COVID-19 Update

Ketchikan Gateway Borough
School District Meeting

Dr. Anne Zink, Dr. Mishelle Nace, and Anna Frick MPH, CIC
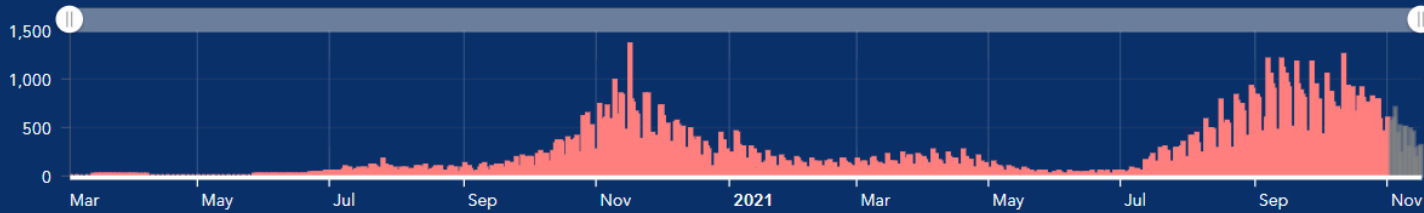
In partnership with DHSS

Last updated on November 17, 2021.
Information is rapidly developing and subject to change.

COVID-19 Cases, Hospitalizations, Deaths - Alaska
November 16, 2021

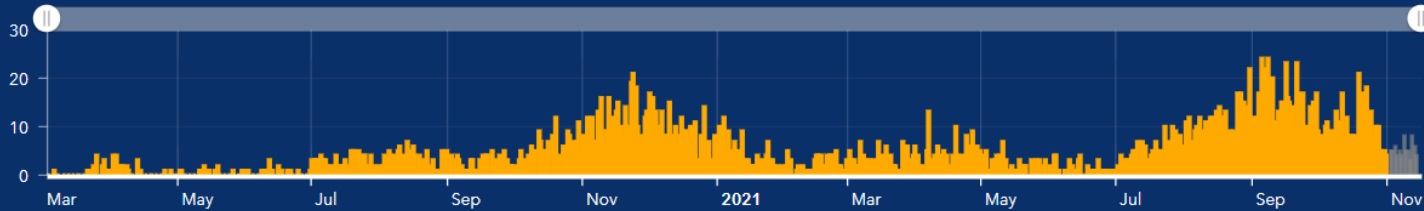https://experience.arcgis.com/experience/af2efc8bffbf4cdc83c2d1a134354074/
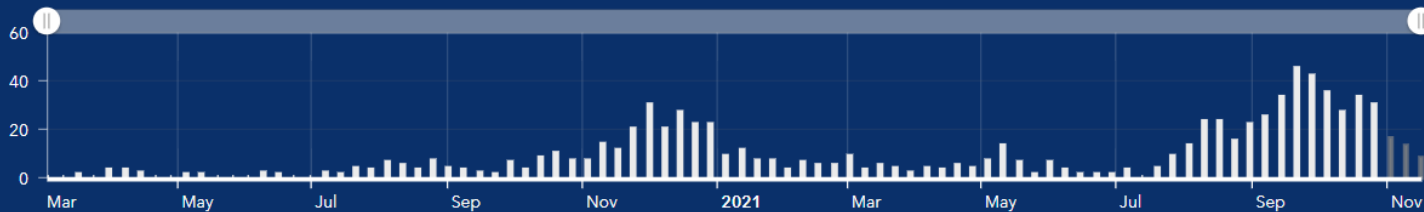
Ketchikan Gateway Borough Alert Level

November 16, 2021

Ketchikan Gateway Borough

High
Rate > 100

Substantial
50 - 100

Moderate
10 - 50

Low
Rate < 10

Wrangell

Dixon
Entrance

Terrace

Prince Rupert

Esri, HERE, Garmin, USGS, EPA, NPS, NRCan | Esri, HERE, NPS

Powered by Esri

Alert Levels   Alert Level Descriptions

Total Cases
1,776
Since March, 2020

New Cases
17
On Nov 16

Cases
102
Last 7 Days

Case Rate
745.8
Last 7 Days

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Resident Vaccination Rate for All Ages Ketchikan Gateway Borough
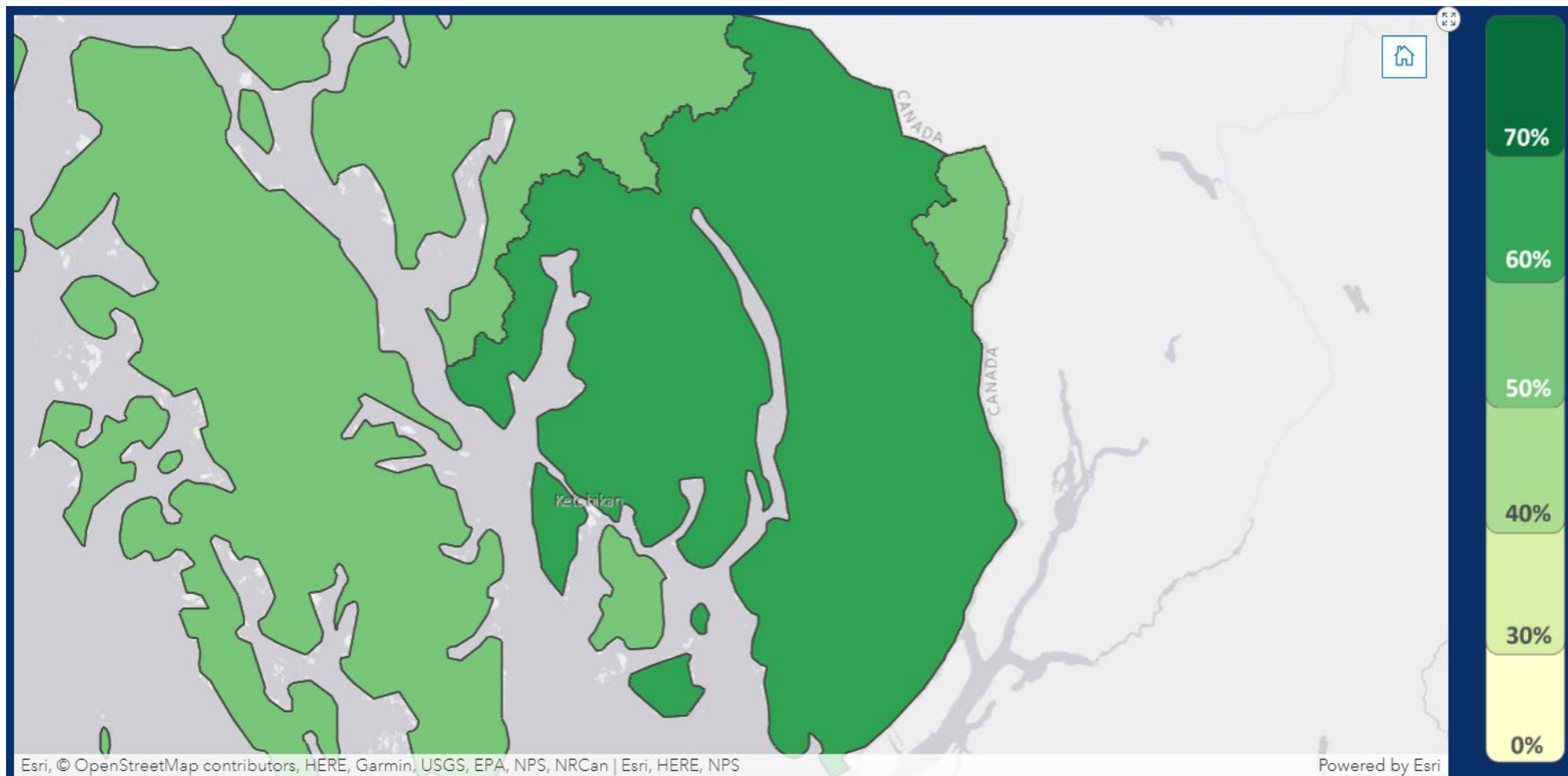
Ketchikan Gateway Borough

