

# **COVID-19 in Alaska**

# **Daily Case Counts**

Adam Crum, Commissioner, Alaska Department of Health and Social Services

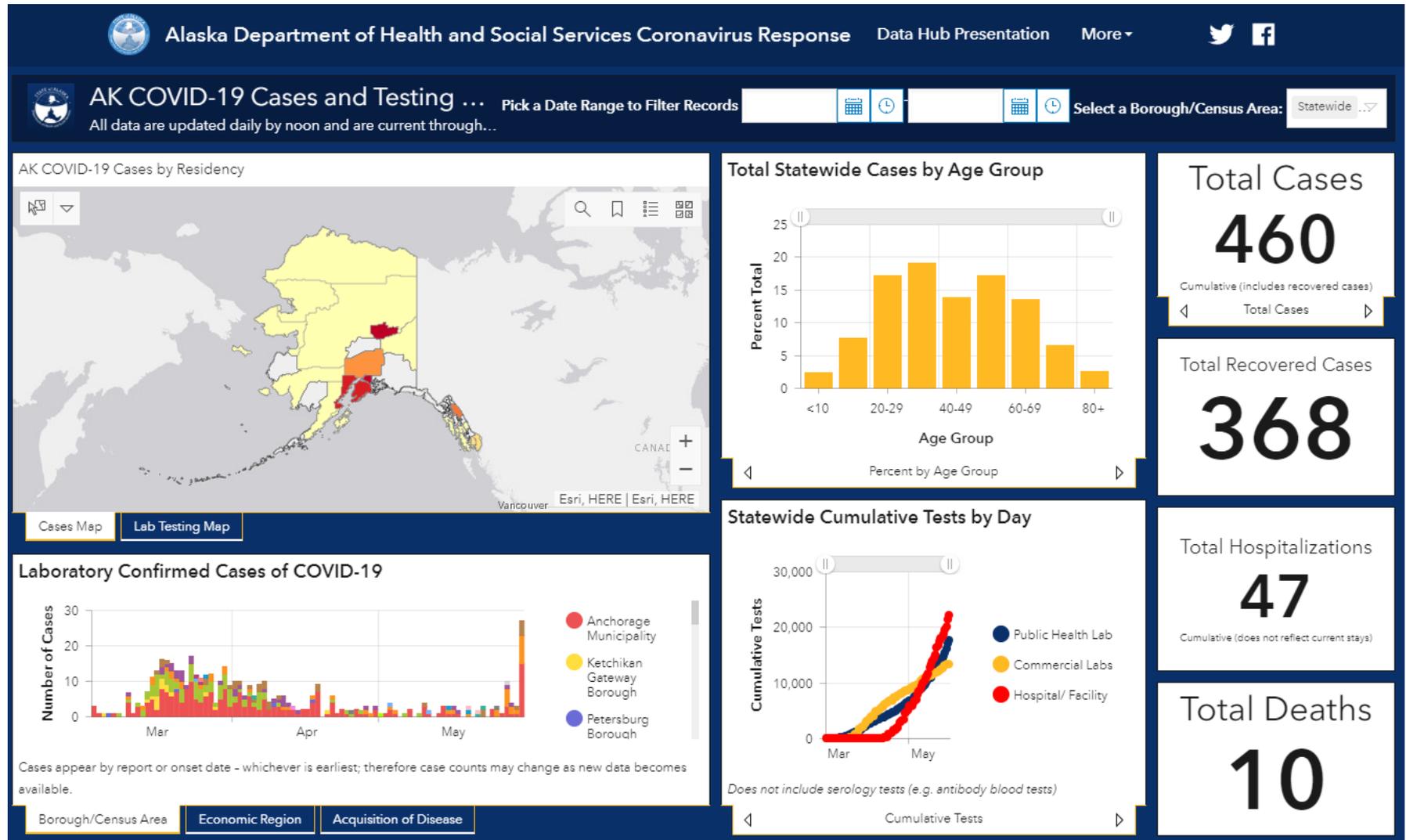
Dr. Anne Zink, Alaska's Chief Medical Officer

