



City of Wainwright

COVID-19 Recommendations – Services -- Contacts

1. **Protect our Elders, First Responders and our Community – follow these CDC guidelines to avoid transmission of the COVID-19**
 - a. Social Distancing: Stay at least 6 feet from other people (outside home/family)
 - b. Wash your hands frequently with soap and water for 20 seconds (Happy Birthday song 2 times). If water isn't available use hand sanitizer that is at least 60% alcohol
 - c. Avoid touching your face, mouth, nose and eyes
 - d. Do not shake hands
 - e. Routinely clean and disinfect frequently touched objects and surfaces like doorknobs, handles, faucets, phones, keyboards, toys, etc.
 - f. If you feel ill, stay home. Call the Clinic at 763-2714 or 763-2814.
2. **Special Protection for At Risk Individuals** 60 or older and individuals with underlying medical conditions such as chronic heart disease or lung disease, asthma, diabetes, compromised immunity: In addition to guidelines above, limit exposure by staying home and getting assistance from family or the Elder Homemaker Services program for necessary shopping and other errands.
3. **COVID-19 Symptoms**
 - a. If you experience symptoms such as shortness of breath, cough, fever over 100.3 degrees, chills, new loss of taste or smell, muscle pain, sore throat nausea, vomiting or diarrhea call the Clinic right away for an appointment. Avoid close contact with others.
 - b. Please call the Clinic staff at 763-2714 or 763-2814 BEFORE going to the clinic for assistance.
4. **Elder Services**: In-home services provided under the Elder Homemaker program are suspended until further notice. Elder Homemaker program staff will continue to assist Elders with grocery shopping, mail pickup, errands and laundry. To request services call (907) 763-2815, (907) 925-2009 or send an email to the City Clerk at cityclerk@cityofwainwright.com
5. **Youth Center and After School Recreation Programs** – limited youth activities are being conducted outdoors at the City Park, but the Youth Center is closed until further notice in order to minimize the spread of COVID-19.
6. **City Offices** City staff will be working, but the Alma Bodfish City Hall will be closed to the public except by appointment. If you need assistance from the City, please call (907) 763-2815, (907) 925-2007 or email the City Clerk at cityclerk@cityofwainwright.com, or the Office Manager at officemanager@cityofwainwright.com
7. **Updates** will be issued by the City and posted at the Post Office, OC Store, Coop, and on the new, updated City of Wainwright Facebook page.
8. **All Mandates and Health Alerts** issued by the State of Alaska Department of Health and Human Services and Governor and the Mayor of the North Slope Borough must be followed. Full text of those documents is available online at <http://dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/default.aspx> and through links on the City of Wainwright Facebook page.