BBAHC continues to respond to the Covid-19 pandemic. As of 3/25/2020, there are no known cases of Covid-19 in Dillingham.

Many rules are being enacted that are designed to protect our patients, our staff, and our community.

Please remember to call before you come to the hospital for treatment, either in the emergency room or the outpatient clinic. Dental and eye clinics are open for emergencies, only.

We ask that children under the age of 12 be brought to the hospital only for their own medical treatment. While we recognize that families may have more than one child, bringing children who are not ill to the hospital at the same time as you are bringing your ill child increases the chance that your well child will pick up a new germ from someone else.

Visitors to the inpatient ward will be screened for illness by questionnaire and thermometer when they come in. Visitors are currently limited to two per patient, and children under 12 are not permitted to visit on the inpatient ward. Some patients, specifically those who are in isolation, will not be allowed visitors. Visitor restrictions are likely to become more strict over time.

Employees are screened for fever prior to the start of their work.

The state of Alaska has mandated that if you have traveled outside Alaska and arrived today 3/25/2020, you must self-quarantine for 14 days. Failure to follow this mandate is punishable by a fine of up to $25,000 or imprisonment of not more than a year, or both.

Quarantine means stay in your home. Do not go out to the store, do not allow visitors into your home. Take your temperature twice daily. You are watching for symptoms, which include fever over 100.3 measured with a thermometer, new cough, or shortness of breath. If you get those symptoms, you should call the hospital at 842 9244 for advice.

While BBAHC cannot impose a fine or imprisonment, BBAHC has mandated a 14-day quarantine for employees who have traveled outside of Bristol Bay and returned from Anchorage after 3/23. Many villages are instituting quarantines as
well. Many people who have traveled from Anchorage or the lower 48 have also self-quarantined for the sake of their communities. This is admirable, and a sign of putting the needs of your community over your own wishes and desires. Local stores have also risen to the challenge, offering phone in ordering. Kudos to them.

We are all anticipating a tsunami of illness. We don’t know whether the wave will merely brush over our toes, or flood over our heads. We are all worried, but there are steps each person can take to reduce the spread of this illness.

Wash your hands frequently with soap and water for 20 seconds or use hand sanitizer that has at least 60 % alcohol.

Avoid touching your face.

Disinfect frequently touched surfaces with bleach and water.

Do not gather in groups of more than 10 people

Stay 6 feet away from other people.

If you are on home quarantine, follow the rules.

If you know people who are on home quarantine, or people who are more susceptible to this disease, like elders or people with heart disease or lung disease, offer to bring groceries to them. You can leave the groceries on the porch.
Remember
by Julie Cadwallader Staub

There is no such thing as quantity in love
my mother said, correcting me.

No such thing as "much" love.
You can't count it.

No such thing as "all my love."
You can't contain it.

Love expands.

There's an endless supply.

I love you, she said.
That's sufficient.