

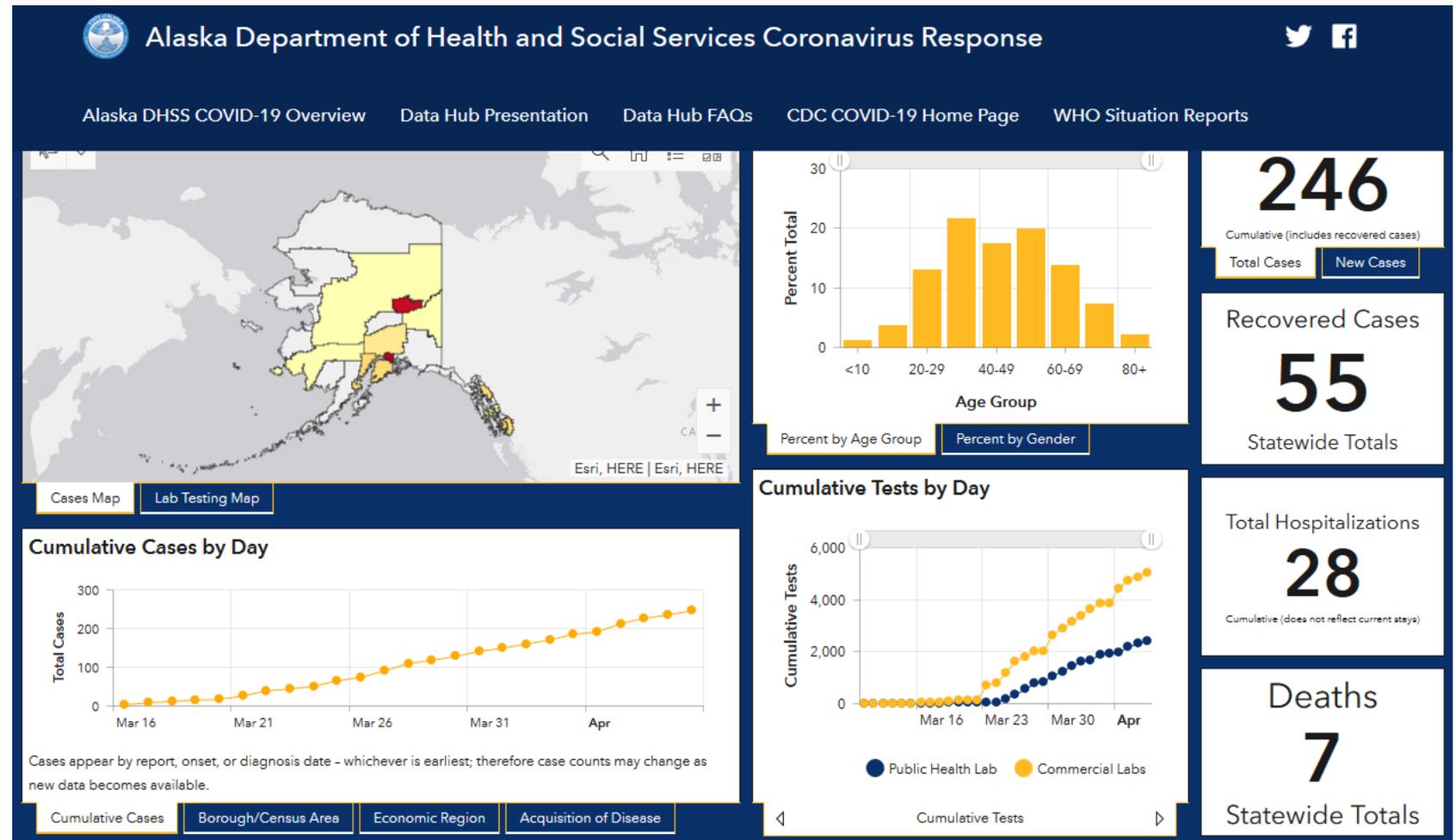
# Alaska COVID-19

**Dr. Anne Zink, Alaska's Chief Medical Officer**  
**April 10, 2020**



# New today on the COVID-19 Dashboard

Cumulative case count  
Epi curve



## Case Counts April 9, 2020

## COVID-19 is very transmissible even when patients have mild symptoms

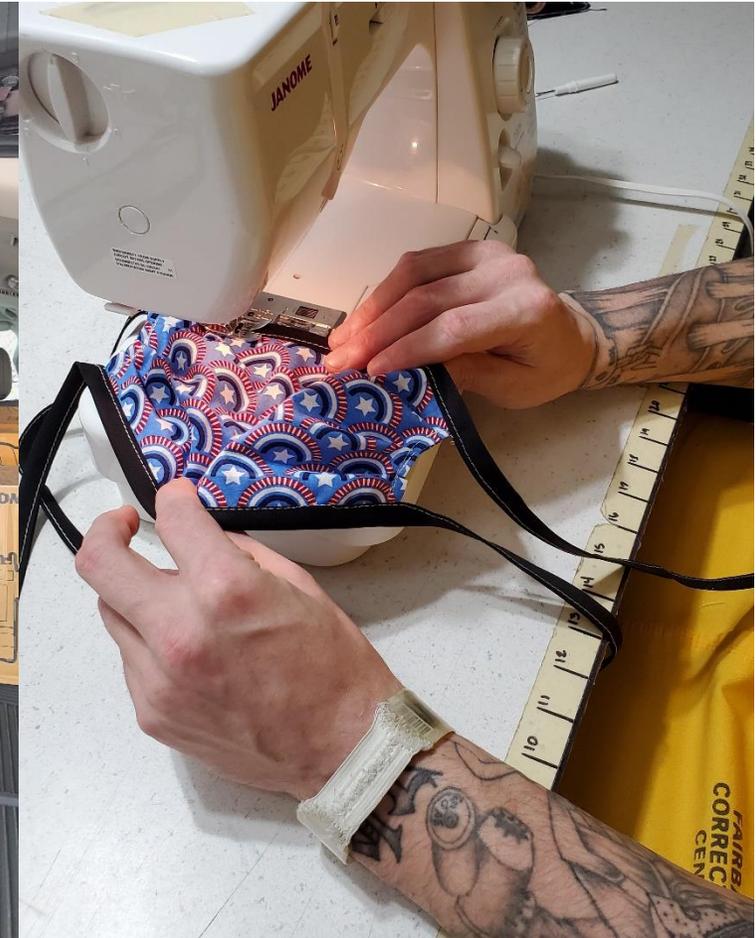


**Stay home even if you have very mild signs of illness.**

- COVID-19 is spreading easily and sustainably between people. It spreads more efficiently than influenza, but not as efficiently as measles, which is highly contagious.
- Person to person spread is most important, primarily from people who are in close contact with one another (within about 6 feet) through respiratory droplets and microdroplets produced when an infected person coughs, sneezes or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Recent studies suggest people may be contagious early in the disease, when they are showing mild symptoms or even no symptoms at all.
- It may be possible to get COVID-19 by touching a surface or object that has the virus on it and then touching the mouth, nose, or possibly eyes. This is not thought to be the main way the virus spreads, but we are still learning more about it.
- For these reasons, it is vitally important to maintain social distancing (at least six feet), wash your hands frequently, and don't touch your face.

# Department of Corrections Inmate Mask Project

- 10 of our 12 institutions statewide are participating in the mask project.
- DOC purchased an additional 38 sewing machines this week and disbursed them to our facilities across the state.
- We have a goal of producing 40,000 masks in the next 12 days.
- These will be given to DOC staff, inmates, and other SOA essential employees.



# Research on case clusters from gatherings

New *MMWR* report describes spread of COVID-19 at extended family gatherings

**Protect your loved ones from COVID-19**

**Avoid large gatherings**

[bit.ly/MMWR\\_COVID19Families](https://bit.ly/MMWR_COVID19Families)

