

Yakutat Community Health Center

PUBLIC NOTICE

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

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 bleach (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)

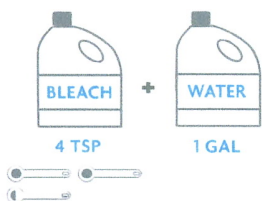
Stop the spread of illness **at home**

Disinfecting your hands with bleach solution in wash basins

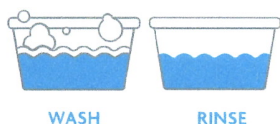
Regular handwashing is the most effective way to prevent the spread of germs and illness. Here is one way you can clean and disinfect your hands when you have limited or no running water.



- 1** Before starting, put on disposable/rubber gloves to protect your skin. Also consider wearing an apron to protect your clothing from getting bleached, or change into clothes you don't mind getting bleach on.



- 2** **For a mild solution suitable for hand washing (about 500 ppm):** Mix 2.5 tablespoons of liquid bleach per 1 gallon of water or 12.5 tablespoons of liquid bleach to 5 gallons of water.



- 3** Use two wash basins. In one basin, mix soap and water to wash dirt and grime off your hands. In a second basin, add bleach solution to rinse and sanitize your hands. Make sure to replace soap wash and bleach rinse basins daily.



- 4** Dry hands with a clean towel, paper towel or air dry.

Never mix bleach with dish soap or other household cleaners. This can produce dangerous, toxic fumes. Keep bleach/bleach solution out of children's reach.

Stop the spread of illness at home

Disinfecting your home with bleach

Regularly cleaning and sanitizing your household is important to help prevent the spread of illness and disease. Here is one way you can clean and disinfect your home, if you have limited or no running water.

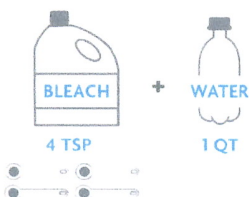


- 1 Before starting, put on disposable/rubber gloves to protect your skin. Also consider wearing an apron to protect your clothing from getting bleached, or change into clothes you don't mind getting bleach on.

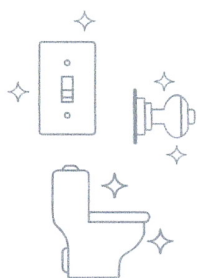


- 2 If surfaces have visible dirt, grease or grime, clean using soap and water before disinfecting with bleach.

Note: Use cleaning products in a well-ventilated area to avoid inhaling respiratory irritants.



- 3 **For a strong household cleaning solution (about 1,000 ppm):** Mix 4 teaspoons of liquid bleach per 1 quart of water or 5 tablespoons (1/3 cup) of liquid bleach per 1 gallon of water.



- 4 Using a clean cloth dipped in this solution, wipe down objects and surfaces that are frequently touched including: doorknobs, light switches, countertops, tabletops, appliance handles, toilet handles, faucet handles, sinks, etc.

Note: Read instruction label on bleach product to make sure bleach is safe to use on your objects or surfaces.



- 5 Let object or surface air dry to make sure it has been properly disinfected.

Never mix bleach with dish soap or other household cleaners. This can produce dangerous, toxic fumes. Keep bleach/bleach solution out of children's reach.

ESSENTIAL SERVICES IN YAKUTAT

Last updated 4/06/2020

SLOW THE SPREAD OF THE CORONAVIRUS (COVID-19)
PLEASE STAY AT HOME AND ONLY GO OUT FOR ESSENTIAL NEEDS

Government, Health & Education

Yakutat Public Safety (Police/Fire/EMS): 784-3206. *(See DMV info below)*
FOR POLICE, FIRE & EMS EMERGENCIES CALL 9-1-1.

Yakutat Community Health Center: Limited services, call ahead for availability. Main# 784-3275 or 410-7108 if Main # not working during regular business hours of 9am-5pm, Mon-Fri. www.yakutathealth.org **FOR HEALTH EMERGENCIES CALL 9-1-1.**

City & Borough of Yakutat: Closed to public, call for service and information. 784-3323. Landfill remains open to the public Mon-Fri 9am-4pm, Sat & Sun 10am-3pm and closed on holidays. Boat Harbor remains open and Harbormaster requiring all out-of-state visitors to abide by 14-day quarantine mandate. For latest COVID-19 updates and information visit www.yakutatak.us

Yakutat Tlingit Tribe- Closed to public. Limited staff and availability by phone. 784-3238 x.102 FDPIR program is available but limited to those who have applied and are approved financially. (Not a walk in service). TEFAP (Alaska Food Bank) Is a walk-in service with a single page of application and self-declaration of income. Open 9am-1pm Monday – Thursday. It has only canned and dry goods. 784-3124.
www.yakutattingittribe.org

Yakutat School District: - Closed to public. Distance learning. 784-3317.
www.yakutatschools.org

CCTHITA Head Start: Closed to public. 1-800-344-1432 x.7153 www.ccthita-nsn.gov

Catholic Community Services (Senior Meals, 60 & older): Closed for two weeks. 784-3468. www.ccsjuneau.org/yakutat

US Forest Service: Closed to public. Telework status. 784-3359 or 3018.

