



Welcome to the Juneau International Airport!

The State of Alaska requires all out-of-state travelers to quarantine for 14 days after arrival.

SIGNS &

SYMPTOMS

If you have new symptoms, even mild ones, contact your health care provider or call the local COVID-19 Screening Hotline. Testing will be arranged if appropriate. Symptoms of COVID-19 include:

- Fever
- Cough
- Chills
- Diarrhea
- Fatigue
- Headache
- Shortness of breath
- Difficulty breathing
- Decreased appetite
- Muscle/joint aches
- Phlegm production
- Diminished sense of taste or smell
- Nausea
- Rash
- Rigors
- Runny nose
- Sore throat

These symptoms may appear 2-14 days after exposure.

SCREENING

HOTLINE

If you do not have a primary healthcare provider, call the COVID-19 screening hotline:

586-6000

8:00AM - 5:00PM

Testing may be arranged at the local Drive-Thru Testing Center if appropriate. **All testing at the drive-thru center is by appointment only.** If someone meets the criteria for testing but is homebound or has no transportation, a community paramedic can conduct an in-home test.

Early and broad testing is a crucial component of Juneau's economy reopening. Increased testing will help keep the lid on COVID-19 by making sure any new cases are detected quickly.

Have a non-clinical question about COVID-19? Call 2-1-1. Alaska 211 can help the public with questions about COVID-19 and refer callers to appropriate resources. If 2-1-1 cannot be accessed, call 800-478-2221.



All travelers should follow public health guidance including keeping 6 - 10 feet apart from others, regular hand washing, cleaning surfaces, and wearing a face covering.

YOUR 14-DAY QUARANTINE

Anyone arriving in Alaska should go directly from the airport to the designated quarantine location identified on the mandatory State of Alaska Travel Declaration Form. Travelers may use taxis, ride sharing, and personal transportation to their quarantine location. You should stay at your designated location for 14 days. Those under quarantine cannot visit any public spaces and cannot allow visitors.

- Juneau resident: your designated quarantine location is your residence. Other household members will not be required to quarantine with you but are expected to keep at least six feet away at all times.
- Visitor or worker: your designated quarantine location is your hotel room or rented lodging.

You may leave your designated quarantine location only for medical emergencies or to seek medical care. Find more information on State of Alaska Health Mandate 10 at covid19.alaska.gov.

HELPFUL RESOURCES WHILE QUARANTINING

PRESCRIPTION DELIVERY

Fred Meyer Pharmacy (907) 789-6533

- Free FedEx for non-refrigerated medications
- Option to call ahead and pay in advance to pickup medication at drive-thru window

Safeway Pharmacy (907) 523-2060

- Free delivery for non-refrigerated medication
- No controlled medications can be delivered

Juneau Drug Co. Pharmacy (907) 586-1233

- Free delivery available

REQUEST ASSISTANCE

To request assistance from the City and Borough of Juneau's COVID-19 Volunteer and Community Collaboration Task Force, fill out the form at beta.juneau.org/covid19-request-assistance. The Task Force will do its best to connect those in need with support. Those without internet access can request assistance by calling 907-500-0771.

LOCAL HEALTH CARE

Juneau Urgent and Family Care

www.juneauurgentcare.com

Phone: (907) 790-4111

Fax: (907) 790-3111

8505 Old Dairy Road

Juneau, AK 99801

GROCERY DELIVERY

Rainbow Foods (907) 586-6746

- Downtown/Douglas: Monday - Friday
- Valley/Airport - Monday, Wednesday, and Friday
- Email grocery list and your phone number to orders@rainbow-foods.org
- Minimum order: \$25, plus \$5 delivery fee
- Deliveries placed at front door to avoid contact
- More information: rainbow-foods.org

Instacart

- Use the Instacart app or instacart.com to create a shopping list for Costco, Fred Meyer, or Safeway
- Delivery may not be available for all Juneau neighborhoods
- Delivery fee applies

CAPITAL AKcess (907) 463-6194

- Grocery delivery for seniors and paratransit riders who require this extra support.
- More information and to schedule a delivery: 1-844-4AK-CESS or 463-6194.

TAKEOUT

juneau.org/covid-19 - Find current operations of many Restaurants/Bars/Brewerys from the Local Business Operations button at the bottom of the webpage. Many offer takeout.

ktoo.org/foodguide - KTOO Public Media's guide to takeout and delivery dining in Juneau