



CITY OF SAINT PAUL

ALASKA

October 9, 2020

COVID-19 TRAVEL UPDATE

The novel coronavirus pandemic is still active worldwide and in Alaska. Numbers of new cases are on the rise in Alaska, especially in Anchorage.

The City of Saint Paul **strongly advises** that all travelers **use caution** when traveling to and from Saint Paul Island to help prevent getting infected and spreading COVID-19.

If you must travel, you should:

- Avoid contact with sick people.
- Discuss travel with your healthcare provider. Older adults and travelers with underlying health issues are at higher risk of severe illness.
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.
- Avoid touching your face.
- Wear a cloth face covering while in public, in the airport and on the plane, and while in close contact with non-household members.
- Maintain your distance from others – stay at least six feet away from non-household members.
- Know the symptoms; stay home if you are sick; and get tested.
- Avoid MEDIUM, MEDIUM-HIGH, HIGH AND VERY HIGH risk activities while traveling (*see attached list*).

Per City Emergency Ordinance 20-96 travelers to Saint Paul Island must:

- Complete and submit COVID-19 Travel Form to the City.
- Self- Quarantine for 14 days.
- Not allow visitors.
- Not visit public places.
- Sanitize regularly touched surfaces and wash hands regularly.
- Submit for review and approval a Community/Workforce Protection Plan if you are an essential work.
- Stay on vessel when in the Saint Paul Harbor.

Please do your part to help prevent the spread of COVID-19. If you have any questions about what you are allowed to do while quarantining, or have other questions or concerns about COVID-19 policies applicable to Saint Paul Island please contact 907-546-3110 or email snpcovid19@stpaulak.com.

COVID-19 Risk Level By Activity in Anchorage

	Activity	Requirements/Recommendations/Suggestions
LOW	Restaurants – take out	Choose contact-free delivery if possible
	Dining outside	Tables 6 feet apart, avoid high-touch items like menus
LOW – MEDIUM	Camping	Keep 6 feet from others, keep groups small, no utensils or food sharing
	Golfing	Keep 6 feet from others, hand sanitize after touching surfaces
	Swimming in a pool	Avoid locker rooms, keep distance from others
MEDIUM	Backyard BBQs	Keep groups small, no utensils or food sharing
	Haircut and nail salons	Wear masks, ensure employee hand hygiene and mask wearing
MEDIUM – HIGH	Movie theaters	Sit at least 6ft from others, wipe down arm rests with sanitizing wipes
	Drinking outside with a large group	The more people, the more likely you may be exposed; wear masks
	Hotel	Wear masks, social distance, ask about housekeeping protocol
	Restaurants – indoor	Sit 6 feet from other tables, avoid high-touch items, wear masks in/out
HIGH	Gyms	Stay 6 feet away from others, wear masks, wipe down equipment with sanitizing wipes, avoid locker rooms
VERY HIGH	Bars	Wear masks and social distance as much as possible
	Concerts	Wear masks and social distance as much as possible