



COVID-19 Resource List and FAQ

Updated 4.14.2020

First Alaskans Institute (FAI) has been monitoring the coronavirus (COVID-19) pandemic to be good relatives and protect the health and safety of our staff and community. We know we are all in this together and would like to share resources that we have either created or found that are helping us navigate this pandemic and our “new normal” here in our homelands. We are posting resources at www.firstalaskans.org and working documents, such as this one below. We will continue to be update as much as possible.

Please Note – We do not claim ownership of resources we didn’t create. We are also not sharing any of this as legal advice or provide any guarantees about these resources. We are doing our best to only share information we have used or found educational. The information changes sometimes daily, so please click on the links provided for the most up-to-date information.

How do I find out if I have COVID-19? What should I know?

- Think you might have been exposed? Click [here](#) to check your symptoms and see if you should seek out medical care. (Note: the self-checker does not provide a diagnosis, only guidance on whether you should see a doctor.)
- Click here for [what to do if you are sick](#)
 - Stay home except to get medical care
 - Separate yourself from other people in your home, this is known as home isolation
 - Call ahead before visiting your doctor
 - If you are sick wear a facemask in the following situations, if available.
 - Cover your coughs and sneezes
 - Clean your hands often
 - Avoid sharing personal household items
 - Clean all “high-touch” surfaces everyday Monitor your symptoms
- For testing, contact your local clinic or nearest hospital if you are concerned you may have COVID-19. Call ahead before you go to the doctor or emergency room so they can plan ahead to protect staff and other patients.
- There is a drive-thru testing site in Anchorage. You must have a doctor’s referral and \$49 if you don’t have insurance. - [Link here](#)

If you have any questions, updates or suggestions, please send them to info@firstalaskans.org and we will respond as soon as we are able.

Who is most at risk?

- We need to protect our Elders, those with compromised immune systems, and those with a history of heart and lung issues. Read here to learn about [people who need to take higher precautions](#)

How do I keep myself and my family safe?

- **If you are traveling back home to your village, the CDC recommends you quarantine yourself for 14 days away from others – this will ensure you do not accidentally spread the virus to Elders, family and community members.** Check with your local Tribe or city office to get the most current information and safety precautions. They will know how to assist you.
- [How to protect yourself and your family](#)
- [How to protect you, your family and the community against COVID-19](#)
- How to protect our Elders and those most at risk
- [Helping our Elders](#)
- [How to disinfect without running water](#)
- Watch this video from ANTHC: [Social Distancing Combats COVID-10](#)
- If you are a parent/caregiver that is struggling, here are some self-care ideas while in quarantine:
 - For immediate response call 911
 - [Alaska 2-1-1](#) -- assistance, referrals, resources. Email: alaska211@ak.org
 - Alaska's [CARELINE](#) -- 877-266-HELP (4357)
 - National Domestic Violence [Hotline](#) - 800-799-7233 *** 800-787-3224 TTY
 - National Sexual Assault [Hotline](#) -- 800-656-HOPE (4673)
 - To report Child Abuse call -- 1-800-478-4444 or online at ReportChildAbuse@alaska.gov
 - For a listing of all local victim services 24/7 hotlines visit [Alaska's Council on Domestic Violence and Sexual Assault](#)
 - Stronghearts Native [Helpline](#). The StrongHearts Native Helpline 1-844-7NATIVE (762-8483) is a safe domestic violence and dating violence helpline for American Indians and Alaska Natives, offering culturally-appropriate support and advocacy daily from 7 a.m. to 10 p.m. CT. Anonymous and confidential. Callers reaching out after hours may connect with the National Domestic Violence Hotline by selecting option 1.
- [National Indigenous Women's Resource Center](#). Call 406.477.3896 or Toll-Free: 855.649.7299 (855.NIWRC99)
- Behavioral health resources from the [National Native American Boarding School Healing Coalition](#) - A Time for Grieving and a Time for Healing—the Light in the Darkness of COVID-19

Misinformation & Rumors - Be responsible about what you say and post in person or on social media. Ask yourself:

- Is it helpful?
- Is it true?
- How do you check?

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- Is it backed by the CDC?
- Fact check on the Google or Snopes.com

Tribal Consultations

- Department of Interior Consulted With Tribes About COVID-19 Funds on April 2 and April 9. The phone number is 888-950-5924 and the participant code is 1682452. Tribes can email their comments to consultation@bia.gov or tribal.consult@treasury.gov until April 13. The funds are set to be distributed by April 26.