National Park Service: Closed to public. 784-3296. Staff available via telephone during regular business hours of 8am-5pm.

ESSENTIAL SERVICES IN YAKUTAT – Continued

Alaska Dept. of Transportation & Public Facilities: Operating 7 days a week, 8am-7pm. Open to public by appointment only, unless emergency or airport security issue. 784-3476.

Alaska Dept. of Motor Vehicles: Yakutat office is closed to the public except for Truck Drivers CDL license renewal or reinstatement processes. 784-3206.
<http://doa.alaska.gov/dmv/>

Alaska Dept. of Fish & Game: Nearly all public services and information can be found at www.adfg.alaska.gov

Alaska Court System: Closed to Public. 784-3274. Staff available via phone or email. Email: 1yamailbox@akcourts.us Or visit the court website at www.courts.alaska.gov

Businesses/Commerce

Credit Card preferred for take-out and delivery services or store account if applicable to the individual business.

AVEC: Closed to public. 784-3248. Operators available to take calls during normal business hours, 7am-6pm, closed noon-1pm. For emergencies after hours, the 24-hour toll free number at (800) 478-1818.

Delta Western: Closed to public. 784-3311. Call to order fuel (leave message) and pay with credit card. Or mail money order. Not accepting Cash payments at this time.

Mallott's General Store (Groceries, Household and Other Supplies): 784-3355.
mallottsgenstore@hughes.net Store is Open to public and accepting phone and email orders for delivery. 7 days a week, 7am-8pm.

Alaska Commercial Co. (Groceries, Household and Other Supplies): 784-3386. Store is Open to public and accepting phone orders for delivery. Store also has a designated register to be used for ELDERS only during the first two hours of opening. 7 days a week, 7am-9pm.

Yakutat Hardware (Hardware, Household, Construction, Fishing Supplies): 784-3203.
PHONE ORDERS – PICK-UP ONLY. No one enters to shop. 10am-5:30pm M-F, 10am-3pm Saturdays.

ESSENTIAL SERVICES IN YAKUTAT – Continued

Fat Grandma's Bistro & Gift Shop: 784-3395. Closed to the public, pizza available for take out on Friday only-call to preorder.

Village Coffee Co.: Drive thru take out. Sat/Sun 8am-2pm. Mon-Wed 6:30am-2pm. Can deliver after 2pm if call in ahead of time. (907) 738-9929

Yakutat Catering (Dinner Specials): Closed for two weeks. Take-out or Delivery. Tue, Thu & Fri 5pm-8pm. (907) 410-7693 or 784-3106

YCC/Glass Door Bar & Liquor Store: 784-3331. Bar closed to public. Liquor Store open with limited hours, max 2 people allowed in the store at a time. Mon & Tues 10am-7pm, Wed thru Sun 10am-10pm. Credit card preferred but cash payment allowed if necessary.

Yakutat Seafoods: Closed to public. 784-3392 Fish buying open at the dock. Boats need to call for information on fish delivery procedures. NO retail sales of seafood, gas cards or other products.

Alaska Airlines: Yakutat Terminal Open to public. 7 days a week. 8:45am-6:30pm. Cargo 8:45am-10am, 12:30pm-5pm Tue-Sun, 8:45am-10am, 12:30pm-3pm on Mondays. For more information call 1-800-252-7522 or visit www.alaskaair.com

Alaska Marine Lines: Call to make arrangements for freight drop-off or pick-up. 784-3320 or 410-7016. Limited contact and following mandated COVID-19 protocols. Reminder that April 7th 4pm is cut-off for next sailing.

Churches: **Assembly of God (Lakeside)**-Closed, no services. 410-7302.
Presbyterian Church-Closed, no services. 784-3360 or 3428.
St. Ann's Catholic Church-Closed, no services. 784-3338.
The Church of Jesus Christ of Latter Day Saints-Closed, home-based services. 784-3236.

If an essential service is not on this list please contact Martha Indreland, Call or text (907) 957-0187 or email at planner@yakutatak.us or find me on facebook and send a message.