

**Subject:** [EXTERNAL] Alaska COVID-19 and Influenza Weekly Case Update: February 26 – March 4, 2023  
**Date:** Thursday, March 9, 2023 at 9:07:32 AM Alaska Standard Time  
**From:** Alaska Department of Health  
**To:** Phillip A. Zavadil



Hello,

The Alaska Department of Health Weekly COVID-19 and Influenza Update has been updated with data from the week of February 26 - March 4, 2023 and can be viewed [here](#).

### Key Findings:

- COVID-19 transmission continued to occur in most parts of Alaska during the week of February 26 - March 04, 2023. There is not a clear overall statewide trend.
- The number of patients hospitalized with COVID-19 has varied over the past few weeks and there is not currently a clear trend (see graph below illustrating hospital beds occupied by persons with COVID-19). Most [parts](#) of Alaska are at the “low” COVID Community Level as defined by CDC. Learn more about CDC’s recommended prevention steps at each community level [here](#).
- The number of influenza cases reported has been fairly constant over the past several weeks. Influenza activity in Alaska is ongoing and we could see another rise in influenza cases yet this season. People who have not yet gotten their seasonal influenza vaccine can still benefit from getting it now. This includes people who have already had influenza infection because there are multiple strains of influenza circulating and the vaccine covers four different strains of the virus. A [recent analysis](#) found that during the current season, vaccination reduced the risk of medically attended influenza A by 54% in persons less than 65 years old and reduced the risk of symptomatic influenza A illness by 71% in children and adolescents.
- Now is a good time to receive a COVID-19 booster shot. Updated bivalent COVID-19 booster vaccines are recommended for most people aged 6 months and older who completed the primary series at least 2 months ago and have not yet received an updated booster. Visit [vaccines.gov](#) to find your COVID-19 booster and influenza vaccine. A recent [CDC analysis](#) found that the updated boosters help reduce the risk of COVID-19 caused by the new XBB variants.
- [Docket](#) is a free, secure app that provides easy access to official vaccination records. You can download and carry a digital copy of your records anywhere at any time. For more information visit [vaccinationrecords.alaska.gov](#).