1+ Dose: **64%**   Fully Vaccinated: **60%**

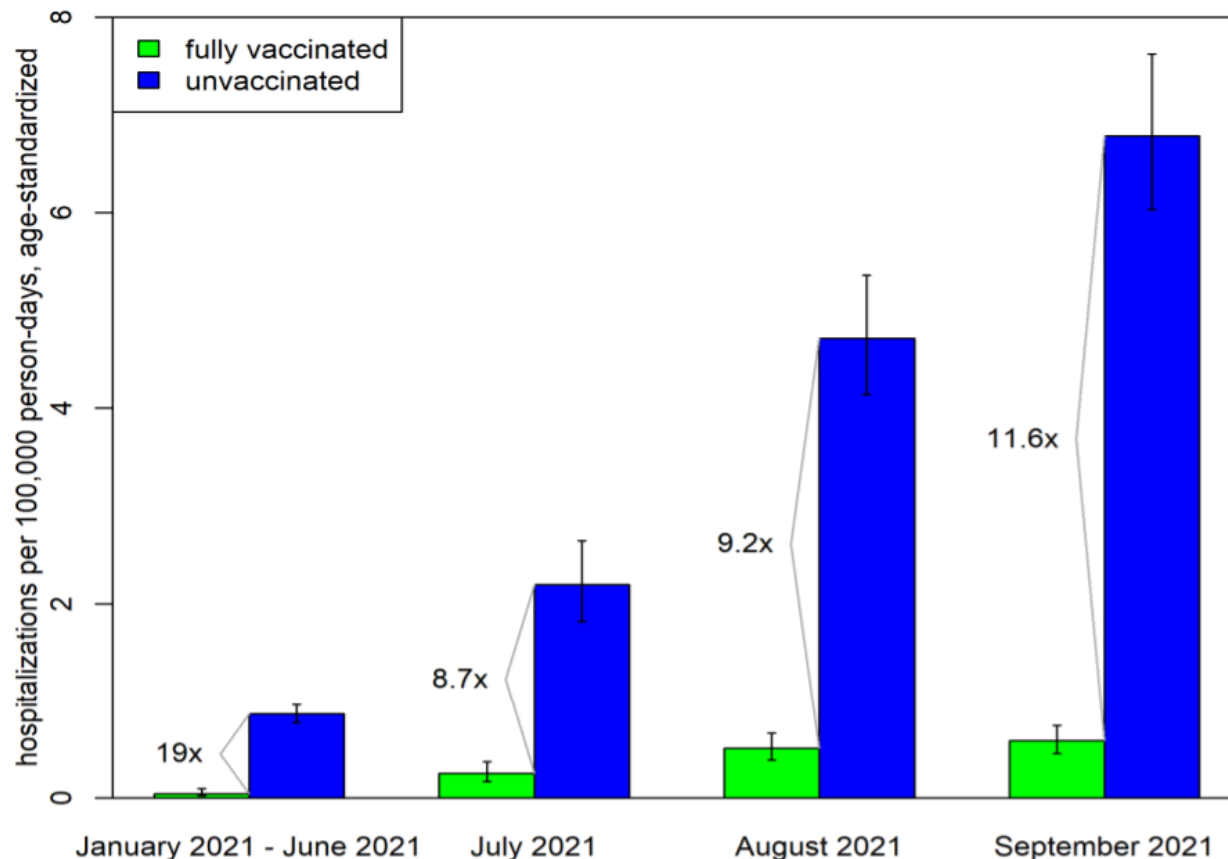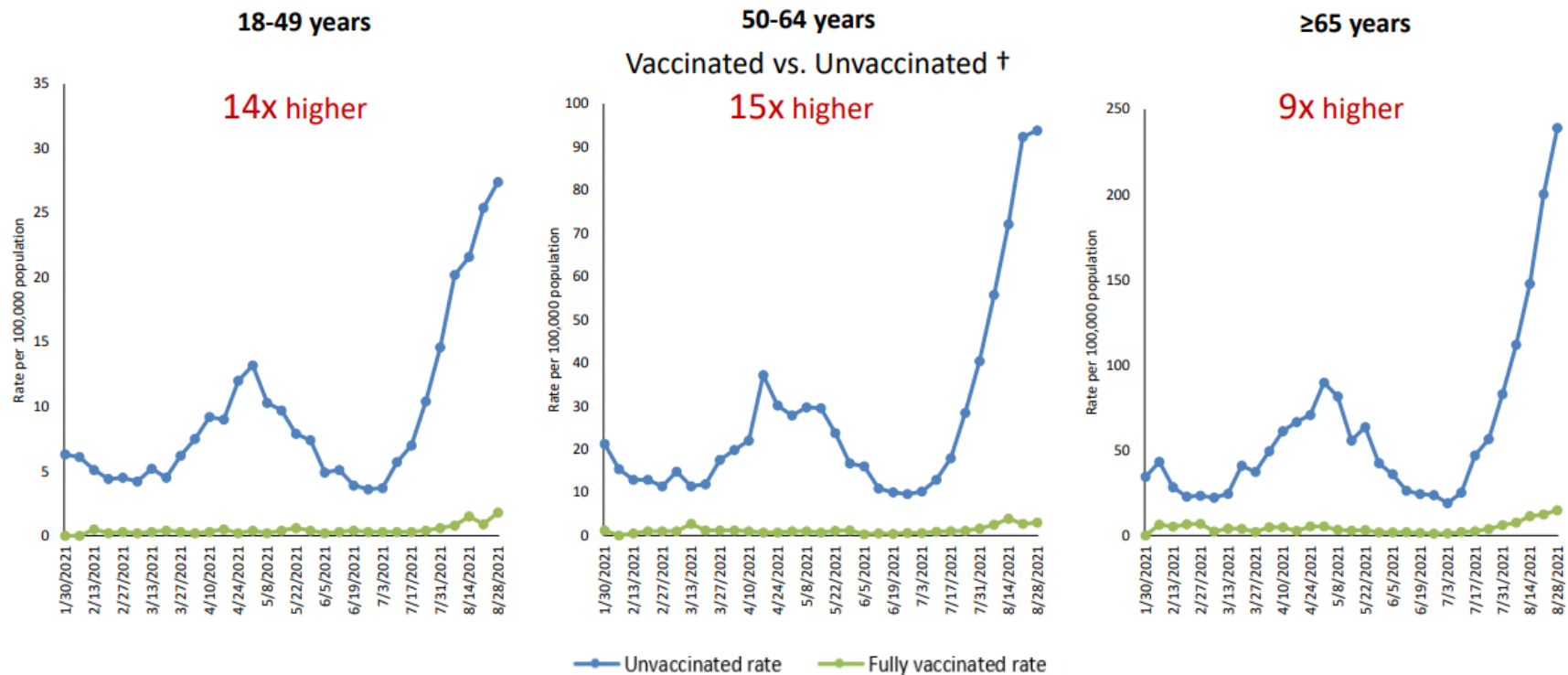# Alaska Hospitalization Rates Vaccinated vs. Unvaccinated

