

Alaska Indigenous Research Program's COVID-19 Mitigation Plan

1. Purpose and Scope

The Alaska Indigenous Research Program is committed to providing a safe and healthy workplace for all employees and program participants. The Alaska Indigenous Research Program has developed the following COVID-19 plan, which includes policies and procedures, to minimize the risk of transmission of COVID-19.

The Alaska Indigenous Research Program has multiple workspaces on the Alaska Pacific University and Alaska Native Tribal Health Consortium campuses, which are substantially similar, and therefore developed a single COVID-19 plan with site-specific considerations.

This mitigation plan, its policies and procedures, apply to all program staff and participants who will physically attend the Alaska Indigenous Research Program.

2. Roles and Responsibilities

The Alaska Indigenous Research Program's goal is to prevent the transmission of COVID-19. Program staff and participants are responsible for supporting, complying with, and providing recommendations to improve this COVID-19 plan.

The COVID-19 Safety Coordinator(s), listed below, implement and monitor this COVID-19 plan. The COVID-19 Safety Coordinator(s) have Alaska Native Tribal Health Consortium's full support in implementing and monitoring this COVID-19 plan, and have the authority to ensure compliance with all aspects of this plan.

The Alaska Indigenous Research Program and the COVID-19 Safety Coordinator will work cooperatively with non-managerial employees and their representatives to conduct on-going assessments in the development, implementation, and updating of this COVID-19 plan.

COVID-19 Safety Coordinator(s)		
Name	Title/Facility Location	Contact Information (office location, phone, email address)
Cornelia Jessen	Program Director	ANTHC Healthy Communities Building, 2 nd Floor (907)729-3955 cmjessen@anthc.org
Kelly Slaven	Program Coordinator	ANTHC Healthy Communities Building, 2 nd Floor (307)286-2970 kyislaven@anthc.org

3. Hazard Assessment

The Alaska Indigenous Research Program has assessed its physical program space, in conjunction with current recommendations from public health officials, to determine potential hazards related to COVID-19. Whenever changes create a new potential risk of exposure to COVID-19, additional assessments will be conducted.

The Alaska Indigenous Research Program has addressed hazards identified by the assessment, and included policies and procedures to minimize COVID-19 related risk to the greatest extent possible for each employee and program participant. These policies and procedures are as follows:

COVID-19 Testing and Symptom Screening

Program participants will complete a digital screening for COVID-19 symptoms one day prior to program commencement, utilizing the program's Whova platform.

Participants may not physically attend the program if they:

- Currently have symptoms of COVID-19 (i.e. cough, fever, chills, diarrhea, sore throat, loss of sense of taste or smell),
- Have tested positive in the last 10 days,
- Have been exposed to someone with COVID-19 in the past 14 days, and/or
- Previously had symptoms, but less than 10 days have passed since the onset of symptoms, and less than 3 days have passed without fever.

Program participants traveling into Anchorage by plane will be required to produce a negative COVID-19 rapid antigen or molecular COVID-19 test such as a polymerase chain reaction (PCR) test.

Vaccination

The Alaska Indigenous Research Program requires employees and program participants to be fully vaccinated for COVID-19 as a part of a multi-layered infection control approach.

In accordance with the Center for Disease Control and Prevention, an individual is considered fully vaccinated:

- 14 days after the second dose of a two-dose series, such as the Pfizer or Moderna vaccines
- 14 days after a single-dose vaccine, such as the Johnson & Johnson's Janssen vaccine

The Alaska Indigenous Research Program will verify each participant meets the criteria for full vaccination against COVID-19 at the beginning of each program week. Participants will be required to show a physical or digital copy of their vaccination card prior to physical admittance to the program. If a participant cannot provide proof of vaccination against COVID-19, they will not be allowed to physically participate in the program.

Universal Masking and Physical Distancing

Facemasks are required whenever people gather on the Alaska Pacific University and Alaska Native Tribal Health Consortium campuses. All employees and participants must wear facemasks over the nose and mouth when indoors and when occupying a vehicle with another person for program purposes. Policies and procedures for facemasks will be implemented, along with the other provisions, as part of a multi-layered infection control approach.

