



CHAP Weekly Update

April 30, 2021

COVID-19 Vaccination Update

Johnson & Johnson COVID-19 Vaccination

On Friday, 4/22, the CDC/FDA/ACIP lifted the “pause.” The vaccine is safe and ready to be used again. The VIS now includes a warning for women less than 50 years old, providing information about the very low risk of blood clots and the option for receiving a different COVID-19 vaccination. [Read more from the CDC.](#)



Vaccinations for Children

We are still awaiting approval of the Pfizer COVID-19 Vaccination in Children 12 to 16 years old.

We anticipate that it will be approved in time for this age group to be vaccinated before starting school in the fall.

Testing and Quarantine

- Fully vaccinated people without known exposure and without symptoms should be exempt from routine testing. (Exceptions include highly populated settings like jails, nursing homes, and dorms, where they should continue to be screened.)
- Fully vaccinated people who have a known exposure and are without symptoms do not need to be tested or to quarantine and do not have any work restrictions (unless they work in a crowded group setting like jail, nursing home, etc); however, they should self-monitor for symptoms.
- Fully vaccinated employees such as healthcare workers in a clinic can eat together in common break rooms.

New CDC Guidance for Fully Vaccinated People

Activities

- Fully vaccinated people can now safely do most outdoor activities without a mask (exercise, attend small gatherings, dine at an outdoor restaurant).
- Fully vaccinated people can now safely do most indoor activities with a mask (attend church, go to movies and restaurants).
- People who have not been vaccinated can exercise outdoors without a mask, but are considered to be less safe or least safe in most situations, even when wearing a mask.
- Fully vaccinated employees (for example, healthcare workers in a clinic) can eat together in common break rooms.



Continued on next column

Resources

[Choosing Safer Activities](#)

This is a nice graphic to print and post in your clinics and communities.



[CDC Fully Vaccinated Guidance](#)

[Infection Prevention After Vaccination](#)

Thank you to Joe McLaughlin, Coleman Cutchins, and Bryan Fisher for presenting valuable COVID updates.

Thank you also to our colleagues at the State and the people from ECHO (Jose Flores, Jennie Hancock and team) who helped us merge our CHA/P Weekly Teleconference with the Rural ECHO Project.

Other HUB members who shared updates, stories and experiences from their regions include Drs. Ellen Hodges, Mark Peterson and Steve Daniels.





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Why Get Vaccinated?

Vaccine Monitoring Dashboard (Alaska)

Vaccinations protect the children in our families and communities.

Since children can't get vaccinated yet, adults need to get vaccinated to protect the children. Recall the import life lessons learned from the musk oxen who survived threats by forming a defensive circle around their young, facing challenges head on. Cooperation protected the entire herd. We must do the same.



Being vaccinated will help achieve the following:

- Protect us and each other from COVID-19 and "long haul" COVID, which can make people feel sick for months.
- Avoid the expense of being sick (and maybe hospitalized) with COVID
- Return to more normal life – work, activities, social gatherings
- Return to safer travel
- Reduce the need for testing and quarantining

Alaska Vaccine Numbers

- **50.6%** of eligible Alaskans (16 years old and older) have received at least one dose
- **45.1%** are fully vaccinated
- **547,149** total doses administered
- **Highest vaccine rate:** Skagway Municipality 78.2%
- **Lowest vaccine rate:** Southeast Fairbanks Census Area 29.8%



More information at [Coronavirus.dhss.alaska.gov](https://coronavirus.dhss.alaska.gov)

Covid-19 Numbers

COVID-19 Cases

- Alaska cases as of April 23, 2021: **67,872**
 - Alaska COVID-19 deaths: **331**
 - Alaska average daily cases: **17.7** per 100,000 people
- COVID is still spreading, but slowly**



SAVE THE DATE



May 4, 2021

This will be our 55th and final session in this series, which has been part of a year-long grant that we received to provide education about COVID-19. We will take a summer break and may start up again in the fall. Watch for updates on our website.

CHA/P Weekly Teleconferences have been combined with the state's Rural Health Care ECHOs since November. If you would like to keep up to date on COVID, [register](#) for the State/UAA Thursday noon conference series, "Healthcare Specific COVID-19 ECHO."

Travel Update

CDC: Domestic flights -- no need to test; International flights -- no need to test flying out of US; still required to test when flying back into US

Alaska: Free COVID-19 tests at all entry points

Alaska: Free COVID-19 vaccines to travelers starting 6/01/2021

Travel Resources:

[Health Advisory for Interstate and International Travel](#)

[Health Advisory for Intrastate Travel](#)



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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TRIBAL HEALTH
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