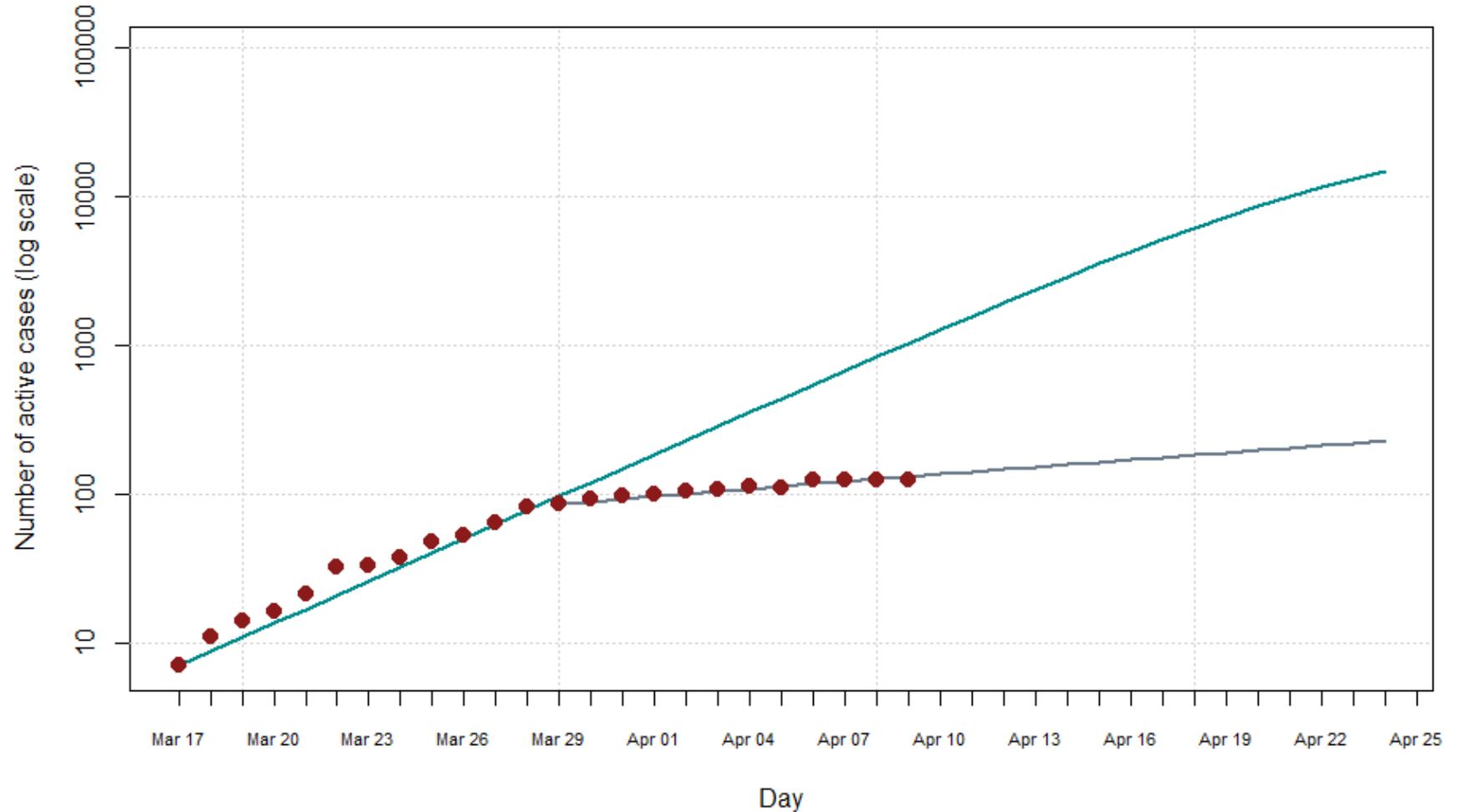
CDC.GOV



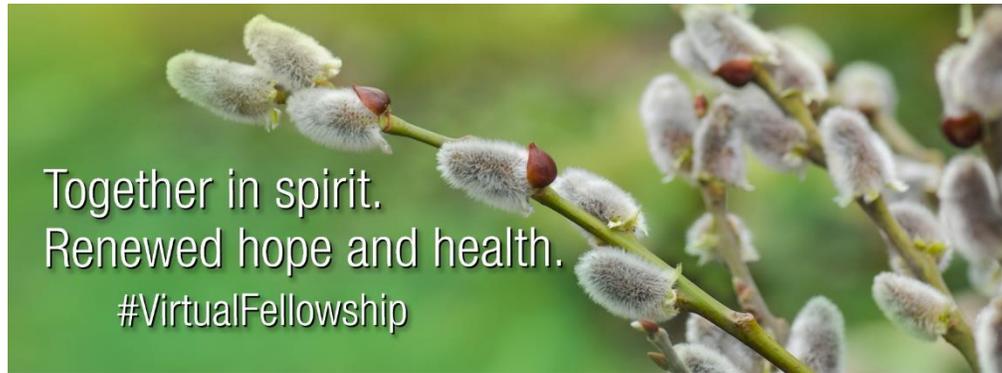
- Investigation of COVID-19 cases in Chicago identified a cluster of 16 confirmed or probable cases, including three deaths, likely resulting from one introduction.
- Extended family gatherings including a funeral and a birthday party likely facilitated transmission of the virus in this cluster.
- These data illustrate the importance of social distancing for preventing SARS-CoV-2 transmission, even within families. SARS-CoV-2 is the virus that causes COVID-19.
- These findings support CDC recommendations to avoid gatherings (7) and reinforce the executive order from the governor of Illinois prohibiting all public and private gatherings of any number of persons occurring outside a single household (8).

# Flattening the Curve in Alaska

#AKFlattenTheCurve



# Hope, health and virtual fellowship



**We are all essential.**



**Resources for community-based faith leaders**

<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/index.html>