

Subject: [EXTERNAL] Alaska COVID-19 and Influenza Weekly Case Update: January 29 – February 4, 2023
Date: Thursday, February 9, 2023 at 3:36:44 PM Alaska Standard Time
From: Alaska Department of Health
To: Phillip A. Zavadil



The Alaska Department of Health Weekly COVID-19 and Influenza Update has been updated with data from the week of January 22 - January 28, 2023 and can be viewed [here](#).

Key Findings:

- COVID-19 transmission continued to occur in most parts of Alaska during the week of January 29 - February 04, 2023. There is not a clear overall trend.
- The number of patients hospitalized with COVID-19 has increased modestly over the past few 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](#).
- While the number of influenza cases reported has declined considerably over the past several weeks, influenza activity in Alaska is ongoing and we could see another rise in influenza cases yet this season. As such, 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 infections because there are multiple strains of influenza circulating and the vaccine covers four different strains of the virus.
- 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](#).