Financial Recovery: Where do I go to get support for bills, food, etc.? Where Alaskans can find economic help during the coronavirus crisis? Click [here](#) for information regarding updates to:

- Small Business support
- New unemployment expansions and benefits
- Rent and utility payments, and actions taken to protect Alaskans
- Medicaid and Public Assistance benefits
- Student loan payments
- Extra cash assistance

Support for Small Businesses – Economic Recovery Resource Portal

- Visit the “COVID-19 ECONOMIC RECOVERY RESOURCE PORTAL FOR BUSINESS”:
<https://www.commerce.alaska.gov/web/EconomicRecoveryResourcesforBusiness.aspx>

Feeding Your Families

- Check with your local school district, many are running food distribution centers to students and families. Check with your local Tribe/city government as well, many are working to deliver food boxes to community members– they can point you in the right direction to local resources.
- Alaska Dept of Health and Social Service put out a temporary waiver from SNAP work requirements for duration of the state of the emergency response - [read here](#)
 - Reapply if you have lost benefits due to the work req! - [start application](#)
 - Call the SNAP Outreach Specialist at the Food Bank of Alaska: 907-222-3119 or toll free at 844-222-3119 or email snap@foodbankofalaska.org
- Anchorage School District has food distribution sites during school closure - [Map](#)
- Alaska Department of Health and Social Services has made 2-1-1 a resource for questions from the public regarding Coronavirus Disease 2019 – COVID-19. Visit [Alaska 211](#) for information. If you are trying to reach any of our clinics to ask general questions about the Coronavirus, please call 2-1-1 for up-to-date information. If 2-1-1 does not work in your area, please call 1-800-478-2221.
- Check your local organizations for programs to feed Elders. For example, an organization is helping to [give food boxes](#) to Elders in the Anchorage area.

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Educational Resources:

- Check with your local school for the most updated information on local programming.
- Coronavirus Resources for [School Districts from AASB](#)
- The [Indigenous Governance Program](#) at the University of Arizona is offering their live streaming January in Tucson Courses in May event free of charge to all participants, except those using the courses for University credit.
- The [Kahn Academy](#) is a great resource and it's free

Where can I find the latest updates from the State and Federal Governments?

- [One-stop-shop website](#) for Alaskans as they navigate the resources that the State of Alaska is offering during this unprecedented crisis.
- Alaska Department of Health and Social Services: [For the latest information in Alaska](#)
- [Alaska Coronavirus Response Hub](#)
- Centers for Disease Control and Prevention: [National information](#)

What are Tribes/Villages and ANCs doing to respond?

Developing Community Response Plans: Travel Restrictions & Waivers, Curfews, Office Closures, Limitations on Gatherings, Mandatory Quarantines, etc.

- Y-K Delta: [Which Y-K Delta Villages Are Restricting Travel To Protect Against Coronavirus?](#)
 - This article contains a list of Tribal Community Action Plans being developed, including travel restrictions. For direct links to what each village is doing, please read the above article.
- Bering Straits: [Read how villages in this region are responding.](#)
 - **Villages with Passed travel bans:** [Diomede](#), [Gambell](#), [Shaktoolik](#), [Shishmaref](#), [Unalakleet](#), [Golovin](#), [Wales](#), [Savoonga](#), [White Mountain](#), [Elim](#), [Koyuk](#), [St Michael](#), [Teller](#), [Brevig Mission](#), [Stebbins](#).
 - Travel Authorization Permit: [Unalakleet](#), [Elim](#)
- Regulating Spring Subsistence Hunting - [Kwigillingok Looks Ahead To Spring Hunt](#)

What is my region doing to respond?

1. Southcentral

- Click [here](#) to read updates from ANTHC
- **Guidance from ANTHC if you have symptoms or exposure to COVID-19:**
 - If you or a family member has flu-like symptoms (fever, cough or shortness of breath), or believe you may have been exposed to coronavirus, you should:
 - Remain home and call your primary care provider. Calling ahead helps to determine the most appropriate care.
 - Refrain from visiting hospital emergency departments, urgent care or outpatient clinics to avoid spreading the virus. If you need to visit the ANMC Emergency Department with symptoms, call ahead for procedures to limit exposure to others at (907) 729-1729.