Figure 4. Age-adjusted incidence of hospitalization due to COVID-19 among Alaska residents aged ≥12 years by vaccination status (unvaccinated vs. fully vaccinated), stratified by hospitalizations among COVID-19 cases with first positive specimen collected from January–September 2021.

U.S. Hospitalization Rates by age group Vaccinated vs. Unvaccinated

Age-adjusted weekly COVID-19-associated hospitalization rates among adults by week of admission and age group*—COVID-NET, January 24–August 28, 2021

18-49 years — 14x higher
50-64 years — Vaccinated vs. Unvaccinated † — 15x higher
≥65 years — 9x higher
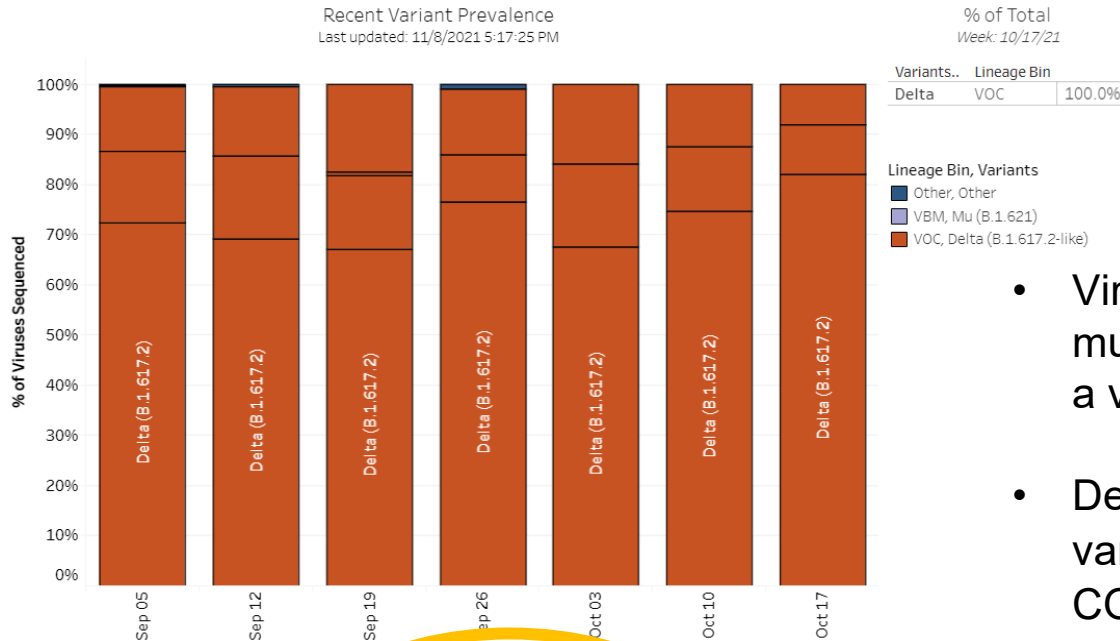
Legend: Unvaccinated rate — Fully vaccinated rate

*Data are preliminary and case counts and rates for recent hospital admissions are subject to lag. As data are received each week, prior case counts and rates are updated accordingly.

†Cumulative rate ratio from January 24 – August 28, 2021.

COVID Data Tracker: https://covid.cdc.gov/covid-data-tracker/#covidnet-hospitalizations-vaccination

Delta Variant

Recent Variant Prevalence
Last updated: 11/8/2021 5:17:25 PM

% of Total
Week: 10/17/21

Variants..	Lineage Bin	
Delta	VOC	100.0%

Lineage Bin, Variants
- Other, Other
- VBM, Mu (B.1.621)
- VOC, Delta (B.1.617.2-like)

- Viruses constantly change through mutation. Slightly different forms of a virus are called variants.

