

“86 percent of eligible people in Ouzinkie have received the COVID-19 vaccine!” -Shellie Martin, CHA III, Ouzinkie Clinic/KANA



# CHAP Weekly Update

March 19, 2021

## Current Treatment at ANMC

### Two Phases of COVID-19 Infection

#### Viral Response Phase:

The virus enters the body and replicates to cause an infection. The body's immune system develops antibodies to fight off the infection. If the person has already been vaccinated, it is easier and faster for the body to develop important antibodies.



#### Host Inflammatory Response Phase:

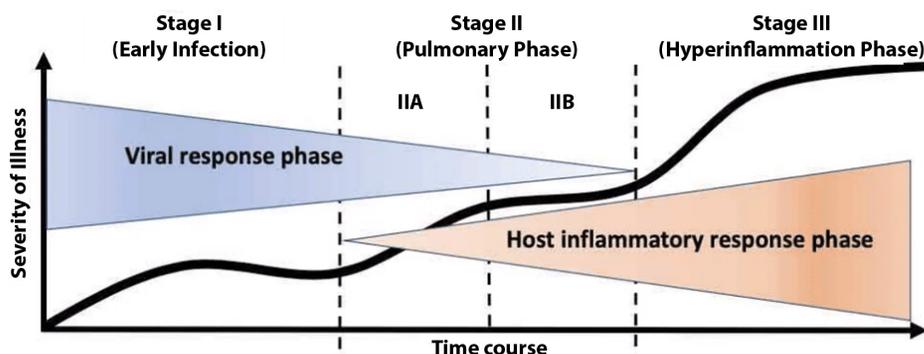
The virus causes an inflammatory response that can effect many different organs including lungs, heart, kidneys, brain.

### Three Stages of COVID-19 Infection

**Stage I (Early Infection):** Usually mild to moderate symptoms (feeling ill, fevers/chills, cough, loss of taste), often treated at home.

**Stage II (Pulmonary Phase):** Increasing pulmonary symptoms (shortness of breath, low oxygen levels), may require hospitalization.

**Stage III (Hyperinflammatory Phase):** Multisystem involvement (respiratory failure, heart problems, kidney failure), may require ICU level care.



### Current Treatment Options

The best “treatment” will always be prevention: Vaccinate! and continue with masks, handwashing and social distancing.



#### Options for Stage I (early infection)

Focus: Getting rid of the virus

*Outpatient:* Bamlanivimab (a monoclonal antibody), especially for people who are at high risk for developing severe COVID-19 (elderly, obese, other chronic medical conditions)

- Start within three days of positive COVID-19 test, even if not very sick
- Effective, well tolerated
- IV, so not available in some villages. Patient needs to go to a hub for treatment

*Inpatient:* Remdesivir (an anti-viral medication)

#### Stage II (pulmonary phase) and Stage III (hyperinflammatory phase)

Focus: Controlling the inflammatory response

*Inpatient:* Tocilizumab (a monoclonal antibody); Baricitinib (blocks inflammatory pathways) and Dexamethasone (a steroid, decreases inflammation)

### CHA/Ps: Earn CE Credit

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

Each week has a corresponding CE certificate found 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.





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## Vaccine Updates

### Johnson & Johnson Vaccine

- It requires only one shot, it's easier to transport and store, and it is faster to "fully immunize." It's a more traditional vaccine (not new technology like mRNA).
- Alaska is enthusiastic with high demand and limited supply; we are expecting more in the coming months.
- **Note:** Unlike other vaccines, J & J bottles don't have an expiration date; you have to check the QRS code.



### Examples of Building Confidence

- **Communicate the advantage of being vaccinated.** Depending on the community, this may include fewer travel restrictions (i.e. testing, quarantine) and participation in sports or other community gatherings. 
- **Create alternative vaccine sites.** Some people just don't like going to hospitals/clinics – they feel more comfortable going to a school, city hall, store, or airport to get their vaccination.
- **Talk about your experience getting the vaccine.** You got it and are happy, relieved, and feel like things are going to return to normal now. 
- **Cost:** The vaccine is free. A hospitalization is very expensive.
- **Nobody wants to die of COVID.** A fully vaccinated person is less likely to die of COVID than they are of getting hit by lightning.
- **COVID is not the flu.** In many people, COVID-19 doesn't just make you sick for a few days; it can leave you with symptoms for weeks or months. 

