



# Municipality of Anchorage

Austin Quinn-Davidson  
Acting Mayor

--- Anchorage Health Department ---

## Public Health Advisory: High Risk of COVID-19 Transmission in Anchorage

The Anchorage Health Department is issuing a Public Health Advisory based on the rapidly increasing rate of COVID-19 cases in the Municipality of Anchorage. The State of Alaska defines high alert as 10 new cases a day per 100,000 people. The Municipality has reached 40 new cases a day per 100,000 people, and that number continues to grow. In just the past four days, there have been more cases reported than there were for the first four months of the pandemic. This widespread community transmission means COVID-19 is everywhere in our community.

The current rate of transmission risks exceeding Anchorage's public health and hospital capacity. Anchorage has already lost 43 Anchorage residents to COVID-19. Many more face serious health effects that require long recovery and unknown long-term impacts on their hearts and lungs.

### To prevent unneeded serious illness and deaths, AHD urges everyone to do the following:

- **Stay home** except to get food, to go to work, or to recreate outdoors.
  - Where possible, use delivery options and work from home.
  - Trails and parks are ideal for exercise while distanced from others.
- If you feel sick, **stay home** except to [get tested](#).
- **Wear a mask** and **stay at least 6 feet from others** in public.
  - Masks are recommended for anyone over the age of two.
  - Masks are recommended during all indoor exercise or sports.
- Protect your friends and family by avoiding gatherings, especially indoors. **Gatherings are not safe.**
  - If you participate in Halloween activities, do it outside with your household or small group, while wearing a mask.
  - Reconsider any travel plans for the upcoming holiday season.
- **Protect the vulnerable** by avoiding contact with those at higher risk of severe illness, such as older adults or those with certain medical conditions.
  - Check-in on older and medically fragile family members and ensure they can get food and other essential without having to leave the house.
  - If you work among older or medically fragile individuals, keep your number of contacts small and get tested regularly.
  - Stores are encouraged to add more curbside pick-up options or special hours for older and medically fragile patrons.

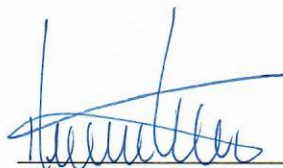
**It is important to remember that every case reported is an actual person** — a mother or father, a grandparent, a neighbor, a friend, or a child. If we continue on this path, **our local hospitals could soon exceed**

**their capacity**, meaning there may not be a bed for you or your loved ones when they need it due to COVID or something else.

"We all must take immediate action to slow the spread of COVID-19," said AHD Director Heather Harris. "After eight months, we recognize some people may have let down their guard or don't believe that COVID-19 is still a serious threat. But we are on a dangerous path, and the solution is simple: Wear a mask and keep your distance from people outside of your household."

We will be able to enjoy the lives we all once knew again in time, but for now, we must all continue to be united, resilient, and look out for the health and safety of our neighbors.

DATED this 28th day of October, 2020.



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Heather Harris,  
Director, Anchorage Health Department