms that might be related to COVID-19



Examples: Fever, cough, trouble breathing, muscle aches, diarrhea

- ❖ **Positive test:** Isolate at home until symptoms improve AND no fever for 24 hours AND at least 10 days pass since symptoms first started. Check with health care provider to confirm it is OK to end isolation.
- ❖ **Negative test:** Quarantine at home and retest. Second test is recommended by a different lab (Example: If first NEGATIVE test was done in the village on an Abbott ID NOW machine, send second test to a hospital or state lab.)



[More at: CDC Coronavirus Disease 2019, Frequently Asked Questions](#)

Important: You cannot “test out” of a quarantine. If you are supposed to isolate or quarantine for 10-14 days but you feel fine and your test comes back negative, you must isolate or quarantine for the full 10-14 days because you may come down with the disease and/or be contagious.



Case Examples

1 Example

A family returns from fish camp. They all feel fine and are tested for COVID-19 “just to make sure.”

Test Results

Mom and daughter: **positive**; Dad and two sons: **negative**.

Assuming everyone continues to feel fine (no COVID-19 symptoms) and the whole family lives together in the same house, Mom and daughter must **isolate** for 10 days from the day of the POSITIVE test. Dad and the two sons must **quarantine** for those same 10 days AND must quarantine an **additional** 14 days since their last contact with (potentially) contagious Mom and daughter.

2 Example

A health care provider feels fine (no symptoms), but her employer requires her to get a COVID-19 test.

Test Results

She tests **positive**.

If she remains asymptomatic, she will need to isolate for 10 days from the date of POSITIVE test. She should be able to return to work after 10 days of isolation. Some employers require a follow-up NEGATIVE test, but this is not recommended by the CDC or the State because a person can continue to have a POSITIVE test weeks after they are no longer contagious.

Let us know what you think! aka-CHAPCOVID-19weeklyupdates@anthc.org
Send questions for presenters and each other, and suggest topics for discussion.

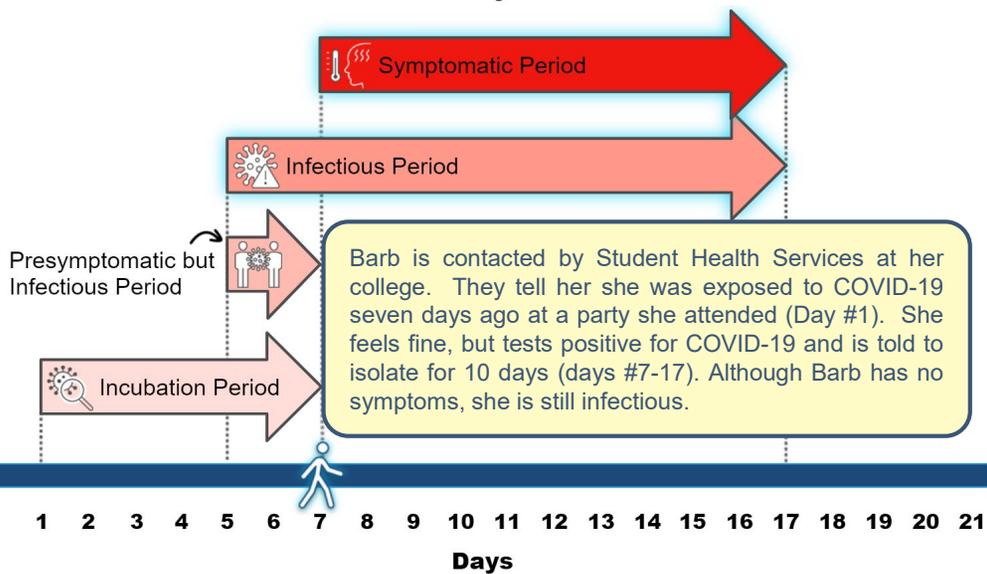
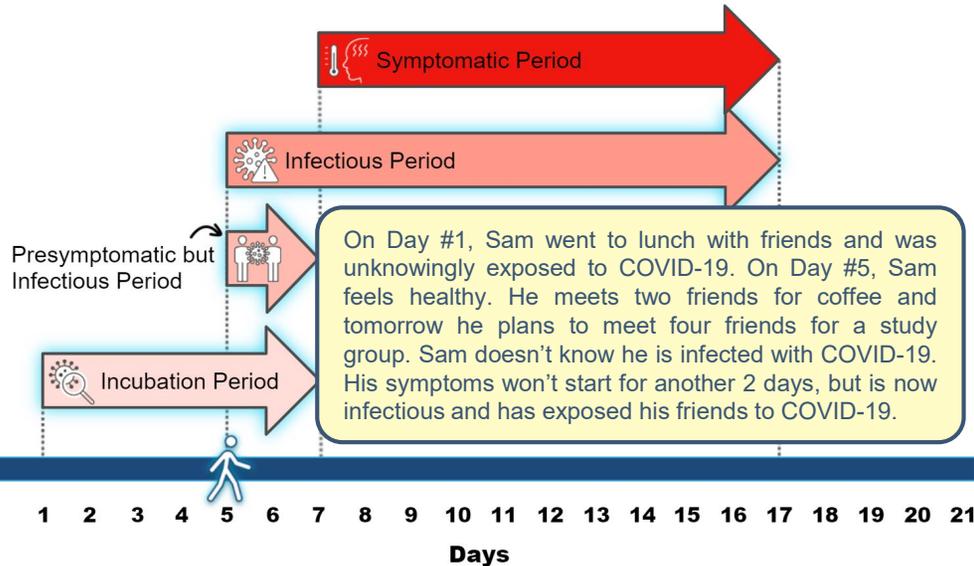
"The Power of Community to create health is far greater than any physician, clinic or hospital." ~ Mark Hyman