### What is the Efficacy Comparison of Available Vaccines?

This common question has no easy answer. There are no head-to-head comparisons of the approved vaccines. They all appear to prevent severe disease (hospitalization/death). The J & J vaccine may be slightly less efficacious in preventing mild/moderate disease.

**Takeaway:** All three currently available vaccines (Pfizer, Moderna, and Johnson & Johnson) are safe and very effective – get the first one available to you!



### Vaccine Confidence

"Vaccine confidence" is the new language to use instead of "vaccine hesitancy." In Alaska, we are shifting focus from eligibility and distribution to building confidence in the vaccine.

People trust their healthcare providers to give them accurate information and recommendations about the COVID-19 vaccinations.

Dr. Hodges (YK) and Dr. Peterson (Norton Sound) reported that CHA/Ps have played a critical role in vaccinating people in their communities – the first step to getting back to normal life activities – THANK YOU!!

We need to build confidence in the vaccines for healthcare providers (including CHA/Ps). If you have doubts, ask! Build confidence in the vaccines for community leaders and people in general.

### Resources

[Visit the CDC website](#) for information on increasing vaccine confidence.

[Beyond Politics — Promoting COVID-19 Vaccination in the United States](#)

This reference is geared more for healthcare providers than patients.

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## CDC Guidelines: Fully Vaccinated People

## Covid by the Numbers



### Fully vaccinated people can:

- Visit with other fully vaccinated people indoors without wearing masks or physical distancing.
- Visit with unvaccinated people from a single household who are at low risk for severe COVID-19 disease, indoors, without wearing masks or physical distancing.
- Refrain from quarantine and testing following a known exposure if asymptomatic.



- Alaska cases as of March 18, 2020: **60,451**
- US cases as of March 18, 2020: **29.6 million**
- Alaska average daily cases: **19.5** per 100,000 people. A very large number of new cases!
- More information at [Coronavirus.dhss.alaska.gov](https://Coronavirus.dhss.alaska.gov)

## Alaska Vaccine Updates

- Alaska is No. 1 in percent of population fully vaccinated
- Alaska is 1st state to offer COVID-19 vaccines to all
- Alaskans fully vaccinated: 19.1 %
- Alaskans vaccinated with 1+ doses: 27.5%



For additional guidelines, visit the CDC website: [Interim Public Health Recommendations for Fully Vaccinated People](https://www.cdc.gov/publichealthinterim/recommendations/fully-vaccinated-people)

## CHA/P on Facebook



Check out news stories, information and accomplishments of Health Aides around the state. See and share photos of our program and people.

Community Health Aide/Practitioner Facebook page:

[www.facebook.com/groups/AlaskaCommunityHealthAidesPractitioners](https://www.facebook.com/groups/AlaskaCommunityHealthAidesPractitioners)

## SAVE THE DATE



### March 23, 2021

Dr. Phillip McGuiness will talk about acute mental health status changes in Elders.

### March 24, 2021

*Harm Reduction Training: Stigma, Empathy and Trauma Informed Care*  
10:30 am - 12 pm. For more information and to register [click here](#).

### March 30, 2021

Jennifer Summers will talk about alcohol and substance abuse during the COVID-19 pandemic, including community solutions.

Thank you to Drs. Kyle Pohl and Coleman Cutchins for a great summary of current treatments for COVID-19, to Dr. Joe McLaughlin, Matthew Bobo and Tessa Walker Lindeman for up-to-date information about COVID-19 vaccinations and building confidence in vaccines, to Drs. Ellen Hodges and Mark Peterson for updates from their communities, and to all of the participants for providing questions and comments about their experiences.



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