



Alaska's Council on
Domestic Violence
& Sexual Assault

Good morning CDVSA Sub-Grantees. I hope everyone had a restful weekend!

In recognition of the increasing preparedness for the possible spread of COVID-19, it is especially important for those of us in the health and social services sector to be prepared and cautious as we implement simple measures to make sure we are doing everything possible to prevent the spread of germs. While I know all of you are staying on top of the myriad of information being developed and shared, I also believe we can never get too much information when addressing critical health and safety issues! Below are a number of suggested actions and useful links to additional information. Attached to this email are three documents: 1) Infection control in homeless shelters in the state of Alaska (2018); 2) recent Alaska Public Health Alert regarding testing; and 3) Handwashing posters for you to copy and post from DHSS! Across Alaska people are asking what they can do to prepare; here are a few key steps everyone can do now (individuals and businesses):

- Get a flu shot. Getting an annual flu shot protects you, your family and relieves an undue burden on our medical system if we start to see COVID-19 cases;
- Wash your hands. Seriously! Protect yourself and others by washing them for at least 20 seconds frequently throughout the day, and every time you eat, cough, sneeze, or use the restroom. Hand-washing is part of good self-care, just like eating healthy food, getting enough sleep and exercising (see attached Handwashing posters to use in your organization);
- Don't share your germs. The coronavirus is spread like the flu from sneezing, coughing and close contact with others who are sick. If you are sick, stay home and practice "social distancing," which means staying at least six feet away from others;
- Stay informed and start planning. Begin the conversation about what you can do to be prepared and become familiar with the pandemic planning resources listed below;
- Sign up for DHSS Updates (email or text) at https://public.govdelivery.com/accounts/AKDHSS/subscriber/new?topic_id=AKDHSS_157;
- If you're a health care provider, you can call the Section of Epidemiology at (907) 269-8000 or after hours at 800-478-0084 to have a member of our epidemiology team help answer your questions or address concerns about a potential case.



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- Make sure your business/organization is prepared with good policies, practices and planning to address staff and agency health and safety – the Anchorage Municipal Health Department developed a great bulletin for what businesses can do to prepare (below).

One of the best things we can do is to prevent spreading fear and worry which can make the situation much worse than it is—we are all in a position to be well informed, calm and help our participants, clients and staff be prepared by reviewing the information links below.

- [DHSS What can Alaskans do to prepare for the novel coronavirus \(COVID-19\)?](#)
- [DHSS Coronavirus webpage](#)
- <http://dhss.alaska.gov/dph/Epi/id/Pages/homelessness.aspx>
- <http://www.muni.org/Departments/health/SiteAssets/Pages/Coronavirus/Businesses%20%28COVID-19%29.pdf>

Thank you for your hard work every day and especially during times such as these, when our workloads and responsibilities expand! As new and/or critical information is available we will pass it along. Do not hesitate to contact us if you have questions.