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Timeline Examples



COVID-19 by the Numbers



Alaska residents	USA
Total cases: 4,438	Total cases: 5.52M
Recovered cases: 1,316	Recovered cases: approx. 2M
Hospitalized: 184	Hospitalized: 236,271
Deaths: 29	Deaths: 173,000+

Healthy Alaskans 2030

The State of Alaska Department of Health and Social Services (DHSS) and the Alaska Native Tribal Health Consortium (ANTHC) are pleased to announce the availability of the draft state health improvement plan, **Healthy Alaskans 2030**.

The plan is now open for public comment on the State of Alaska Public Notice website until Sept. 2, 2020, at 5 p.m. [State Health Improvement Plan, Health Alaskans 2030](#).

<http://notice.alaska.gov/199049>



Save the Date

Next Session: August 25, 2020 – Dr. Ros Singleton, pediatrician

Discussion: Upcoming RSV season, Singulair, and how RSV is different from COVID-19



[Community Health Aide/Practitioner Facebook page](#)

Share your community's success stories and lessons learned



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NIH Treatment Guidelines Mild and Moderate COVID-19

People with mild or moderate symptoms can usually be managed at home (Isolation, symptom monitoring, and OTC medications to help with symptoms)

Treatment

- ❖ Vitamin C, Vitamin D and Zinc may help to boost the immune system in general, but there is insufficient evidence for the NIH to recommend for or against their use specifically for COVID-19
- ❖ Acetaminophen and NSAIDs, like ibuprofen, are OK to take to help with fever and other symptoms

Definitions

Mild: Some symptoms of COVID-19, but no shortness of breath, dyspnea or abnormal chest x-ray

Moderate: Respiratory symptoms, but does not require supplemental oxygen. SpO₂ is 94% or higher on room air



Severe and Critical COVID-19

People with severe or critical symptoms are usually cared for in a hospital

Treatment

- ❖ Isolation (in a hospital, often in an ICU)
- ❖ Supplemental Oxygen (sometimes with mechanical ventilation)
- ❖ Dexamethasone (a corticosteroid) is being used in patients who require supplemental oxygen (whether or not they are on ventilators). It is not recommended for people with milder symptoms who do not require supplemental oxygen
- ❖ Remdesivir (an anti-viral medication) is being used in patients with severe or critical symptoms (those who require supplemental oxygen, with or without mechanical ventilation)
- ❖ Convalescent plasma (blood plasma collected from people who have had and recovered from COVID-19) is being used in patients who have severe or critical symptoms

Definitions

Severe: Respiratory frequency > 30 breaths per minute, SpO₂ < 94% on room air, or lung infiltrates > 50% on chest x-ray

Critical: Respiratory failure, septic shock and/or multiple organ dysfunction



[NIH COVID-19 Treatment Guidelines](#)

Chloroquine and Hydroxychloroquine are NOT recommended except in clinical trials



Thanks to Dr. Anne Musser for her presentation on COVID-19 testing this week. The recording is available on the [Distance Learning Network learning website](#).



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM

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