

### Alaska Vaccination Status:

- 96,858 vaccine doses given
- 13.3% of population has received at least one dose

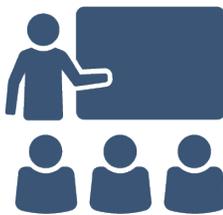
# CHAP Weekly Update

February 5, 2021

## Schools and Sports

### School Safety Strategies

School districts across Alaska have each developed a plan to keep their communities safe while educating children. Some have had little or no in-person instruction while others have provided in-person instruction during most of the last five months.



#### School districts with the most in-person school days:

- Have low levels of virus in the community
- Are able to protect students and staff with these mitigation measures:
  - ◊ Wearing masks, and wearing them correctly
  - ◊ Physical distancing: 6 feet between students and staff
  - ◊ Hand washing and surface cleaning, frequently
  - ◊ Good ventilation in classrooms and buildings
- Have enough staff to hold classes if someone gets sick

### Schools and COVID-19: Lessons Learned

- Masks work and children tolerate them very well, even while being active.
- The virus spreads when masks are not worn.
- People who do not feel well should stay home and not go to school, work or sporting events.
- Exercising or participating in sports with a mask on is safe and can be comfortable.
- Quarantine after travel prevents travel-related asymptomatic spread of COVID-19 in the school.
- When considering sports and traveling for sporting events:
  - ◊ Travel only between communities with low case rates.
  - ◊ Test everyone before leaving.
  - ◊ Require masks and social distancing during the whole trip.
  - ◊ Test everyone when returning.
  - ◊ Remember, if using BINAX cards for testing, they are more useful if performed several times a week rather than just once.

### SAVE THE DATE



#### February 9, 2021

Dr. Jodi Totten will discuss pediatric dehydration – how to prevent it and how to treat it. Have a question for the session? Send it to: [clgolnick@anthc.org](mailto:clgolnick@anthc.org).

#### February 19, 2021

Burn and Soft Tissue ECHO Feb 17, 2021 at noon. Update on burn topicals and demonstration of burn wound care. [Register Here](#)

#### February 23, 2021

Marcia Anderson will talk about Food Security and Sustainable Food Systems.

#### Check out this North Carolina school study:

[In-school transmission of SARS-CoV-2 rare in schools implementing safety measures](#)

#### Thanks to:

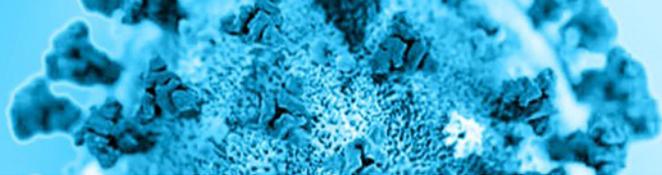
Thanks to Dr. Liz Ohlsen and the Alaska DHSS Coronavirus Task Response team for educating us on school and sports guidelines, as well as giving us an update on a new vaccine.



ALASKA NATIVE  
TRIBAL HEALTH  
CONSORTIUM

Let us know what you think! aka-[CHAPCOVID-19weeklyupdates@anthc.org](mailto:CHAPCOVID-19weeklyupdates@anthc.org)

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



### Alaska Covid Numbers:

- Alaskas state-wide new cases on 2/1/2021: 140
- AK average daily case rate: 20.44 cases /100,000 (averaged over 14 days)
- AK total cases: 54,091 (about half of those in Anchorage)

# CHAP Weekly Update

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## COVID-19 Viral Variants

## Johnson and Johnson Vaccine Update

Viruses change through mutation, and variants of a virus are common. This chart shows known COVID-19 variants:



Virus Name	Common Name
B.1.1.7	United Kingdom variant
B.1.351	South African variant
P.1	Brazil variant
CAL.20C	California variant

### Why is this important?

- New strains may be more contagious; they either make more copies of themselves faster or they attach more strongly when they land in someone's nose, mouth or eyes.
- New strains may be less sensitive to antibody treatments and more difficult to treat.



### Will vaccines protect against variants?

- So far it looks like current mRNA vaccines will work.
- It's too early to know if newer vaccines will still work (Johnson and Johnson, AstraZeneca, and Novavax).



### What to do?

- **Vaccinate.** The more people who are protected, the less chance the virus has to spread and mutate. Vaccinations are important for Alaska and also for the world.
- **Prevent transmission:** social distance, washing hands, wear a mask.
- Almost everyone can wear a mask. Exceptions: children less than two years old and people who cannot remove their own mask.
- Preventing transmission is as important as vaccination to decrease virus mutations.



A third vaccine, produced by Johnson and Johnson, may be approved in the next few weeks.



**CAUTION:** The following information is from the manufacturer and must be verified by FDA and CDC:

### Advantages over previous vaccines:

- Requires only one dose
- Easier storage: refrigeration, not freezing or super freezing

### Efficacy: Does it work?

- Appears to be 67 percent to 72 percent effective
- Appears to prevent serious illness, hospitalization and death from COVID-19

**Safety:** There are no safety concerns, and there are possibly fewer side effects.

**How it works:** Like the Pfizer and Moderna vaccines, the Johnson and Johnson vaccine is teaching the body to recognize the spike protein from the virus, which is how the virus attaches to human cells. Like the other two vaccines, this one tells the body to make the spike protein and then the immune system reacts and produces immunity for when the real virus appears. For Pfizer and Moderna vaccines, the instructions are carried on a strand of mRNA. For the Johnson and Johnson vaccine, the instructions are carried on a harmless cold virus.

Want to review how this works? See [CHAP Weekly Update Dec 4, 2020](#)

Also check out this article with good pictures in the [New York Times](#).

## Additional Resources

[SARS-CoV-2 Vaccines and the Growing Threat of Viral Variants \(JAMA\)](#)

[Use masks to Slow the Spread of COVID-19 \(CDC\)](#)

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