

Native Village of Atqasuk
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**2020
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Self-Quarantine Guidelines

The Native Village of Atqasuks' Resolution 2020-05 - Declaration of Public Health Emergency, strongly recommends that any resident returning to Atqasuk from any community in Alaska with diagnosed cases of COVID-19 must self-quarantine for 14 days (if you decline to take a test) or until your local testing has come back negative, to avoid the spread of the COVID-19 virus to the community.

State of Alaska Health Mandate 10.1 effective March 25, 2020 also requires that any individual returning to his/her residence in Alaska from out of state must self-quarantine and monitor for illness for 14 days at his/her declared destination (if a resident is returning from out of state and has a stopover in Anchorage, they do not need to quarantine there; only at their designated home destination)

Self-Quarantine includes the following:

1. **Remain in your home.** Do not visit in public spaces, including grocery stores, post office, school, church, child care, ect.
2. **Work:** Contact your employer to let them know your quarantine status. If you are working in an essential service they will provide their rules for avoiding COVID-19 transmission.
3. Do not have visitors in your home.
4. You may leave your designated quarantine location only for medical emergencies or to seek medical care. BEFORE going to the Clinic, call them at (907) 633-6711.
5. Follow State of Alaska and CDC Social Distancing guidelines to avoid the spread of the virus within the home and the community:
 - a. Social Distancing – to the extent possible, maintain 3-6 feet of separation from other people in your home.
 - b. Wash your hands often with soap and water for at least 20 seconds, especially after sneezing, coughing, blowing your nose. (20 seconds is the Happy Birthday song twice)
 - c. Do not touch your face, nose, mouth, eyes. If you must touch your face use a clean tissue.
 - d. Cough or sneeze into your sleeve or into a tissue. (dispose of right away)
 - e. Clean and disinfect your home, especially frequently touched surfaces such as tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks, cell phones.

f. Avoid sharing towels, utensils, ect.

Monitor for illness:

6. Check for fever (100.4 or greater) in the morning and evening.
7. Remain alert for cough or shortness of breath.
8. If you are developing symptoms, call the Clinic at 633-6711 BEFORE going to the Clinic.

If you have questions or concerns, please contact Native Village of Atqasuk by phone 633-2575 or email nativevillageofatqasuk@gmail.com.