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CONFIRMED COVID-19 EXPOSURE

Dahl Memorial Clinic has received permission from the third positive coronavirus patient, Mike O'Daniel, to release his name in an effort to aid contact tracing and testing. We are grateful for his assistance and cooperation, and hope he recovers quickly and with no complications. We have been unable to identify and contact everyone who may have had close contact with him and who may be at risk of becoming sick.

If you were in close contact with Mike O'Daniel anytime from October 8th to today, please contact the Dahl Memorial Clinic at 907-983-2255 extension 0. Close contact is considered to be spending more than 15 minutes total within 6 feet of a COVID positive patient, with or without masks.

Additionally, close contacts should:

- 1. Stay away from people who are at higher risk for getting very sick from COVID-19.
- 2. Watch for symptoms and check your temperature twice a day for 14 days after last contact. Symptoms, which can start up to 14 days after exposure, can include fever or chills, cough, shortness of breath or difficulty breathing, chest pressure or tightness, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.
- 3. If you develop any of these symptoms, stay home, except to get tested as soon as possible. You may be infectious to others for two days BEFORE and 10 days AFTER you get sick. Do not go to work or public places. You can easily spread COVID-19 before you feel any symptoms.

Community members can help our clinic team by keeping a contact log, noting the days and times of the places visited and the people they came in contact with. The contact log helps with contact tracing in the event you become sick with COVID-19.