



****HEALTH ALERT****

COMMUNITY UPDATES:

The Klukwan community has done well to mitigate exposure to the novel coronavirus. Given its success, the Chilkat Indian Village Council the declaration of emergency set on March 26, 2020, is still in effect. The continued best practices for preventing the spread of coronavirus is limiting exposure between persons and receiving a full dosage of an FDA approved vaccine.

Given the latest CDC recommendations, the Chilkat Indian Village Tribal Council recommends that:

- All fully vaccinated residents and visitors with no symptoms and have traveled outside of the Chilkat Valley to *social distance* until a negative test result has been receive; and
- All residents or visitors who have not been fully vaccinated to quarantine with no symptoms that have traveled outside of the Chilkat Valley to *quarantine* until a negative test result has been received.

Effective Date and Duration: This recommendation shall be in effect until new information is available.

So long as mask use, sanitation, and continued adherence to COVID-19 recommendations, the Chilkat Indian Village Tribal Council will open commercial buildings (ANS, JKHC, open gym) to residents in the community in a limited capacity. Protocols will be developed for community use spaces prior to opening to allow for low-risk public activities to occur.

IMPORTANT WAYS TO SLOW THE SPREAD:

The global pandemic is still very real. It is important to slow the spread while vaccination and mitigation of new COVID-19 variants is underway. COVID-19 *recommendations vary* depending on health status and vaccination status of all those in your household:

- Wear a mask that covers your nose and mouth to help protect yourself & others in public;
- Stay 6 feet apart from others who don't live with you;
- Get a COVID-19 vaccine when it is available to you;
- Avoid crowds and poorly ventilated indoor spaces;
- Choose one or two household members to run errands or utilize pick-up services;
- Wash hands with soap and water often or utilize hand sanitizer.
- Social distance or quarantine upon traveling until a negative test result is received.



RECOMMENDATIONS FOR HIGH-RISK:

Preventive measures for COVID-19 are important, especially if you are older, have multiple conditions, or are high-risk to severe illness from COVID-19. *Severe illness* means that a person with COVID-19 may need: hospitalization, intensive care, a ventilator to help them breathe, or the result may include death.

- Persons of any age with the following conditions can be more likely to get severely ill from COVID-19:
 - Cancer, chronic kidney disease, chronic lung disease (COPD, asthma, pulmonary hypertension), dementia, diabetes (type 1 or type 2), heart conditions (hypertension, heart failure, coronary artery disease), chronic liver disease (alcohol-related, cirrhosis, scarring of the liver), be obese or overweight (BMI greater 25 (risk of severe COVID illness increases sharply with BMI), pregnancy, tobacco smoker (current or former), have received a solid organ or blood stem cell transplant, have cerebrovascular disease (stroke), or have a substance use disorder (alcohol, opioid)
- If a [household](#) includes someone who is at [increased risk for severe illness](#), then all household members should act as if they, themselves, are at increased risk.

FULLY VACCINATED PERSONS:

Based on what we know about COVID-19 vaccines, people who have been fully vaccinated can start to do some things that they had stopped doing because of the pandemic We're still learning how vaccines will affect the spread of COVID-19. These recommendations can help you make decisions about daily activities after you are fully vaccinated:

- Can gather indoor with fully vaccinated persons without wearing a mask or social distancing
- Can gather indoor with unvaccinated persons of any age from another household without masks or social distancing, **unless** someone in the household is high-risk for severe illness from COVID-19 (see above).
- Can travel within the United States without testing or self-quarantining before or after travel (please review international guidelines if planning to travel outside of the United States).
- Do not need to stay away from others or get tested if they've been in close contact with someone who has COVID-19,

Unless they develop symptoms;

Unless they live in a group setting and are around the COVID positive person, **then** they should self-isolate for 14 days and get tested even if they do not have symptoms.

****It is important to note that being vaccinated does mean you cannot contract COVID-19 but being vaccinated can lower your risk of experiencing severe illness.****

Please contact eoc@chilkat-nsn.gov if you have any questions or concerns.