The following are exceptions to the Alaska Indigenous Research Program's requirements for facemasks:

1. When a person is alone in a room.
2. While a person is eating and drinking within the program space, provided each person is at least 3 feet away from any other person, or separated from other people by a physical barrier.
3. When it is important to see a person's mouth (e.g., communicating with an individual who is deaf or hard of hearing) and the conditions do not permit a facemask that is constructed of clear plastic (or includes a clear plastic window). When this is the case, the Alaska Indigenous Research Program will ensure that each employee wears an alternative, such as a face shield, if the conditions permit.

The Alaska Indigenous Research Program will ensure that all participants are separated by at least 3 feet when indoors, unless it can be demonstrated that such physical distance is not feasible for a specific activity. Where maintaining 3 feet of physical distance is not feasible, the Alaska Indigenous Research Program will ensure employees are as far apart from other people as possible.

The Alaska Indigenous Research Program, Alaska Pacific University, and the COVID-19 Safety Coordinator(s) will work collaboratively with other employees and their representatives to assess physical distancing within the program space.

Cleaning and Disinfection

The Alaska Indigenous Research Program and Alaska Pacific University will implement policies and procedures for cleaning, disinfection, and hand hygiene, as part of a multi-layered infection control approach. The Alaska Indigenous Research Program and the COVID-19 Safety Coordinator(s) will work collaboratively with Alaska Pacific University representatives and custodial staff to implement cleaning, disinfection, and hand hygiene within the program space.

The Alaska Indigenous Research Program will provide alcohol-based hand rub that is at least 60% alcohol as well as disinfectant wipes if program participants would like to wipe down their areas before sessions begin.

Recordkeeping

The Alaska Indigenous Research Program will establish and maintain an electronic record of program participants and employees. In the event a COVID-19 exposure or positive COVID-19 case occurs during the program, this record will be used to notify participants for contact tracing and quarantine purposes.

COVID-19 Exposure and Notification

Alaska Indigenous Research Program employees and participants will promptly notify the COVID-19 Safety Coordinator(s) if:

- They test positive for COVID-19 or been diagnosed with COVID-19 by a licensed healthcare provider,
- Are told by a licensed healthcare provider that they are suspected to have COVID-19.
- Are experiencing symptoms of COVID-19 such as cough, headache, congestion, chills, fever, muscle aches and recent loss of taste and/or smell with no other explanation; or
- Are experiencing both fever ($\geq 100.4^{\circ}$ F) and new unexplained cough associated with shortness of breath.

The Alaska Indigenous Research Program will notify staff, program participants, and partners at Alaska Pacific University if they are exposed to a person who is COVID-19 positive, as described below.

When the Alaska Indigenous Research Program is notified that a person who has been in the program space (including employees, guest speakers, participants, vendors, contractors, delivery people and other visitors, or other non-employees) is COVID-19 positive, the COVID-19 Safety Coordinator(s) will, within 24 hours:

- Notify each employee and participant that they have been in close contact with the person with COVID-19.
- The notification must state the fact that participants were in close contact with someone with COVID-19 along with the date(s) the contact occurred.
- Notifications will not include the name, contact information, or occupation of the COVID-19 positive person.

Note: Close contact means being within 6 feet of the person for a cumulative total of 15 minutes or more over a 24-hour period during the person's potential transmission period. The potential transmission period runs from 2 days before the person felt sick (or, if not showing symptoms, 2 days before testing) until the time the person is isolated.

Medical Removal from the Program

The Alaska Indigenous Research Program will remove employees, participants, and other guests from the program's physical space if:

- The person is COVID-19 positive (i.e., confirmed positive test for, or has been diagnosed by a licensed healthcare provider with, COVID-19);
- The person has been told by a licensed healthcare provider that they are suspected to have COVID-19;
- The person is experiencing symptoms of COVID-19 such as cough, headache, congestion, chills, fatigue, muscle aches, and recent loss of taste and/or smell with no other explanation; or
- The person is experiencing both a fever of at least 100.4°F and new unexplained cough associated with shortness of breath.