- Delta is a highly transmissible variant of the virus that causes COVID-19.
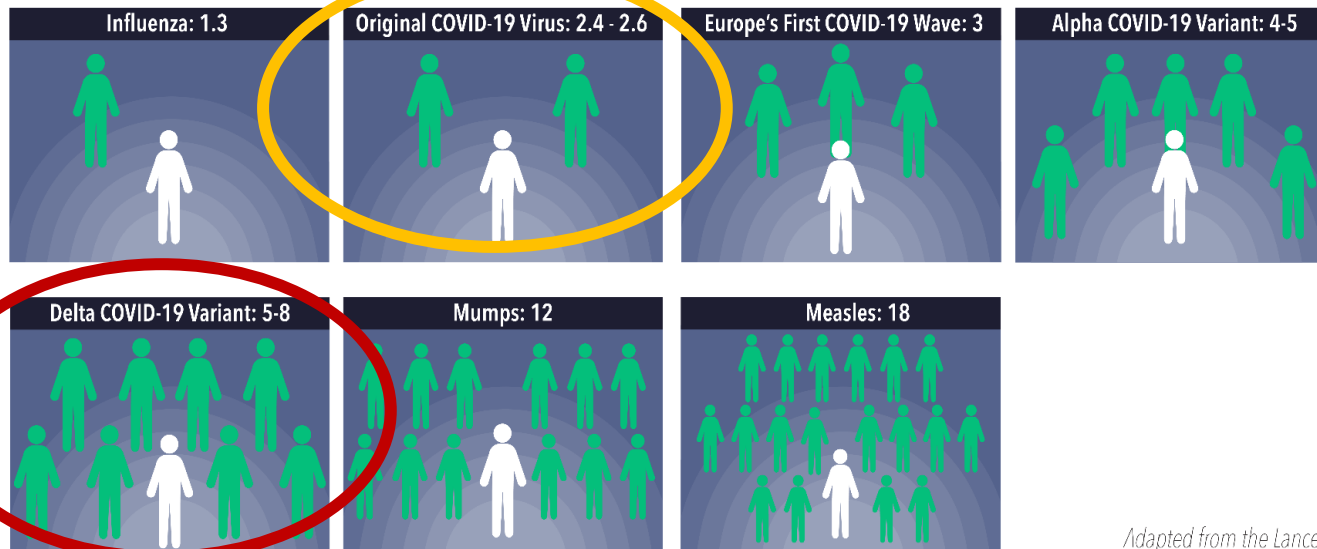
The R0 (reproductive number) indicates how many people on average will contract an infectious disease from a single person. The more contagious the disease, the higher the RO.

Influenza: 1.3
Original COVID-19 Virus: 2.4 - 2.6
Europe's First COVID-19 Wave: 3
Alpha COVID-19 Variant: 4-5
Delta COVID-19 Variant: 5-8
Mumps: 12
Measles: 18

Adapted from the Lancet

COVID-19 vaccines: key points

COVID-19 vaccines are effective:
COVID-19 vaccines protect against
death or hospitalization caused by COVID-19.

COVID-19 vaccines are safe:
Millions of people in the United States have received
COVID-19 vaccines under intense safety monitoring.

**Vaccines provide individual and community protection:**
Vaccines will help end the pandemic by
immunizing enough Alaskans so we can live life like
before COVID-19.

Everyone age 5 years or older is now eligible for a free COVID-19 vaccine:
- Pfizer pediatric, age 5-11, 2 doses
- Pfizer (Comirnaty), age 12+, 2 doses
- Moderna, age 18+, 2 doses
- Johnson & Johnson, age 18+, 1 dose

Pediatric COVID-19 Vaccine for Ages 5-11
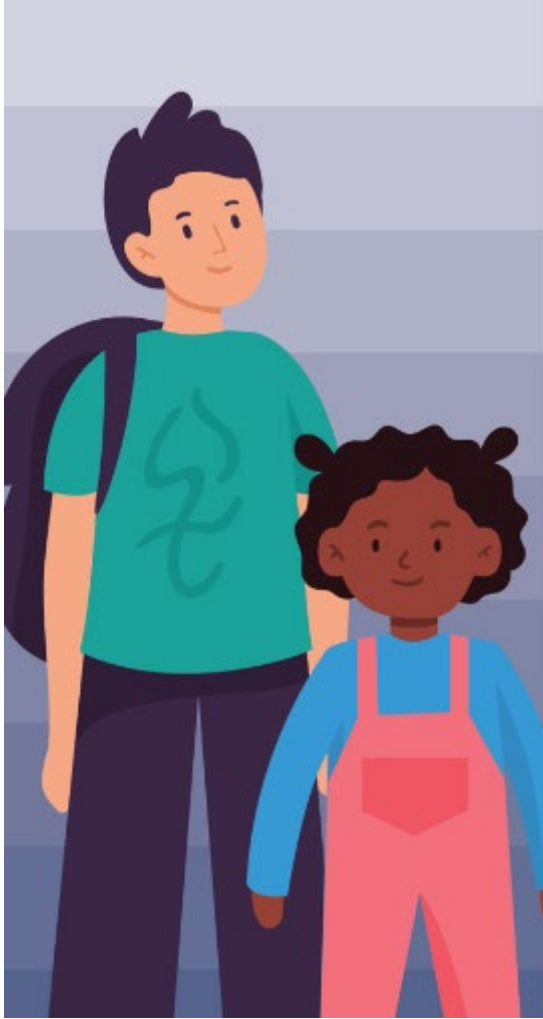
- COVID-19 vaccines are now available for kids ages 5-11.

- Slightly different pediatric formulation with a different buffer and lower dose (10 mcg) for ages 5-11.

- Call our helpline at 907-646-3322 or visit covidvax.alaska.gov to find pediatric COVID-19 vaccine.

- If you have questions, talk with your child's health care provider.

Booster Doses

Boosters are now authorized for all COVID-19 vaccines with mixed dosing allowed

Learn more at covidvax.alaska.gov

Initial vaccine received	Pfizer	Moderna	J&J
When to get a booster	6 months after second dose	6 months after completion of primary series	2 months after completion of single dose
Who is eligible	• Anyone 65+ • People 18+ with underlying health conditions or who live or work in high-risk settings	• Anyone 65+ • People 18+ with underlying health conditions or who live or work in high-risk settings	Anyone who received a single dose (18+)
Booster Options	Pfizer or Moderna or J&J	Moderna or Pfizer or J&J	J&J or Pfizer or Moderna

