



Saturday July 4, 2020, 9:33 AM

Anchorage Office of Emergency Management

Alert Details

Severity:

Moderate - Possible threat to life or property

Urgency:

Immediate - Responsive action SHOULD be taken immediately

Certainty:

Observed - Determined to have occurred or to be ongoing

Category:

Medical and public health

Event Description:

Virus or Contagious Disease Outbreak



Alert: With Freedom, Comes Responsibility. What you do this Fourth of July weekend matters. Someone's Life May Depend On It

Dear Don Bush,

The Municipality of Anchorage urges residents to celebrate the Fourth of July safely. COVID-19 has gained a foothold in our community and is spreading rapidly. This weekend is a critical point in our community's fight against COVID-

19. Your actions and decisions today will determine our future.

The virus that causes COVID-19 is very infectious. It passes easily from an infected person to others close by through tiny mucous drops released with coughing, sneezing, singing, or talking. Some people with COVID-19 have no symptoms but are still infectious. Large gatherings can allow a person with COVID-19 to infect many others, as we saw here on Memorial Day weekend.

The safest choice this holiday is to celebrate at home, with your loved ones and your closest friends – the people in your small social bubble.

Your bubble is the people you live with or who are your closest friends.

Avoid gathering with people outside your small social bubble.

Carefully consider the risks before attending a larger gathering. This is a stealth virus and it can spread silently and without symptoms. Anyone could be infected and spread COVID-19 without knowing it.

If you choose to host a gathering:

- Stay 6 feet apart: gather in a large space so everyone can be physically distanced. This is the #1 step to prevent infection.
- Keep the gathering small: no more than 10 people -- the more people, the greater the risk of spreading COVID-19.
- Stay outside: the risk increases when indoors
- Mask up: everyone over 2 years of age should wear a cloth face covering or mask to protect everyone else around them, except when eating or drinking.
- Sanitize: provide a way to wash hands or to use hand sanitizer
- Avoid or limit alcohol: people forget about safe distancing, wearing face coverings, and avoiding face to face contact, as we've seen this week in several Anchorage bars.
- Provide cleaning supplies, such as disinfecting wipes
- Consider providing individually wrapped meals for each person, or serve food to guests, not a potluck.
- Keep a list of everyone who attends, to help public health nurses identify who else may be infected if someone gets sick.

If you choose to attend a gathering outside your home:

- Don't carpool
- Keep 6 feet from everyone not in your bubble
- Wear a cloth face covering or mask and avoid face-to-face contact with people who are not in your bubble
- Bring your own plates, silverware, glasses, food, drinks, and hand sanitizer

- Wash your hands often

If you have symptoms of COVID-19, stay home and get tested. Information on testing in Anchorage and the rest of Alaska is available [here](#).

Symptoms include:

- fever or chills
- fatigue
- cough
- shortness of breath or difficulty breathing
- new loss of taste or smell
- congestion or runny nose
- chest pressure or tightness
- nausea or vomiting
- sore throat
- muscle or body aches
- headache
- diarrhea

We need your help to stop the spread of COVID-19. What you do this holiday weekend matters.

Instructions:

See main message.



For full details, [view this message on the web](#).

Sent by **Anchorage Office of Emergency Management**
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