May 31, 2020

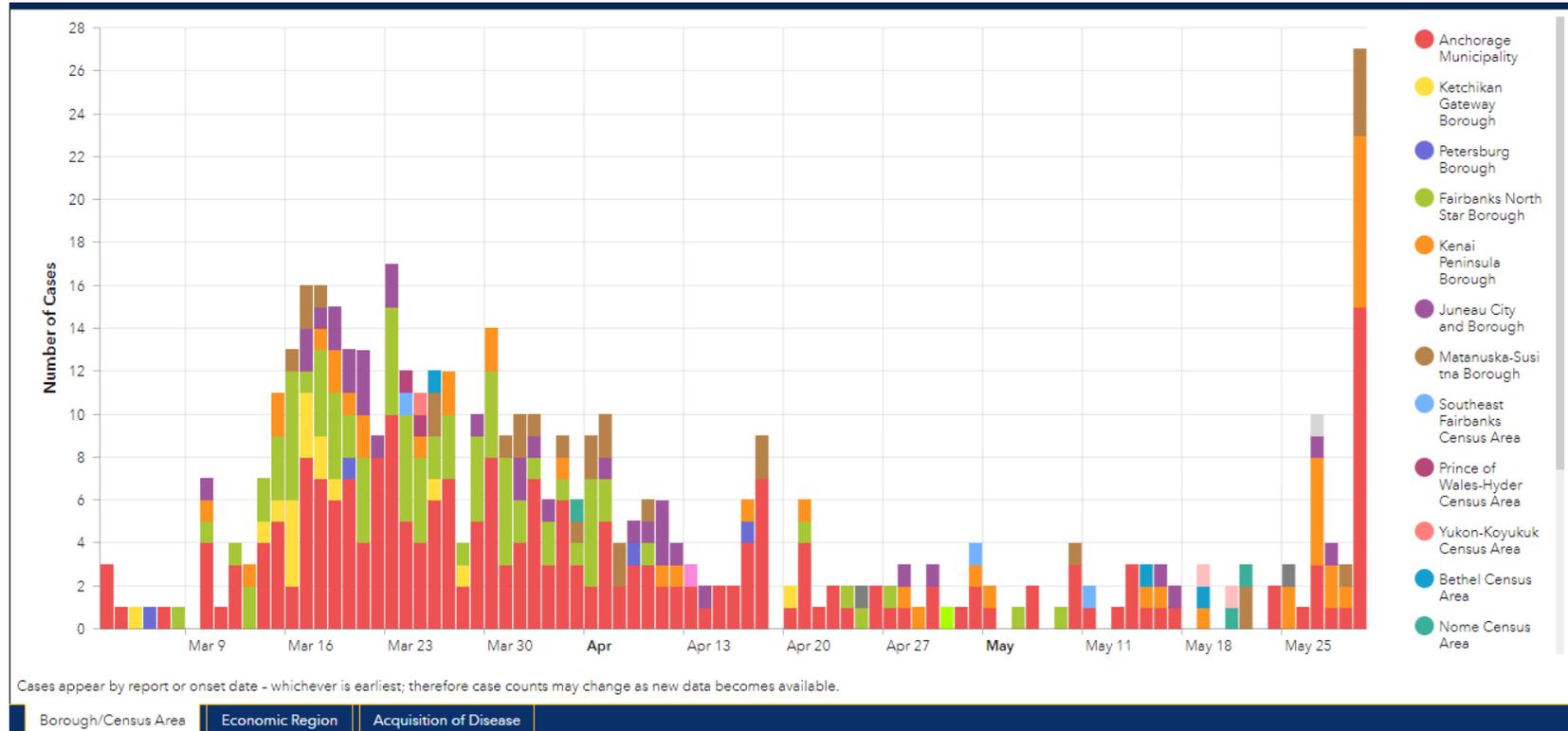


# COVID-19 Dashboard: 5/31/20 reporting data from 5/30/20

- 27 new cases (460 total)
- 1 new nonresident case (21 total)
- No new recovered cases (368 total)
- No new additional deaths (10 total)
- No new hospitalizations (46 total)
- 53,063 cumulative tests
- 0.9% of tests were positive



