



****HEALTH ALERT****

Issued March 10, 2020

By: Dr. Anne Zink, Chief Medical Officer, State of Alaska

A handwritten signature in blue ink, appearing to be "Anne Zink".

To prevent or slow the spread of Coronavirus Disease 2019 (COVID-19), the State of Alaska strongly recommends the following guidance:

For all Alaskans

- Wash your hands often or use hand sanitizer if soap or water are not available.
- Avoid touching your eyes, nose and face.
- Cover coughs or sneezes.
- Stop shaking hands.
- Regularly clean and disinfect frequently touched surfaces and items.

Recommendations for higher risk Alaskans

People who are over 60, and anyone who has serious chronic health conditions such as heart and lung disease, and diabetes, are at increased risk of developing severe illness and dying from COVID-19.

- Reduce your exposure:
 - Stay home as much as possible. Ask family or friends to bring in items you need.
 - Avoid crowds and mass gatherings where exposure risk is greater.
 - Stay at least six feet away from others who are sick.
 - Limit close contact and wash your hands often.
 - If you can, telecommute for work.
- Watch for symptoms including cough, fever, and shortness of breath.
- Have a plan in case you get sick and know how to take care of yourself. This includes having necessary supplies on hand, such as prescription and over-the-counter medications, other medical necessities, groceries, and other household items.

These recommendations are based on the CDC's guidance, which can be found here:

www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html