Most Alaskans age 18+ are eligible. Check your eligibility with this quick quiz or visit covidvax.alaska.gov to learn more.
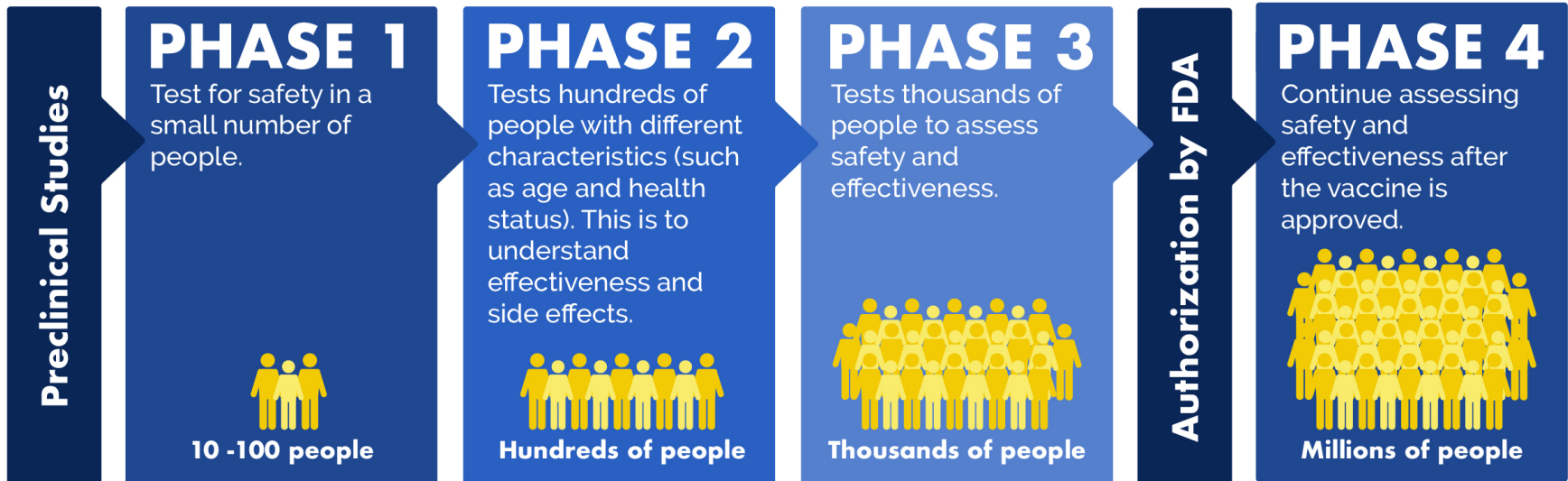
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Vaccines are safe

Any vaccines authorized by the FDA for emergency use undergo a rigorous and transparent process. No steps were skipped.

Ongoing safety checks

- Nearly 444 million doses of COVID-19 vaccine have been administered in the United States as of November 17, 2021. More than 68% of Americans have received at least one dose, and over 79% of those age 12 or older.

- Over 60% of Alaskans (age 5 or older) have received at least one dose of COVID-19 vaccine as of November 16, 2021.
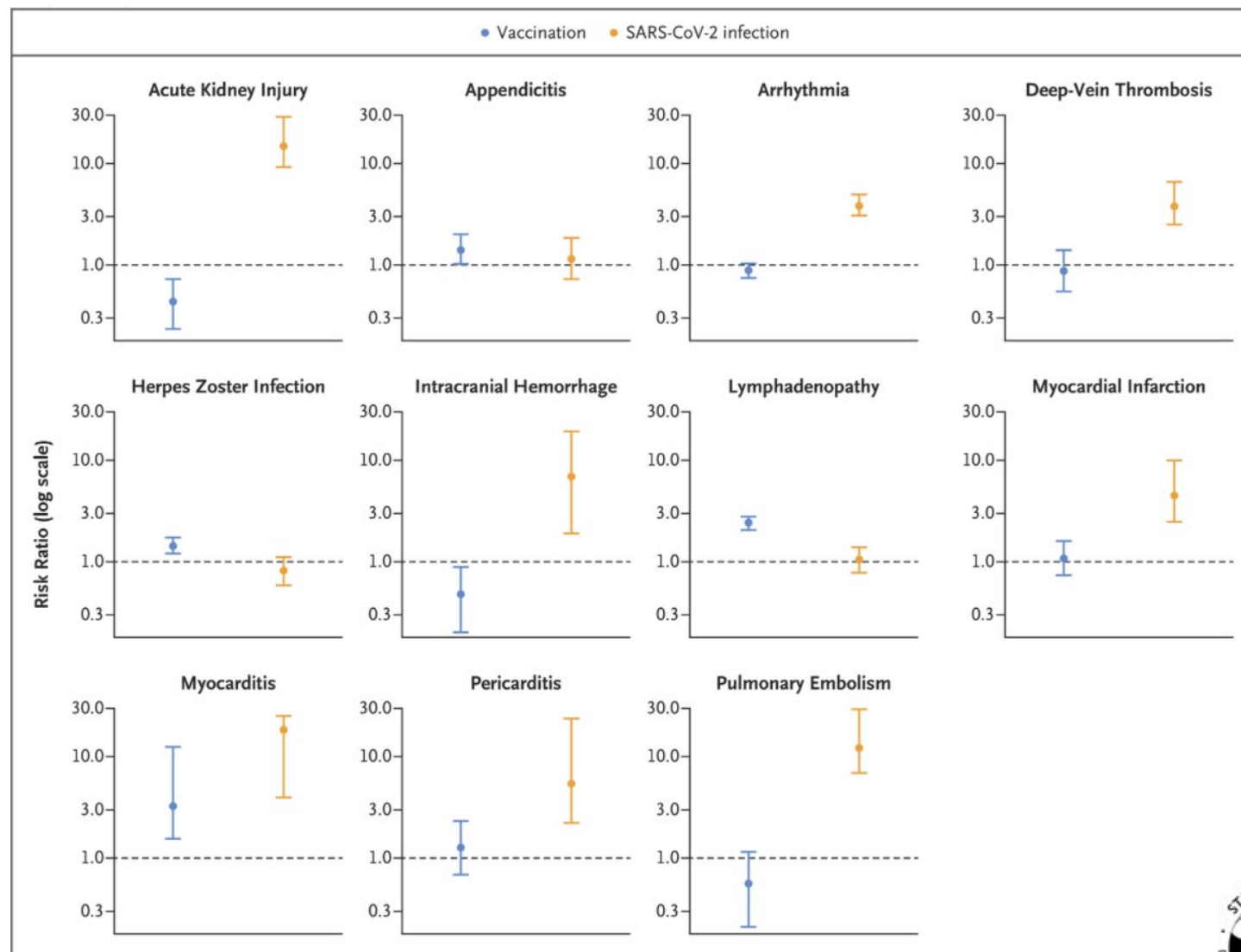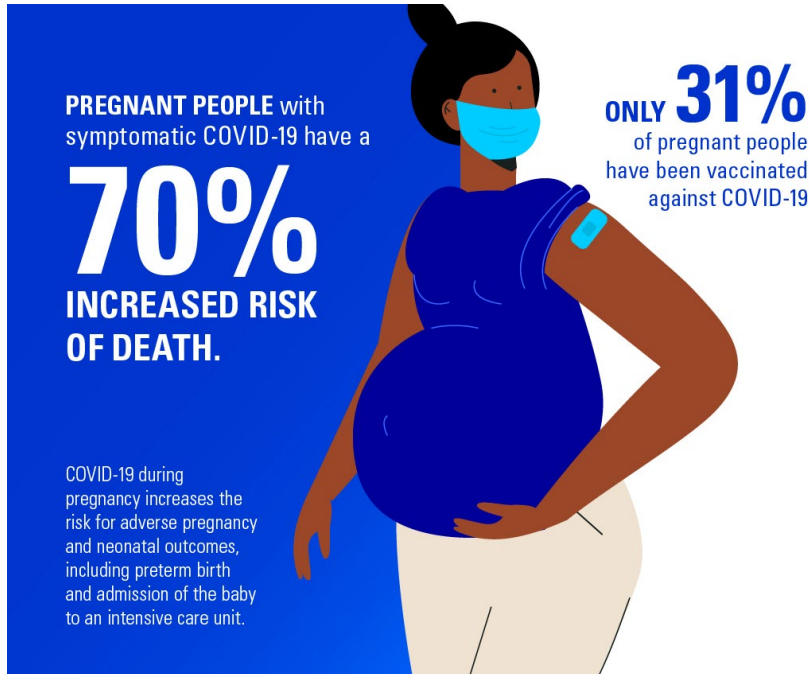
Safety of the Pfizer mRNA Vaccine