# Details on yesterday's cases



## 27 new Alaska cases

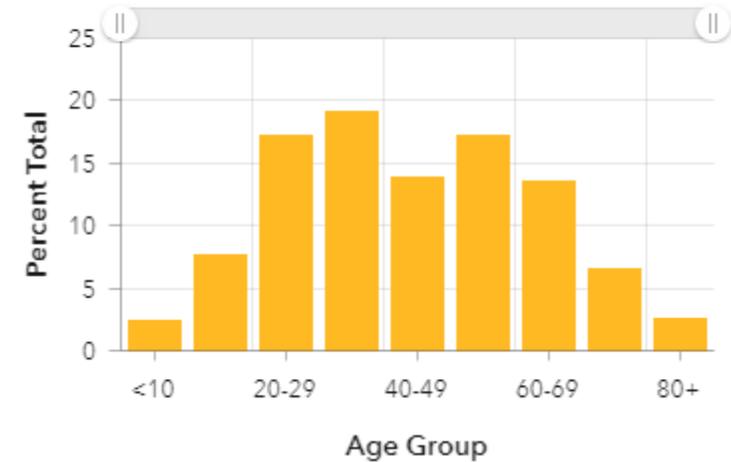
- Anchorage (12)
- Wasilla (4)
- Kenai (3)
- Eagle River (3);
- Homer (2)
- Soldotna (1)
- Kenai Peninsula Borough (1)
- Anchor Point (1)

**14 male; 13 female**

## Details on yesterday's cases

- **1 new nonresident case – seafood worker in Dillingham Census Area**
- **8 cases on the Kenai Peninsula**
- **12 cases associated with Anchorage long-term care facility (11 new from yesterday; one from the day before)**
  - **11 of the total are from Anchorage/Eagle River and 1 case is from Wasilla**
  - **Mix of residents and staff**

Total Statewide Cases by Age Group



**May 30, 2020**

**Age groups (27 cases)**

- 10-19 (4)
- 20-29 (5)
- 30-39 (3)
- 40-49 (3)
- 50-59 (3)
- 60-69 (4)
- 70-79 (2)
- 80+ (3)

# COVID-19 SYMPTOMS

Wet or dry cough



59—82% experience this symptom

Shortness of breath



31—40% experience this symptom

Fever



83—99% experience this symptom

Chills



11—35% experience this symptom

Muscle pain



Headache



Loss of smell or taste



Sore throat



Fatigue



44—70% experience this symptom

LOWEST RISK



**HOME ALONE OR WITH HOUSEMATES**

- Stay home as much as possible.
- Try to allow only people you live with into your home.
- Wash your hands.
- If you're sick, stay home and isolate from housemates.

MODERATE RISK



**OUTDOOR ACTIVITIES**

- Wash your hands and don't touch your face.
- Stay at least 6 feet from people you don't live with.
- Wear a mask.
- Avoid shared surfaces, like swings or benches.

HIGHER RISK



**OUTDOOR GATHERINGS**

- Wash your hands and don't touch your face.
- Stay at least 6 feet from people you don't live with.
- Wear a mask.
- Don't share food, toys, and other items, and avoid shared surfaces.
- Participate in events like these infrequently.

HIGHEST RISK



**INDOOR GATHERINGS**

- Wash your hands and don't touch your face.
- Stay at least 6 feet from people you don't live with.
- Wear a mask.
- Don't share food, toys, and other items, and avoid shared surfaces.
- Open windows for better ventilation.
- Try to avoid gathering indoors as much as possible.

