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  + [GovDelivery](https://public.govdelivery.com/accounts/AKDHSS/subscriber/new?topic_id=AKDHSS_14)
* [COVID-19 Resources](http://coronavirus.alaska.gov/)
  + [COVID-19 Website](http://coronavirus.alaska.gov/)
  + [COVID-19 Health Mandates](https://gov.alaska.gov/home/covid19-healthmandates/)
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  + [Sign up for COVID-19 updates](https://public.govdelivery.com/accounts/AKDHSS/subscriber/new?topic_id=AKDHSS_157)

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Novel Coronavirus (COVID-19)

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* [About Human Coronaviruses](http://docs.google.com/dph/Epi/id/Pages/Human-Coronavirus.aspx)
* [Media & Communications](http://docs.google.com/dph/Epi/id/Pages/COVID-19/communications.aspx)

### What to do:

* [If you are sick](http://docs.google.com/dph/Epi/id/Pages/COVID-19/Sick.aspx)
* [If you may have been exposed](http://docs.google.com/dph/Epi/id/Pages/COVID-19/exposed.aspx)

### Resources for:

* [General Public](http://docs.google.com/dph/Epi/id/Pages/COVID-19/general.aspx)
* [Health Care](http://docs.google.com/dph/Epi/id/Pages/COVID-19/healthcare.aspx)
* [Specific Groups](http://docs.google.com/dph/Epi/id/Pages/COVID-19/populations.aspx)

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* [COVID-19 Health Alerts](https://public.govdelivery.com/accounts/AKDHSS/subscriber/new?topic_id=AKDHSS_157)
* [DHSS Press Releases](https://public.govdelivery.com/accounts/AKDHSS/subscriber/new?topic_id=12)

### Need help?



For non-clinical questions,

call 2-1-1.



Call Careline if you’re distressed, anxious or just need to talk. Available 24/7 at 877-266-4357.

# 

If you may have been exposed

If you were advised that you should monitor yourself for symptoms of COVID-19 after a low-risk exposure to someone with COVID-19, please follow the guidance below.

## What to do

* [Self-observation for COVID-19](http://docs.google.com/dph/Epi/id/SiteAssets/Pages/HumanCoV/Whattodo_selfobserve.pdf)
* [Monitoring instructions](http://docs.google.com/dph/Epi/id/SiteAssets/Pages/HumanCoV/COVID-19_instructions_monitoring.pdf)
* [Not feeling well? What to do if you are sick](http://docs.google.com/dph/Epi/id/Pages/COVID-19/Sick.aspx)
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* [Hepatitis Prevention](http://docs.google.com/dph/Epi/id/Pages/hepatitis/default.aspx)
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* [Vaccine-Preventable Diseases (VPD)](http://docs.google.com/dph/Epi/id/Pages/VPD.aspx)
* [Epi Procedure Manual](http://docs.google.com/dph/Epi/Pages/pubs/mmm/default.aspx)
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