

CCFR IMPLEMENTS TEMPORARY HOTLINE AND TESTING CENTER

If you are concerned that you may have the coronavirus disease (COVID-19) or have developed a fever, cough, or shortness of breath, contact your primary healthcare provider. Your provider will review your symptoms and determine if you should be tested at their office.

If you do not have a primary healthcare provider, Juneau residents can call the new Capital City Fire/Rescue COVID-19 screening hotline, 586-6000, daily from noon to 6 p.m. A healthcare worker will help you to complete the screening survey. If you qualify for testing, you will be contacted to arrange an appointment at the new CCFR drive-thru testing center at the Hagevig Fire Training Center.

Due to limited supplies, testing is currently only available for individuals meeting strict criteria. At this time, we are not able to accommodate patients who arrive at the testing center without referrals from their primary care providers or the screening hotline. To reiterate, testing is by appointment only.

LOCAL BUSINESS INFORMATION

CBJ is compiling a list of local businesses and their current changes. Find out if a restaurant offers take-out or delivery. Is the business open or closed? Have the hours changed? Find the list of businesses and instructions on how to add a business to the list on juneau.org/COVID-19. Refer to the page often as businesses are being added daily.

SENIORS: NO NEED TO SIGN LOG SHEET

To mitigate the spread of the coronavirus disease (COVID-19), the City and Borough of Juneau Sales Tax Office is waiving the signature requirement for the Senior Sales Tax Exemption log sheet at stores. Senior citizens should be ready to produce their exemption card at the time of purchase so that the cashier can document their exemption information. In addition, senior citizens have the option of assigning a designated shopper to use the exemption card on the senior's behalf. Please contact the sales tax office at 907-586-5265 for more information on the designated shopper program and how to apply.

RECOMMENDATIONS FOR KIDS TO PLAY WHILE KEEPING DISTANCE

- When recreating outside, give each other space. Spread yourselves out and maintain 6 feet of distance from people other than family members. Kids and adults should avoid activities that involve contact with non-family members, like tag or football.
- Talk to your kids about the importance of giving others space right now. Kids love to touch and hug others, so remind them not to do that with people outside their family during social distancing. When kids do touch each other, remind them to thoroughly wash their hands or use an alcohol-based hand sanitizer and to avoid touching their faces.
- Kids can play with friends outside their family circle, but keep the group small and consistent. The fewer people you have contact with, the better. And make sure that no one in the group shows symptoms of coronavirus or other illnesses.



- Families should take their children's temperatures and ask how they are feeling before socializing with others. Children and adults should stay home and away from others when they have a fever (100.4°F or higher), are coughing or are short of breath. These are some of the symptoms of COVID-19. Families also should follow guidelines about limiting contact with others who have recently traveled outside Alaska. These are found under "COVID-19 Health Alerts and Mandates" on coronavirus.alaska.gov.
- Play dates inside a house could be OK, but the recommendations for small groups and limited interaction still apply. The bottom line is that play dates where children are not in close proximity are better, and that might be easier outside.
- It's wonderful to support children's relationships with grandparents and older adults, but physical interaction between them right now should be limited or avoided. While it's sad to limit face-to-face interactions with older loved ones, that might be the best thing for their health right now. Instead, use FaceTime or Skype to keep your children and grandparents in contact.
- If your child becomes sick, the most important thing to remember is to keep sick children inside the home and away from others, including siblings. Of course, a parent will need to provide care for that child, but siblings and others should be separated as much as possible. If parents believe the child needs medical care, they should call their provider before going in to the clinic.

CORONAVIRUS DISEASE 2019 (COVID-19)

Patients with COVID-19 have reportedly had mild to severe respiratory illness. Symptoms* can include

- Fever
- Cough
- Shortness of breath

***Symptoms may appear 2-14 days after exposure. Seek medical advice if you**

- Develop symptoms
- AND**
- Have been in close contact with someone known to have COVID-19, or recently traveled to an area with widespread or ongoing community transmission.

cdc.gov/COVID19

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FOR MORE INFORMATION, VISIT JUNEAU.ORG/COVID-19.

COVID-19 CORONAVIRUS DISEASE SOCIAL DISTANCING

KEEP YOUR DISTANCE

AVOID THE VIRUS

6 feet

6 feet

6 feet

6 feet

CITY AND BOROUGH OF JUNEAU
ALASKA'S CAPITAL CITY

For more information:
coronavirus.gov or juneau.org/COVID-19