Date: April 6, 2020

Attention: Community of Yakutat residents, Business owners, Essential workers traveling to Yakutat

Regarding: COVID-19 Precautionary Recommendations for Homes and Businesses

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*The Yakutat Community Health Center is issuing the following recommendations to Yakutat residents, business owners and traveling essential workers on steps they can take to prevent the spread or outbreak of the COVID-19 virus.*

**Yakutat Community Health Center Services (YCHC)**

* Please be aware that there are no hospitals in Yakutat, only a small outpatient health center.
* YCHC is currently **closed** to all urgent/non-emergent care. Please call 911 in an emergency.
* In the event of a Covid-19 outbreak, patients will be required to shelter in place.
* Only critical patients will be medevac’d to a hospital in Juneau or Anchorage.
* Consider purchasing medevac insurance (one flight can cost as much as $75,000)
* YCHC has limited supplies and may not be able to provide personal protective equipment (PPE) such as gowns, gloves or masks. Families and businesses are encouraged to stock up on PPE and cleaning supplies.

**If you are sick:**

* If you are sick with a respiratory infection, even with mild symptoms, immediately isolate yourself from others. Take your temperature two times per day and keep a log with date and temperatures listed.
* **STAY HOME** except to go to the Clinic for evaluation (if indicated)
* Cover your cough or sneeze with a tissue, discard the tissue, and wash your hands
* Wear a face mask if you have respiratory symptoms
* Avoid sharing personal household items (dishes, drinking glasses, towel, bedding, etc.)

**If you need Medical Care:**

* Anyone experiencing COVID-19 symptoms should call the health center for instructions at **(907) 784-3275 or (907) 410-7108.** Please DO NOT enter the front-lobby of the clinic.

**General Precautions**

* Adhere to Social Distancing: stay 6 feet away from others.
* Wash your hands for 20 seconds as often as every 20 minutes.
* Do not touch your face: eyes, nose, mouth, etc.
* Be mindful of what you touch; use a paper towel to open public doors, use handrails, etc.
* If hand soap is not immediately available, use hand sanitizer.

**Shelter-in-Place**

Business owners who provide housing to essential workers should be prepared to shelter-in-place all guests who exhibit Covid-19 symptoms. Preparations include:

1. Have thermometers available for guests to self-monitor
2. Have a plan for preparing and delivering meals or delivering supplies
3. Have appropriate cleaning and disinfection supplies available

*Please Note: A guest who tests positive for covid-19 must immediately quarantine by sheltering in place****.*** *This means all persons on the premises must quarantine, including you and other visiting guests.*

**Why Cleaning & Disinfection is important**

Preventing the spread of this virus will require diligent cleaning and disinfecting your environment. According to a recent study conducted by the US National Institutes of Health, the new coronavirus is viable up to:

* 72 hours after being placed on stainless steel and plastic
* 4 hours after being placed on copper
* 24 hours after being put on cardboard
* In aerosols, it remained viable for three hours

**High Touch Surfaces**

Consider all “high-touch” surfaces on your property and disinfect these surfaces twice a day with a spray bottle of beach (4 tsp bleach to 1 quart of water), or disinfecting wipes. To be effective, surfaces must remain wet with the bleach solution for 10 minutes before wiping/drying.

Examples of high-touch surfaces include:

* At home: interior and exterior door handles, door frames, faucets, light switches, tv remotes, toilet handle, microwave/stove knobs and control panels, cupboard door/handles, countertop, chairs, tabletop, computer keyboard, mouse, etc.
* Personal items: keys, phone, purse/wallet
* Vehicles & boats: door handles- inside and out, steering wheel/outboard tiller, gear shift, dashboard
* Fishing gear: poles, gear, coolers, water bottles, etc.
* Outbuildings: doors, handrails, freezer doors, cleaning stations
* Guest quarters and shared spaces: furniture, fixtures, door handles, door frames, etc.

**Recommendations for cleaning and disinfecting:**

**Hotel and Guest room checkouts:**

1. Wear protective clothing (overalls and rubber gloves, face mask -if you have one, if not, covering nose and mouth with clothing will offer some protection if a mask is not available.)
2. Using soap and water, scrub all “high-touch” surfaces (door handles, light switches, counters, furniture, tv remote, door frames, cupboard doors, bedside tables, head board, etc.)
3. Next, scrub all “low-touch” surfaces (walls, baseboards, bed frames, furniture legs, floors, etc.)
4. Disinfect all surfaces with a bleach solution of 1/3 cup bleach to 1 gallon of water. Wipe or spray surfaces and allow to remain wet for 10 minutes.
5. Put any soiled cleaning supplies (washcloths, towels etc.) into a closed bin or garbage bag. Remove your overalls or outerwear and place into the soiled bin or garbage bag. Use gloves when loading the washer, then toss the gloves in also.
6. Wash your hands immediately after removing your gloves.

**Homes:**

1. Disinfect high touch surfaces two times per day with bleach solution (as described above).Clean and disinfect low touch surfaces weekly.

**Other Miscellaneous Tips:**

* Cash and coins: Try not to handle cash; if you do wash your hands or use sanitizer after touching.
* Mail: Leave your mail outside of your house for three days. Wash your hands after touching mail.
* Groceries: Leave your groceries outside for three days or more before bringing into the house. You can also disinfect the packaging (use disinfectant wipes or bleach solution spray). Wash produce with soap and water (search “disinfect groceries” on Facebook or google for video demonstrations).
* Furniture:Spray with disinfectant (Lysol or similar) and allow to air dry.
* Laundry:Whenever you return home from an outing where you’ve been around other people, remove your clothing at the door and launder immediately. Wash your hands before and after handling laundry.

For more detailed information on how to clean and disinfect, visit the CDC website:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-your-home.html>

Attachment: Essential Yakutat Business List (Services offered, hours, contact numbers)

 Stop the spread of illness at home (flyer)