

Subject: [EXTERNAL] Alaska COVID-19 and Influenza Weekly Case Update: November 27 – December 03, 2022

Date: Thursday, December 8, 2022 at 12:13:57 PM 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 November 27 - December 03, 2022 and can be viewed [here](#).

Key Findings:

- COVID-19 transmission continued to occur in most parts of Alaska during the week of November 27 - December 03, 2022. There is no clear overall trend.
- The number of patients hospitalized with COVID-19 has been generally stable over the past weeks. 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](#).
- Influenza activity in Alaska continued to increase last week. We are seeing more influenza earlier in the year than we have in past seasons.
- Now is a good time to receive an annual influenza vaccine and a COVID-19 booster shot. Visit [vaccines.gov](#) to find your COVID-19 booster and influenza vaccine. Bivalent COVID-19 booster vaccines are recommended for everyone ages 5 years and older who completed the primary series or received their most recent booster dose at least 2 months ago. COVID-19 and seasonal influenza transmission is now occurring in many Alaska communities. See the updates section for more information.
- [Docket](#) is a free 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](#).
- People with symptoms of COVID-19 should get tested immediately. Those who test positive should notify contacts who [may have been exposed](#). People with COVID-19 should isolate for at least 5 full days after their symptoms start (or positive test result in asymptomatic people) and wear a mask after leaving isolation. See CDC guidance on [isolation](#) for details. Treatments are available for people at higher risk of severe disease. See the updates section below for more information.

- People who [have been exposed to COVID-19](#) should wear a mask for 10 full days and get tested at least 5 full days after exposure. Learn more about [what to do if exposed](#). CDC no longer recommends quarantine of exposed persons in most settings, regardless of vaccination status.
- Respiratory viruses circulate year-round in Alaska. Actions such as staying home when sick, washing hands, and improving ventilation can protect you, your family, and your community from COVID-19, influenza, and other infectious diseases. See an [Alaska Public Health Alert Network message](#) from September and a [CDC Health Advisory](#) from November for information on a variety of respiratory viruses.

Information and Resources:

- [COVID-19 in Alaska](#)
- [COVID-19 Vaccines](#).
- Subscribe to [DOH email or text updates](#) for DOH press releases, blogs, COVID newsletters and more.
- DOH offers free presentations upon request to groups about COVID-19, vaccines, or other health topics. Learn more or request a presentation on our [Speaker's Bureau web page](#).
- For the most up-to-date case information, see the [Alaska COVID-19 Information Hub](#). All dashboard data are updated weekly by the end of the day on Tuesdays ([except holidays](#)). Please note this update used to occur on Wednesdays.
- For DOH media inquiries, please contact clinton.bennett@alaska.gov.

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