Individuals removed because they are COVID-19 positive will not be allowed to return until they meet the return-to-program criteria discussed below. Individuals who were removed because a licensed healthcare provider has told them that they are suspected to have COVID-19, or are experiencing symptoms as discussed above will not be allowed to return until they meet the return-to-program criteria discussed below or produce a negative COVID-19 polymerase chain reaction (PCR) test. If the individual tests negative, they can return to the program immediately. If the individual tests positive or refuses a test, they must remain excluded from the program until the return-to-program criteria below are met. If the person refuses to take a PCR test, the Alaska Indigenous Research Program will keep the person removed from the physical program, but is not obligated to provide the benefits such as paid housing, paid meals, or fund to cover changes in airfare.

Individuals physically removed from the program may attend virtually using the Whova platform until they meet the return-to-program criteria outlined below.

Return to Program Criteria

The Alaska Indigenous Research Program will only allow individuals who have been removed from the program to return in accordance with guidance from a licensed healthcare provider or in accordance with the CDC's "[Isolation Guidance](#)" and "[Return to Work Healthcare Guidance](#)." Pursuant to CDC guidance, symptomatic individuals may return to the program after all the following are true:

- At least 10 days have passed since symptoms first appeared, and
- At least 24 hours have passed with no fever without fever-reducing medication, and
- Other symptoms of COVID-19 are improving (loss of taste and smell may persist for weeks or months and need not delay the end of isolation).

If an individual has severe COVID-19 or an immune disease, they will follow the guidance of a licensed healthcare provider regarding return to the program.

Pursuant to CDC guidance, asymptomatic individuals may return to the program after at least 10 days have passed since a positive COVID-19 test. If an individual receives guidance from a healthcare provider that the employee may not return to the program, they must follow that guidance.

4. Monitoring Effectiveness

The Alaska Indigenous Research Program and the COVID-19 Safety Coordinator(s) will work collaboratively with employees and their representatives to monitor the effectiveness of this COVID-19 plan to ensure ongoing progress and

efficacy.

The COVID-19 Safety Coordinator(s) will update this COVID-19 plan as needed to address changes in the ongoing nature of the COVID-19 pandemic, COVID-19 hazards and exposures, requirements by the Municipality of Anchorage, State of Alaska Department of Health, Center for Disease Control and Prevention, and Alaska Native Tribal Health Consortium.

5. Coordination with Alaska Pacific University

The Alaska Indigenous Research Program will communicate this COVID-19 mitigation plan with all other organizations and institutions that operate within the same physical space, and will coordinate with each organization to ensure that all employees and program participants are protected.

The Alaska Indigenous Research Program will adjust this COVID-19 mitigation plan to address any particular hazards presented by Alaska Pacific University. In the event that Alaska Pacific University's COVID-19 policy extends beyond the requirements of this COVID-19 mitigation plan, Alaska Pacific University's policy will supersede any conflicting policy until theirs is no longer in effect.

The Alaska Indigenous Research Program has identified below Alaska Pacific University representatives to coordinate with to ensure program participants are protected.

Alaska Pacific University Representatives	
Name:	Contact Information:
Stephanie Morgan - Associate Professor of Psychology, Institute of Health & Wellness Director	smorgan@alaskapacific.edu
Robert Meyer - Compliance/Risk Officer	rmeyer@alaskapacific.edu

6. Signature and Plan Availability

The Alaska Indigenous Research Program has prepared and issued this COVID-19 mitigation plan on February 4, 2022.

COVID-19 Mitigation Plan approve by Alaska Native Medical Center Incident Command via email 1/25/2022, Dr. Onders.

Program:	Alaska Indigenous Research Program
Address:	4000 Ambassador Drive Anchorage, AK 99508
Business Owner:	Alaska Native Tribal Health Consortium

This COVID-19 plan is available:

<input type="checkbox"/> Via hard copy with COVID-19 Safety Coordinators	<input type="checkbox"/> Posted to Whova	<input type="checkbox"/> Available by request.
--	--	--