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Ambler Resident Tests Positive for COVID-19 While Out of Region

August 4, 2020, 6:00pm – A resident of Ambler has tested positive for COVID-19 while out of the region. The individual has not been in the Maniilaq service area since approximately July 8th. While the individual has not been present in region, it will be reported as a NWAB case due to the individual's permanent residence per State reporting protocols. They are asymptomatic and currently quarantining in Anchorage.

Maniilaq Public Health Nursing is working with the State to conduct contact tracing and reaching out to anyone who may have come into significant contact with this case. Maniilaq encourages residents to practice social distancing, wash your hands frequently, avoid large gatherings, clean frequently touched surfaces daily, and wear masks in public spaces. It is recommended that residents avoid non-essential travel, including inter-village travel.

If residents believe they have been exposed to COVID-19 and develop a fever and symptoms, such as a dry cough or difficulty breathing, call your healthcare provider for medical advice or call Maniilaq's COVID-19 Hotline at 833-442-7015. The following symptoms may appear 2-14 days after exposure:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle pain or body aches

- Headache
- Sore throat
- New loss of taste or smell
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

For the latest COVID-19 information visit our website at <u>www.maniilaq.org/covid-19</u>

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Kotzebue Qikiqtagruk, Ambler Ivisaappaat, Buckland Nunatchiaq, Deering Ipnatchiaq, Kiana Katyaak, Kivalina Kivaliniq, Kobuk Laugviik, Noatak Nautaaq, Noorvik Nuurvik, Point Hope Tikigaq, Selawik Akuligaq, Shungnak Isinnaq