

## NEWS RELEASE

July 27, 2020

**For Immediate Release**

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### **Update on New Cases of COVID-19 in Southwest Nebraska**

FOR IMMEDIATE RELEASE

In the past seven days, Southwest Nebraska Public Health Department (SWNPHD) has been notified of 21 people from SWNPHD's health district that have tested positive for COVID-19.

New cases include the following:

- One Frontier County resident – a male in his 70's, related to community spread.
- One Furnas County resident – a female in her 30's, related to direct contact with another confirmed case of COVID-19.
- Eight Keith County residents – a female in her 20's and a male in his 80's, both related to community spread, a female in her 30's and a male infant both under investigation, and four others related to direct contact with a case in Perkins County: a female in her 20's, a male in his 20's, a male in his 60's and a female in her 60's.
- Nine Perkins County residents – one male and eight females, all over the age of 80 and related to direct contact.
- Two Red Willow County residents – a male in his 30's related to community spread, and a female in her teens related to travel.

These cases bring the total to 70 confirmed COVID-19 cases. Forty-two of the cases have recovered, and there has been one death. Forty-three cases have been reported in the 2 weeks since July 12<sup>th</sup>; before that there were 28 cases reported in 3 months. About half of these recent cases are related to an ongoing outbreak in Perkins County.

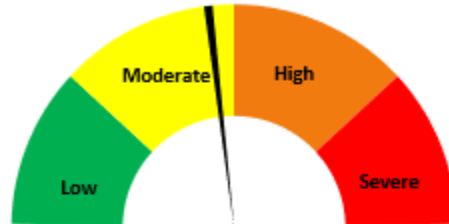
Individuals who had direct contact with the positive cases were notified of their exposure and given instructions to self-quarantine for 14 days from the date of exposure. Direct contact means they were within 6 feet for 15 minutes or more. Anyone who had brief or minimal contact is at low risk and is not required to quarantine and is encouraged to self-monitor for symptoms.

There are free COVID-19 testing events being held throughout the health district, provided by 3 local healthcare agencies: Mark's Pharmacy of Cambridge, Community Hospital of McCook, and Banner Health of Ogallala Community Hospital. Anyone interested in being tested can fill out the assessment at [testnebraska.com](http://testnebraska.com) or call 402-207-9377 and select a local testing site to make an appointment.

The COVID-19 Community Risk Dial for the week of July 27th is yellow. Residents of southwest Nebraska should use caution when at gatherings or in public, including avoiding high-touch surfaces

and wearing a mask. Choose outdoor activities when possible and avoid close contact in enclosed spaces. Those who are at higher risk of complications from COVID-19 should stay home.

For more information on COVID-19 in southwest Nebraska, visit [www.swhealth.ne.gov](http://www.swhealth.ne.gov). You can also follow SWNPHD on Facebook, Twitter, and Instagram. SWNPHD serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. SWNPHD is located at 404 West 10th St in McCook.



**Risk Dial for COVID-19**  
**Southwest Nebraska**  
**Public Health Dept**  
 Updated July 27, 2020

<b>COVID Yellow: Moderate Risk of COVID-19 Spread</b>		
<b>General Public</b>	<b>Outside the Home – Work, Social, In Public</b>	<b>At Home</b>
Physical Distancing	<ul style="list-style-type: none"> <li>Consider staying at home most of the time, with caution for non-essential travel and work</li> <li>Distance at least 6 feet from anyone outside the home</li> <li>Work from home if possible</li> <li>Individual outdoor activities such as walking, biking, etc. are acceptable</li> <li>Cautious expansion of interactions with others, outdoor activities preferred</li> <li>Gatherings only with modifications for COVID-19</li> <li>Events only as guided by LLCHD</li> </ul>	<ul style="list-style-type: none"> <li>No distancing for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected</li> <li>Self-isolation of symptomatic persons</li> <li>Outdoor activities with distancing are acceptable.</li> </ul>
Face Covering	<ul style="list-style-type: none"> <li>Face coverings suggested when unable to distance</li> <li>Face coverings for symptomatic people</li> </ul>	<ul style="list-style-type: none"> <li>No face coverings for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected</li> <li>Face coverings for symptomatic people</li> </ul>
Hand Washing	<ul style="list-style-type: none"> <li>Frequently wash hands for at least 20 seconds, especially after touching high contact surfaces, sneezing/coughing/touching face, or before eating</li> <li>Use hand sanitizer when handwashing is inaccessible or infeasible</li> </ul>	<ul style="list-style-type: none"> <li>Frequently wash hands for at least 20 seconds, especially after touching high contact surfaces, sneezing/coughing/touching face, or before eating</li> </ul>
Illness Monitoring	<ul style="list-style-type: none"> <li>If ill with Flu-like or COVID-like symptoms, <b>Stay at Home</b></li> <li>Minimize contact with symptomatic people</li> <li>Daily temperature checks at work</li> </ul>	<ul style="list-style-type: none"> <li>Monitor for COVID-like symptoms</li> </ul>
Disinfecting	<ul style="list-style-type: none"> <li>Avoid bare hand contact with any high touch surface</li> <li>Use barrier such as paper towel or clothing when bare hand contact is unavoidable</li> <li>Wash hands or apply sanitizer after touching high contact surfaces</li> <li>Enhanced disinfection, especially for high contact surfaces (door/other handles, light switches, bathroom fixtures)</li> </ul>	<ul style="list-style-type: none"> <li>Enhanced disinfection, especially for high contact surfaces (door/other handles, light switches, bathroom fixtures)</li> </ul>
<b>At-Risk or Vulnerable Population</b>	<b>For adults over age 65, anyone with underlying health conditions, and other populations at heightened risk from COVID-19</b> <ul style="list-style-type: none"> <li>Stay home as much as possible</li> <li>Rely on help for needs outside the home (groceries, medications, etc.)</li> <li>Distance from those working outside of the home</li> </ul>	