



Anchorage Health Department
825 L St.
Anchorage, AK 99501

June 18, 2020

Girdwood Board of Supervisors
P.O. Box 390
Girdwood, AK 99587

Dear Girdwood Board of Supervisors and esteemed residents of Girdwood,

During the past week, five people who attended a gathering in Girdwood on June 5, 2020, have tested positive for COVID-19. Three reside in Girdwood and two in Anchorage. Other attendees have reported COVID-19 symptoms but have not had testing or have declined testing. Some also attended another Girdwood gathering on June 11, 2020, while likely infectious.

Forty-two people, including 24 Girdwood residents, have been identified as close contacts to the people with confirmed COVID-19 during their infectious periods.

People with confirmed COVID-19 or symptoms of COVID-19 have been instructed to isolate until they are no longer infectious to others. Isolation is used to separate people sick with COVID-19 and people who are not infected.

People who have had close contact to the people with COVID-19 during their infectious period have been instructed to voluntarily quarantine for 14 days. The purpose of quarantine is to help prevent the spread of disease that can occur before a person knows they are sick or feeling symptoms. People in quarantine should stay home, separate themselves from others, and monitor their health. We recommend contacts get tested, but a person with a negative test can still be incubating the virus.

With this cluster of cases and large number of close contacts, more Girdwood residents will likely develop COVID-19 in the next few weeks.

Here are a few reminders and recommendations to help slow the spread of COVID-19:

- COVID-19 is a respiratory virus that can produce a variety of symptoms, including fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting, or diarrhea. Some people with COVID-19 never have symptoms but can be infectious to others.

- We encourage testing for anyone who develops COVID-19 symptoms. We recommend people with symptoms self-isolate while awaiting test results.
- The incubation period for COVID-19, which is the time between exposure to the virus (becoming infected) and the onset of symptoms, is on average 5 to 6 days but can be up to 14 days. During this period, also known as the “pre-symptomatic” period, some infected persons can be contagious to others.
- COVID-19 spreads easily among people in face-to-face contact, through tiny respiratory droplets produced when a person with the infection coughs, sneezes, sings, or talks.
- Keeping physical distance – at least 6 feet – away from other people outside your household is the best way to reduce transmission.
- Face coverings help protect you and the people around you from COVID-19. Everyone should wear a cloth face covering over your nose and mouth in indoor settings outside the home and in outdoor settings where it is difficult to maintain at least 6 feet of physical distance from others at all times.
- While many people experience mild illness with COVID-19, some people have conditions that put them at increased risk for severe illness and possible death. To protect them, we need everyone’s help.

For additional information and resources, visit www.muni.org/COVID-19.

Sincerely,

A handwritten signature in blue ink, appearing to read "Bruce P. Chandler".

Bruce Chandler, MD, MPH
Medical Officer
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