Risks for Adverse Events after Vaccination or SARS-CoV-2 Infection

Fertility, Pregnancy, and Breastfeeding

PREGNANT PEOPLE with symptomatic COVID-19 have a

70%
INCREASED RISK OF DEATH.

COVID-19 during pregnancy increases the risk for adverse pregnancy and neonatal outcomes, including preterm birth and admission of the baby to an intensive care unit.

ONLY **31%** of pregnant people have been vaccinated against COVID-19

https://emergency.cdc.gov/han/2021/han00453.asp

- On 9/29/21 CDC issued an urgent health advisory strongly recommending vaccination before, during, or following recent pregnancy

- COVID vaccination is recommended by the CDC, ACOG, and AAP for those who are pregnant, trying to become pregnant, or are breastfeeding.

- More than 173,000 pregnant women in the US have chosen to be vaccinated for COVID-19 and are registered for V-Safe safety monitoring as of 11/8/21.

- There is no evidence that fertility problems for men or women are a side effect from COVID-19 vaccines.

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Use Layered Prevention Strategies

Use layered prevention strategies to help protect yourself and to protect people who aren't fully vaccinated yet:

- Vaccines
- Testing
- Masks
- Physical distancing
- Handwashing
- Ventilation

Masks Work

- Shown to be effective at preventing transmission of COVID-19 in **many high-quality studies**, using a **variety of methods** and in a **variety of settings**.

- Known to be **safe to wear** for most people in most situations, both from widespread longstanding use in several industries and from studies measuring oxygenation.

- **Don't have to be perfect** to have a meaningful, significant impact on preventing transmission.

School-focused Masking Studies

Highlight the importance of COVID-19 prevention measures in schools to protect students, teachers, and staff AND keep schools open

➤ [Association Between K–12 School Mask Policies and School-Associated COVID-19 Outbreaks](#)
Maricopa and Pima Counties, Arizona, July–August 2021

➤ [COVID-19–Related School Closures and Learning Modality Changes](#)
United States, August 1–September 17, 2021

➤ [Pediatric COVID-19 Cases in Counties With and Without School Mask Requirements](#)
United States, July 1–September 4, 2021

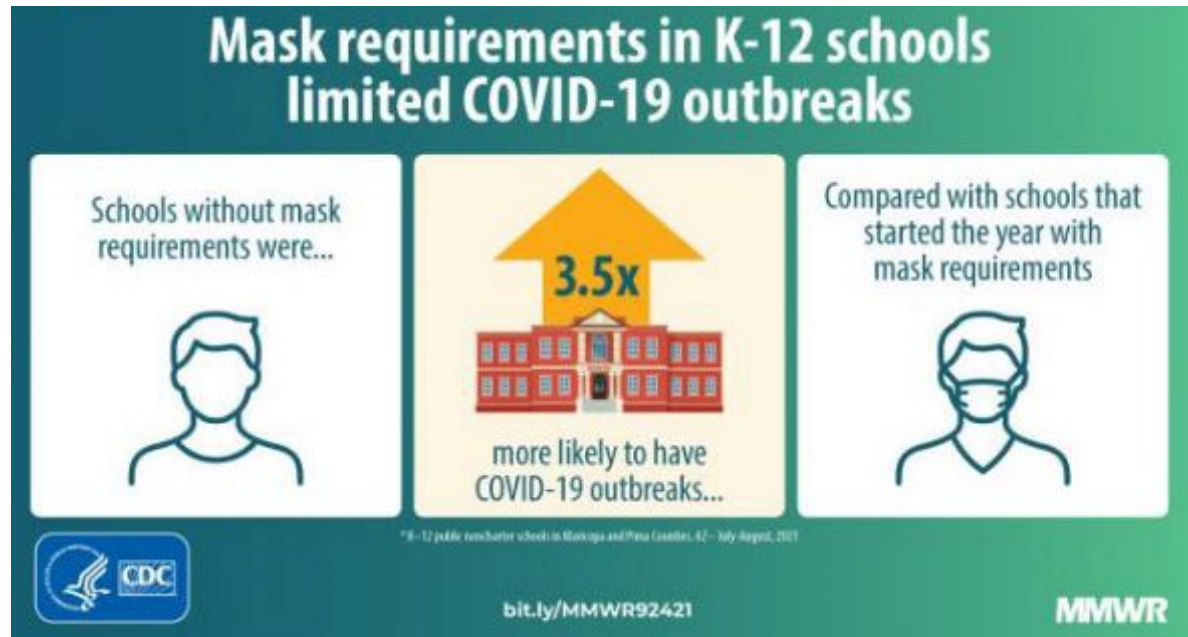Find all COVID-19 MMWRs at: bit.ly/MMWR_COVID-19

MMWR: Association Between K–12 School Mask Policies and School-Associated COVID-19 Outbreaks
Maricopa and Pima Counties, Arizona, July-August 2021

Schools without mask requirements were 3.5x more likely to have a COVID-19 outbreak than schools that required everyone to wear a mask

➤ The study compared K-12 schools in two Arizona counties

➤ CDC recommends universal indoor masking in K-12 schools as part of a broad prevention strategy

➤ Includes vaccinating all eligible people

Mask requirements in K-12 schools limited COVID-19 outbreaks

Schools without mask requirements were...

