



CHAP Weekly Update

December 11, 2020

COVID-19 Tests

PCR (Molecular) Tests

How they work: These are tests for viral RNA.

Examples: ID NOW is a rapid test; most tests that send out swabs are PCR tests.

Features:

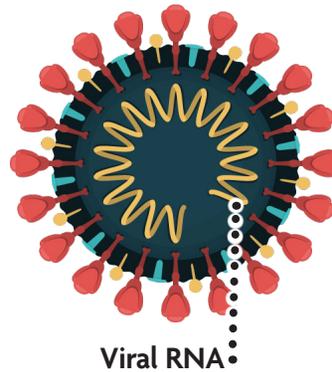
- Accurate, highly sensitive.
- Requires very little virus to turn test positive.

Antibody Tests

How they work: These are blood tests looking for antibodies to the virus.

The antibodies are a sign of past infection.

Blood is usually drawn four to eight weeks after infection. The test is usually a send out to Anchorage or a reference lab.



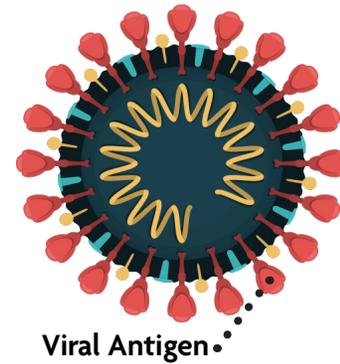
Antigen Tests

How they work: These tests look for viral antigens, the little spikes on the surface of the viral capsule.

Example: BinaxNOW COVID-19 Ag Card.

Features:

- Quick easy test, but requires more virus to be present to turn the test positive. This means someone might have a negative test result but still be infected and contagious.
- This test is useful in an outbreak for testing people with symptoms quickly.
- This test may be useful in group living settings where there is a high risk of continued transmission of the virus. The test must be repeated every three days to catch people who may have had too little virus to be detected on the first round.
- The test is not useful in people with no symptoms and little community spread.



Covid by the Numbers

- Alaska Cases as of December 11, 2020: **37,962**
- Average daily case rate: **93.1** cases per day per 100,000 people
- US Total: 15 million; **284,000** deaths
- World Total: **67.8 million**



Continuing Education

Remember to check out the continuing education course:

BinaxNOW™ COVID-19 Ag Card - 1 CE

Also, remember you can earn CE credit for attending the COVID-19 CHAP Weekly Update zoom meetings every Tuesday, 12pm to 1pm.

Available online at: <https://anthc.remote-learner.net/>

Let us know what you think! aka-CHAPCOVID-19weeklyupdates@anthc.org

Send questions for presenters and each other, and suggest topics for discussion.



It is under the greatest adversity that there exists the greatest potential for doing good, both for oneself and others.

~ Dalai Lama, Tibetan Buddhist Monk



CHAP Weekly Update

December 11, 2020

New Quarantine Guidelines

- People who are close contacts of someone with COVID-19 must quarantine to avoid spreading the infection to other people. The incubation period (how long it takes for the infection to show up) is 2 – 14 days.
- It is still safest to remain in quarantine for 14 days after last exposure.
- The CDC and the state of Alaska DHSS have issued new guidance that reduces the quarantine period while only increasing the risk of spread slightly.

New Guidance:

There are two options for close contacts who do NOT develop symptoms:

Option 1: Quarantine from Day 1 – Day 7;

Get a COVID test on Day 6 or 7;

- If test is negative, may stop quarantine on Day 8.
- If test is delayed, may leave quarantine on Day 10.

Option 2: Quarantine from Day 1 – Day 10. No test needed. May leave quarantine on Day 11.

What You Need to Know About This New Guidance:

- There is a risk that people (up to 10 percent) will still be infectious if they leave quarantine before the full 14 days have passed.
- Healthcare workers should still follow 14-day quarantine if they are exposed.
- If people develop symptoms, they need to be tested and isolate themselves.
- Your THO and community leaders will provide you with guidance about which quarantine rules are best for your clinic and your community.
- For more information on testing and quarantine check out: [Guidance for Coronavirus Disease 2019 \(COVID-19\) Testing in Alaska](#)

Influenza and COVID-19

Influenza and COVID-19 are difficult to tell apart by symptoms alone. Transmission for each can be reduced by hand washing, social distancing and wearing masks. Although, right now, there is no vaccine for COVID, you can protect your patients and set them up to be as healthy as possible by doing and encouraging the following:

- Take care of chronic problems. Make sure diabetes, heart disease and COPD are well controlled.
- Make sure people get routine immunizations.
- **Everyone** needs a flu shot. Almost everyone over six months of age can get a flu shot safely. Watch for a tool kit coming soon to help advertise the importance of flu shots. The tool kit will be available at AKCHAP.org and on the Community Health Aide Facebook page.

For More Information visit: The State web site for Corona Virus <http://dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/default.aspx>

SAVE THE DATE



Next session: December 15, 2020

Please join us for another session with the Alaska Department of Health and Social Services Coronavirus Response Team as they share new information about the COVID-19 Vaccine and ideas for promoting vaccination around the state. Send your questions in beforehand or bring them with you.

Thanks to:

The Alaska Department of Health and Social Services Coronavirus Response Team who participated in the call and brought us education about COVID quarantine and BINAX.



Let us know what you think! aka-CHAPCOVID-19weeklyupdates@anthc.org

Send questions for presenters and each other, and suggest topics for discussion.