# MASK UP ALASKA!

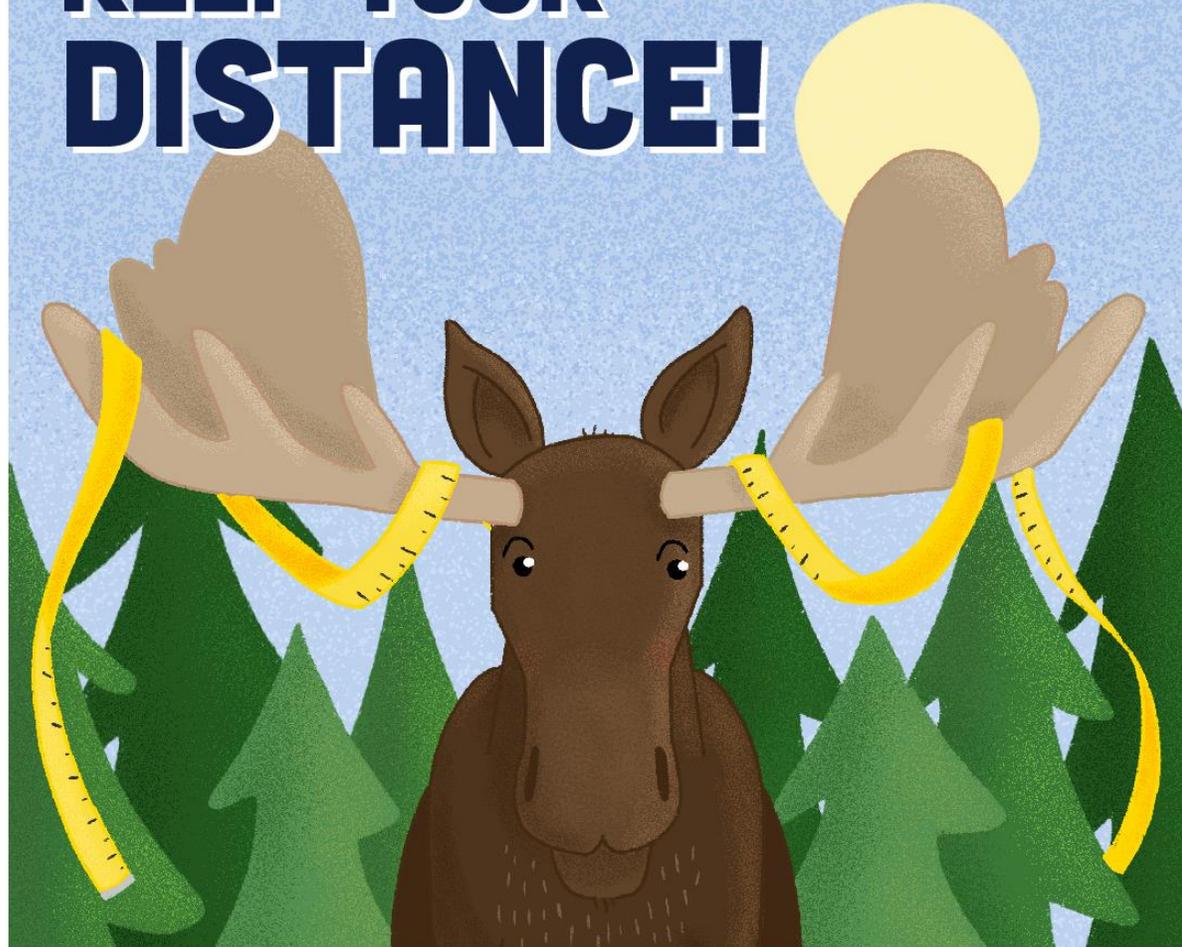


**MY MASK PROTECTS YOU**



**YOUR MASK PROTECTS ME**

**KEEP YOUR  
DISTANCE!**



**STAY AT LEAST 6 FEET APART**

# Keep your social circles small

- Keep your social circles small and consistent. Continue to practice social distancing with those outside your bubble. Include others cautiously.
- Don't mix bubbles.
- If you do expand your social bubble, do so cautiously and consistently.
- Be thoughtful about your interactions.
- Keep track of your close interactions (closer than six feet). Keep a daily log.
- Individuals at high risk for serious illness or those whose work brings them in contact with high risk individuals may not want to expand their social bubbles at all.

**As Alaska reopens, you can slightly expand your social bubble.**



**Maintain a small bubble for now. Include others cautiously. Pick a workout buddy or jogging partner and exercise with the same person consistently.**

# Small sacrifices make a big difference.



- Questions regarding DHSS COVID response, including mandates and alerts, can be sent to: [covidquestions@alaska.gov](mailto:covidquestions@alaska.gov).
- Questions regarding DHSS data can be sent to: [data.coronavirus@alaska.gov](mailto:data.coronavirus@alaska.gov)
- For general questions, contact 2-1-1 or 1-800-478-2221. Extended call center hours: 7 a.m. – 8 p.m., 7 days a week.