

# YAKUTAT RESIDENT FREQUENTLY ASKED QUESTIONS

## 1. Where can I get tested?

Free drive through testing will be available outside the Yakutat Community Health Center (YCHC). Please look for local postings for dates and times or contact the YCHC Covid-19 Hotline at 784-3010.

## 2. How long does it take to get test results?

Currently the state is taking 3-5 days to fax results to YCHC. The current spike in infections across the state may cause slower processing times in some cases.

## 3. Can I get a rapid test?

It depends. YCHC has a very limited supply of the rapid tests and are using them only in very specific cases (such as a before transporting on a medevac, prior to a scheduled hospitalization, when symptomatic and high-risk). Additionally, the lab tests processed by the State of Alaska are better at detecting the presence, or lack of presence of the virus, which is one of the reasons YCHC primarily uses state lab tests.

## 4. What happens if I test positive?

Individuals who test positive will be contacted by the Yakutat Community Health Center and the Alaska Department of Health. Both agencies will complete contact tracing by asking you questions to determine if you have had close contacts with other persons who may have been exposed to the virus.

## 5. What is the definition of a 'Close Contact'?

A close contact is defined as being within 6 feet of an infected individual for fifteen minutes or more, two days before showing symptoms or 2 days before the test date. Being in close contact with an infected person puts you at high-risk for contracting coronavirus.

Direct physical is also a "close contact" and occurs when a covid-19 positive patient coughs or sneezes on you or when you have touched, hugged or kissed that person. Being in direct physical contact with an infected person puts you at high-risk for contracting coronavirus.

## 6. What does Self-isolate mean?

Isolation keeps someone who is sick or who has tested positive for covid-19 without symptoms away from others, even in their own home. Persons who test positive for Covid-19 will be instructed by the Yakutat Community Health Center or Alaska Public Health to isolate for a minimum of 10 days from the time symptoms began, or for 10 days from the time of being tested. The amount of time you will be required to self-isolate may be longer depending on how long and how serious your symptoms are. Only Public Health officials may release you from isolation.

## 7. What does Quarantine mean?

Quarantine keeps someone who was in close contact with a Covid-19 infected person away from others. If you are quarantined you must remain in your home for a period of 14 days because that is the incubation period (how long it takes symptoms to develop). You may not leave your designated quarantine location except for medical emergencies or to seek necessary medical care. You should check

your temperature twice a day and watch for symptoms. Do not allow visitors into your home other than a healthcare provider, or individual authorized to enter the quarantine location by Unified Command.

## 8. Can I test out of Quarantine?

No. If you have been named a contact and have been instructed to quarantine for 14 days, even if you get a negative test, that doesn't shorten your quarantine time, because it can take up to 14 days to become infectious. There is no evidence that someone could become infectious after 14 days however, so 14 days is the maximum.

## 9. How long will I have to quarantine if someone in my household is positive?

When someone in your household tests positive, that person must isolate for 10 days, but you will also be required to quarantine for those 10 days (this is the length of time the person is infectious) plus an additional 14 days (this is the length of time it takes for symptoms to develop). This means you must quarantine for at least 24 days.

## 10. If a family member is sick, how do I protect other family from also getting sick?

Anyone sick or infected should separate themselves from others in the home by staying in a specific "sickroom" or area and using a separate bathroom (if available.) If you have to share space, wear masks and open the windows to increase air circulation. Eat in separate rooms and use gloves to handle dishes cups and silverware. Wash dishes with soap and hot water or in a dishwasher. Clean and disinfect surfaces and monitor other family members for symptoms. For more information and advice for caregivers, see the CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>

## 11. What happens if I test negative? Does this mean I am virus free?

Not necessarily. Test results tell us if you had enough virus at the time you were tested for the equipment to detect it. If you are early in an infection, it may not be detected even though you are already contagious, or will soon be contagious, and can spread it to others. Once you receive a negative test result, you should minimize interactions (i.e. avoid public places, social distance, wear a mask) for a **full 14 days or until you receive the results from a second test taken at least 7-10 days after the first test, that shows you are negative.**

## 12. Are Alaska Residents required to test when returning from trips out of state?

Yes. Mandate 10 states that upon returning to Alaska, residents must:

- Self-quarantine for 14 days upon arrival, with no requirement for testing; OR
- Obtain a molecular-based test for SARS-CoV2 upon arrival in Alaska that shows that the resident is negative for COVID-19. The resident must self-quarantine while waiting for the test results. The resident will receive a voucher for a second test that must occur within 7-14 days after arrival, and should minimize

interactions until the results from the second test shows the resident is negative for COVID-19.

### **13. What does “minimize interaction” mean?**

When a person has a negative test result, it provides value as a measure from a single point in time. That’s why travelers with a single test result do not have to go into quarantine.

However, that single test doesn’t account for possible exposure just before or after the test (for example, if you test before you travel, you could be exposed to another traveler who is carrying the virus).

Individuals are expected to get pre-tested, and with that negative test result they are asked to minimize their public interactions until they’ve received a second negative test result or 14 days have passed.

Minimizing interactions does not mean quarantine, but you do need to take more precautions than the usual COVID safety advice.

When you buy food - eat in outdoor settings. Order delivery if possible. Wear a face covering if you go into public areas. Take part in outdoor recreation (such as fishing) instead of staying indoors with other people. Postpone attending gatherings until after this window is over.

If you have to be in an indoor space, such as taking a short flight or riding in a shuttle to get to our lodge or outdoor activity, then everyone involved should wash their hands thoroughly and wear a face mask.