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- Medical transports and Elder resource specialists are available through the [Southcentral Foundation Elder Program](#): (907) 729-6500
 - [Cook Inlet Tribal Council, Inc.](#) – Nat’uh Access & Operations During COVID-19 Pandemic
 - [The CIRI Foundation \(TCF\)](#) Access & Operations: COVID-19 Update
2. Prince William Sound
 - [Chugachmiut Coronavirus Response Updates](#)
 - [Chugachmiut Clinic Update](#)
 - [Chugach Alaska Corporation](#) COVID-19 Informational Site
 3. YK Delta
 - **Guidance from YKHC if you are sick:** “If you have symptoms like a cough, fever or shortness of breath and have traveled out of the YK Delta in the past 14 days, do not go to your village clinic and do not go to the Emergency Room in Bethel. Instead, call your village clinic, or in Bethel, call 543-6949.” -- YKHC
 - See updates from YKHC [here](#).
 - Putting Out Earlier Shareholder Dividend Payouts - [Earliest Calista Spring Distribution Ever](#)
 - Waiving Utility Bills and/or Providing Subsidies - [These Y-K Delta Communities, Including Bethel, Waiving Some Utility Costs During COVID-19 Pandemic](#)
 - [Calista Corporation](#) COVID-19 Updates
 4. Norton Sound
 - **Guidance from NSHC if you are sick:** you can call the Norton Sound Health Corporation nurse line at 443-6411 if you are ill and have questions. NSHC is asking people who are sick to call and speak to a nurse first before just going to the hospital.
 - [Kawerak’s COVID-19 Response](#)
 - Preparing Quarantine Units - [NSHC Prepares Quarantine Units For Patients and Travelers Waylaid in Nome](#)
 - Waiving Utility Bills and/or Providing Subsidies - [NSEDC Gives Second Energy Subsidy, Households Will Receive \\$1,150 This Year](#)
 - [Bering Straits Native Corporation](#) COVID-19 Updates
 5. Northwest Arctic
 - If you are concerned you have been exposed to COVID-19, call the Maniilaq Health Center’s COVID-19 hotline at 1-833-442-7015 **before** going to the emergency room or local clinic. For more information on the hotline, click [here](#).
 - [Maniilaq’s COVID-19 Response](#)
 - [NANA](#) Updates on COVID-19 Response
 6. North Slope
 - ASNA [Public Service Announcement](#) on COVID-19 (How to Keep your Family Safe):
 - [ASNA Testing Policy](#)

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- [Arctic Slope Regional Corporation](#) COVID-19 Updates
7. Interior
- **Guidance from TCC:** If you think you have COVID-19 or if you need to go to the clinic, call the COVID19 Hotline first: 907-451-6682 (Dial 9)
 - [Tanana Chiefs Conference](#) – COVID-19 Updates
8. Southeast
- See how SEARHC is responding to COVID-19 [here](#).
 - COVID-19 Hotline - 907.966.8799
 - **Guidance from SEARHC if you are sick:** Call your local health clinic before visiting or the COVID-19 Hotline. Calling ahead to make an appointment before seeing a clinician will help the healthcare provider's office take steps to keep other people from getting infected or exposed. When you call, make sure you tell the provider if you think you may have been exposed to the virus that causes COVID-19, either through travel or with an actual case of the disease.
 - Central Council Tlingit & Haida Indian Tribes of Alaska [Coronavirus \(COVID-19\) Resources website](#). They have created a Tribal Emergency Operations Center.
 - [Sealaska](#) Coronavirus Updates
 - [Sealaska Heritage Institute](#) News updates
9. Bristol Bay
- [Public Access Notice from BBNA](#)
 - Food Bank clients will receive boxes at the Lower Annex Food Bank entrance, please contact 842-FOOD prior to arrival.
 - [Bristol Bay](#) COVID-19 Response website
10. Kodiak Island
- **Guidance from KANA:** An RN is available for any COVID-19 questions at 907-486-9870.
 - [Information on access to KANA services](#)
11. Aleutian Chain & Pribilofs
- [Access to services from APIA](#)
 - Call your local clinic before coming in!
 - [Aleut Corporation](#) COVID-19 Update
12. Copper River Basin
- [Update from CRNA](#)
 - [Ahtna, Inc.](#) COVID-19 Resources

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