



NORTHWEST ARCTIC BOROUGH REGION

Ambler · Buckland · Deering · Kiana · Kivalina · Kobuk · Kotzebue · Noatak · Noorvik · Selawik · Shungnak

COVID-19 PRESS RELEASE

March 14, 2020

Maniilaq Association, Northwest Arctic Borough School District, and Northwest Arctic Borough have a plan should the virus enter the region. Details of that will be released through our websites, social media, and KOTZ Radio. We need to work together to protect ourselves and our communities from a regionwide COVID-19 epidemic.

Take everyday preventive actions to prevent the spread of respiratory viruses, including:

- Wash your hands often for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- Avoid touching your eyes, nose, and mouth.
- Avoid close contact with people who are sick and stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Older adults and people who have serious chronic medical conditions like heart disease, diabetes, or lung disease should avoid crowds, especially in poorly ventilated spaces.
- Limit non-essential travel
- Reduce public gatherings and limit food sharing
- Increase ventilation and open windows when possible

Call your local clinic/hospital for medical screening before leaving your home if you are experiencing any of the following symptoms:

DRY COUGH

FEVER

SHORTNESS OF BREATH

Households with sick family members are recommended to:

- Give sick members their own room if possible, and keep the door closed.
- Have only one family member care for them.
- Consider providing additional protections or more intensive care for household members over 65 years old or with underlying conditions.

Maniilaq, NWABSD, and NWAB are committed to working together and providing accurate information in a timely manner. We will continue to provide regular updates and encourage communities to access reliable sources of information to respond in positive, proactive ways.

Lucy Nelson
NWAB Mayor

Terri Walker
NWABSD Superintendent

Tim Gilbert
Maniilaq President/CEO