3.5x

more likely to have COVID-19 outbreaks...

Compared with schools that started the year with mask requirements

*K-12 public non-charter schools in Maricopa and Pima Counties, AZ – July-August, 2021

CDC

bit.ly/MMWR92421

MMWR

Read the MMWR at: bit.ly/MMWR92421

MMWR: COVID-19–Related School Closures and Learning Modality Changes – United States, Aug. 1-Sept. 17, 2021

1,800 schools had school closures attributable to COVID-19 outbreaks, affecting the education and well-being of 933,000 students

➢ To prevent further K-12 school closures, CDC recommends using multiple prevention strategies including:

➢ Vaccination

➢ COVID-19 testing

➢ Physical distancing

➢ Indoor masking for all students, teachers, and staff, including those who are fully vaccinated.
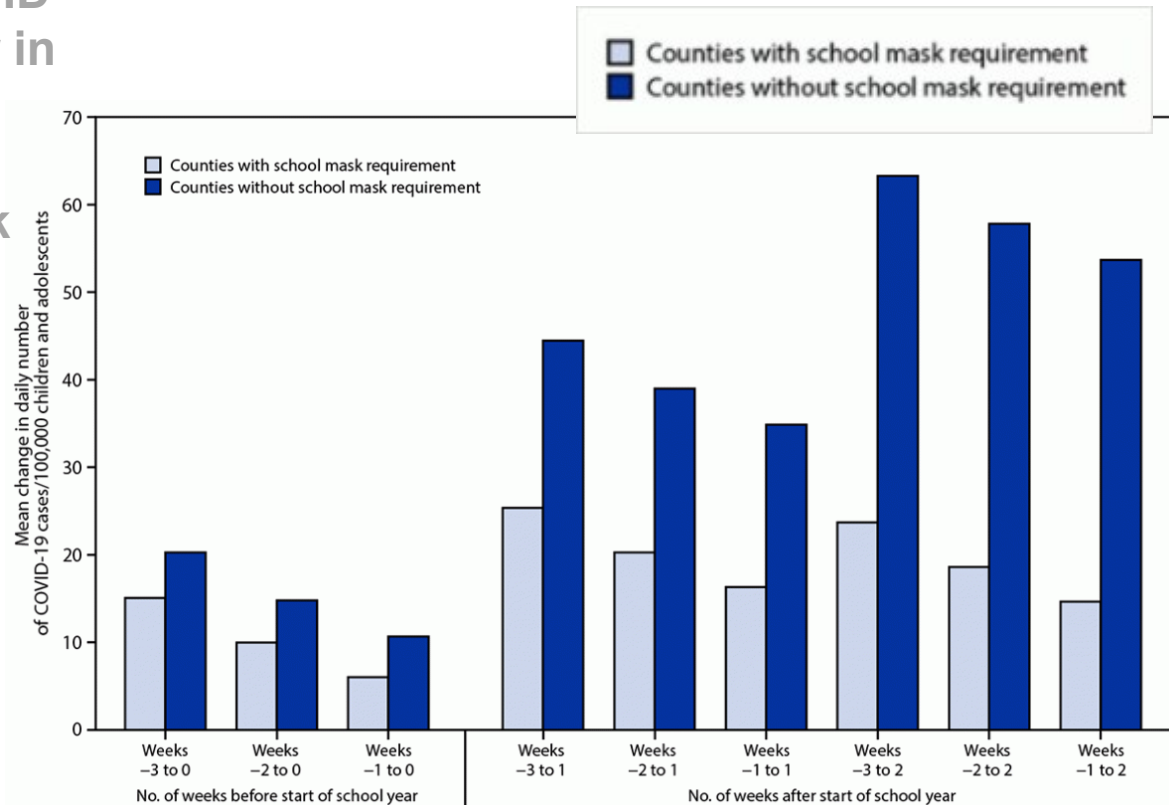
Read the MMWR at: bit.ly/MMWR92421b

MMWR: Pediatric COVID-19 Cases in Counties With and Without School Mask Requirements – U.S., July 1-Sept. 4, 2021

Increases in pediatric COVID-19 case rates were smaller in U.S. counties with school mask requirements than those without school mask requirements

➢ Mask use is a critical strategy to reduce spread of COVID-19 among children & adolescents in K–12 schools

Read the MMWR at: bit.ly/MMWR92421c

Mask Myth...
"The virus is too small to be captured by a mask!"

