

# Southeast Guide to COVID-19



The SouthEast Alaska Regional Health Consortium (SEARHC) is committed to providing high-quality healthcare to Southeast Alaska residents and visitors throughout the COVID-19 pandemic. We have made the following tips and resources available to help all in our community navigate through COVID-19 to best ensure safety and help prevent the spread of the virus.

## TIPS TO STOP THE SPREAD OF GERMS

The most important part of our community response to this crisis is you. Please comply with the following community requests for the safety and health of our communities.



Maintain social distancing by keeping 6 ft distance between you and everyone else



Avoid close contact with people who are sick



Clean and disinfect frequently touched objects and surfaces



Stay home and only go out when needed



Wash your hands often with soap and water for at least 20 seconds



Clean and disinfect frequently touched objects and surfaces

## SEARHC COVID-19 RESOURCES

SEARHC has implemented screening protocols consistent with State and CDC guidelines at all facilities. Resources available to all Southeast residents and visitors include:

- Resource Website and Digital Self-Screening Tool: [covid19.searhc.org](https://covid19.searhc.org)
- 24/7 Nurse Advice Line: **1.800.613.0560**
- COVID-19 Hotline (8:00 am – 5:00 pm): **907.966.8799**
- SEARHC has created drive-up COVID-19 screening sites in the following communities. Call your primary care provider or the nurse advice line to set up a screening appointment:
  - Juneau – 907.463.4040
  - Sitka – 907.966.8799
  - Wrangell – 907.874.4700
  - Klawock – 907.755.4800
  - Haines – 907.766.6300
- **In case of emergency, call 911**

Routine optometry, dental care, patient travel, and elective surgeries are all temporarily suspended. SEARHC Primary Care and Behavior Health services have gone virtual. All urgent and emergent care remain available.

For more information, news and updates about COVID-19, visit [covid19.searhc.org](https://covid19.searhc.org).