

KETCHIKAN GATEWAY BOROUGH AND CITY OF KETCHIKAN

JOINT MEDIA RELEASE: COVID-19

Date: March 4, 2020
From: Ketchikan Emergency Operations Center (EOC)
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For Immediate Release

We have heard many rumors in the community over the last couple of days and want to assure the public that we continue to have **no confirmed cases of COVID-19 in Ketchikan**. If that should change in the future, we will work with Alaska Department of Health and Social Services (AKDHSS) to ensure the public is promptly notified and take all actions necessary to respond to the situation and to protect our community. Current information on COVID-19 from AKDHSS is available at www.coronavirus.alaska.gov

City and Borough representatives, PeaceHealth, and the School District continue to work in close coordination with each other and the Ketchikan Public Health Center to monitor, plan, and prepare for Coronavirus Disease 2019 (COVID-19). Ketchikan EOC staff met on Tuesday 3/3 for a situation update and to continue planning and preparation efforts (see attached photos).

Just as we are planning and preparing, we ask the Ketchikan community to plan and prepare by reviewing the CDC webpage at <https://www.cdc.gov/coronavirus/2019-ncov/community/index.html> for information on “How to prepare and take action for COVID-19”.

In addition, by following the recommendations below you can help reduce the stress placed on local healthcare providers and allow them to be available for those who need their help.

If you are not sick:

- Get your flu shot! The flu shot will not prevent COVID-19 but will help prevent you from getting sick and reduce the workload on the healthcare system.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- Cover your cough or sneeze with a tissue, or cough or sneeze into your elbow.
- Clean frequently touched surfaces and objects daily (e.g., tables, countertops, light switches, doorknobs, and cabinet handles) using a regular household detergent and water.

If you are sick:

- Keep sick children home from school and stay home except to get medical care.
- Not everyone infected with COVID-19 will need to seek medical care, in many cases self-isolation at home with good diet and hydration will be all that is needed.
- If you have symptoms including fever greater than 100.4, cough, shortness of breath **AND** have traveled to an area identified by the CDC or had close contact with a laboratory confirmed COVID-19 patient, please call your healthcare provider **BEFORE** going in.
- Follow the CDC recommendations on the “What to Do if you are Sick” web page at <https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>