We actually aren't trying to filter out individual virions with masks. Virions aren't alone, they're contained in droplets of saliva/mucus. Those droplets range in size from ~1 um to much larger, and those are captured decently depending on material. Also, small particles are weird. So there are several other mechanisms that help masks filter, beyond sieve-like action, including diffusion and electrostatic interactions. So, oddly, many fabrics actually do an OK job of filtering those tiny particles.
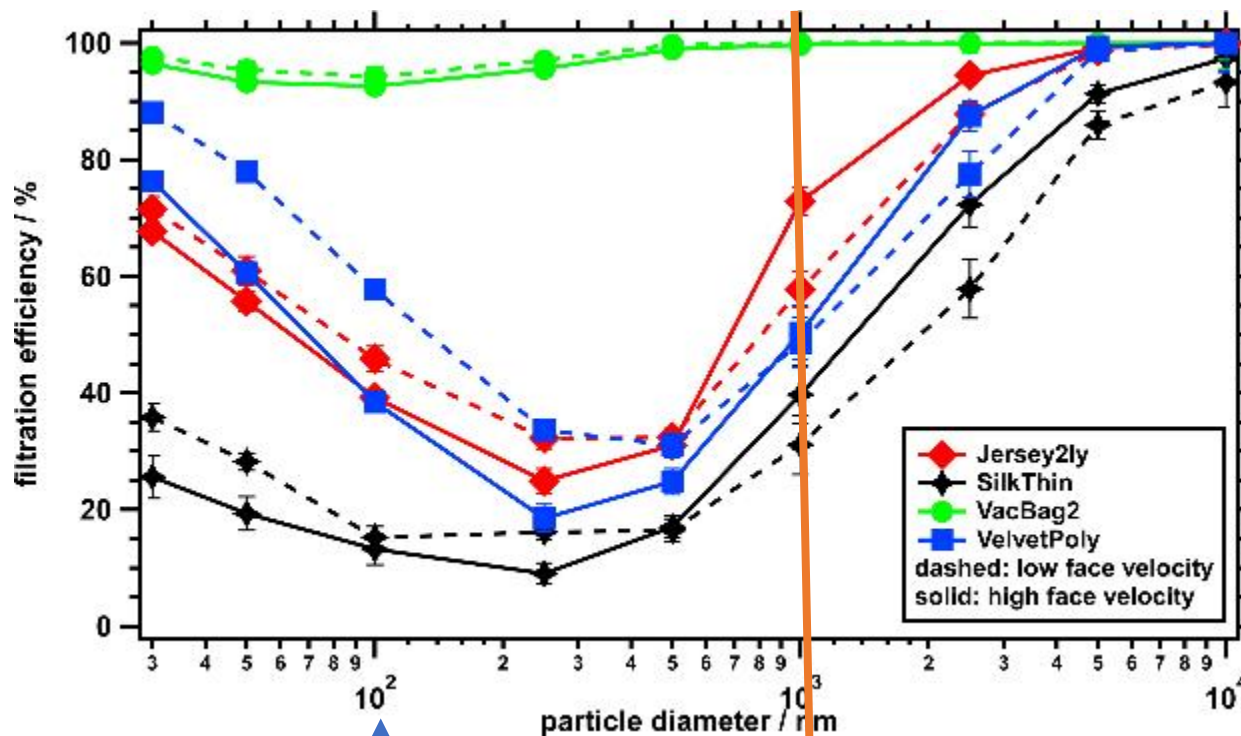
Carbon dioxide is smaller than this graph's scale (.33 nm)

Viruses are about this big

Respiratory droplets are typically at least this big

Which Mask Should I Wear?

- One that you like!

- Fits you well, with no gaps by your nose or at the sides

- Made of at least two layers of fabric

DO choose masks that

Have two or more layers of washable, breathable fabric

Completely cover your nose and mouth

Fit snugly against the sides of your face and don't have gaps

Have a nose wire to prevent air from leaking out of the top of the mask

Ventilation

- More is better!
  - Go outside!
  - Use open windows and doors, and exhaust systems
  - This works by 'diluting' the amount of virus in the room, making it less likely you will breathe it in

- In meetings and gatherings, don't point fans or other devices at people so air is blown from one person onto another

- For large, complex buildings, talk to the maintenance team and/or HVAC professionals

- For single offices and other small rooms, a portable HEPA filter can help
  - Air filters work by removing the virus from the air, making it less likely you will breathe it in
  - Make sure the actual filter within the unit is not wrapped in plastic and that you can safely change the filter yourself

What To Do If You Test Positive

Feeling Sick or Exposed to COVID-19
Now What?

This guidance applies to the general public. But if you live or work in a high-risk setting such as a correctional institution, health care facility, an assisted living facility, or a fish-processing plant, talk to someone at your facility for guidance.

	UNVACCINATED	VACCINATED*
If you test positive for COVID-19	**ISOLATE** Monitor your health and call a health care provider if symptoms becomes worrisome. After 10 days, if you are 24 hours fever-free and have significant improvement in symptoms, you are cleared from isolation.	
If you are exposed to COVID-19 and have NO symptoms	**GET TESTED and QUARANTINE** - If positive, isolate for 10 days. - If negative, continue staying home for the duration of your quarantine (7-14 days) depending on testing and location.	**GET TESTED and MONITOR** - If positive, isolate for 10 days. - If negative, monitor your symptoms for 14 days. Wear a mask. Quarantine not required.
If you are exposed to COVID-19 and have ANY symptoms	**GET TESTED and ISOLATE** - If positive, isolate for 10 days. - If negative, stay home while you have symptoms or until you are finished with quarantine, whichever is longer. Talk to a health care provider and consider testing again.	**GET TESTED and ISOLATE** - If positive, isolate for 10 days. - If negative, stay home while you have symptoms. Talk to a health care provider and consider testing again.
If you have ANY symptoms of COVID-19 and no known exposure	**GET TESTED and STAY HOME** - If positive, isolate for 10 days. - If negative, stay home while you have symptoms. Talk to a health care provider and consider testing again.	

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Monoclonal Antibody Treatment

- **Get tested early.** This treatment works best when used early in the disease (must be within 10 days of onset of symptoms). Testing ensures those who test positive get the treatment they need.

- Monoclonal antibodies are the only medication shown to be effective in treating COVID-19 patients in outpatient settings (not hospitalized).

- If given soon after testing positive for COVID-19, monoclonal antibodies help prevent severe illness and hospitalizations.

http://dhss.alaska.gov/dph/epi/id/SiteAssets/Pages/HumanCoV/flyer_InfusionTherapy.pdf

Post-COVID Conditions, "Long COVID"

- Although most people with COVID-19 get better quickly, some people experience post-COVID conditions

- Post-COVID conditions are health problems people can experience four or more weeks after first being infected

- Multisystem Inflammatory Syndrome in Children (MIS-C) is a rare but serious complication associated with COVID-19 that occurs in children, adolescents, and young adults

- For people who are eligible, getting vaccinated against COVID-19 as soon as you can is the best way to prevent getting COVID-19 and can also help protect those around you

- The best way to prevent post-COVID conditions is to prevent COVID-19 illness

How to make an appointment

- covidvax.alaska.gov OR vaccines.gov

- Text your zip code to 438829 for a list of vaccine sites near you

- 907-646-3322

- Toll free: 1-833-4-VAXLINE (1-833-482-9546)

- **Need an interpreter or transportation?**
  Ask for a language interpreter or transportation or other assistance when you call.
  If you're ready, we're here to help you get vaccinated!

Need assistance making your COVID-19 vaccine appointment?

Call the COVID Vaccine Helpline:

📞 **907-646-3322**

**Hours: 9am - 6:30pm (Mon-Fri),
9am - 4:30 pm (Sat-Sun)**

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Thank you! Questions?