



March 17, 2020

For immediate release

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COVID-19 Panhandle Status Update

There are currently no cases of COVID-19 in the Panhandle. A number of

Currently implemented in the Panhandle to flatten the curve:

- All callers must call 262-2764 to self-report before seeking medical care.
- Schools have closed for two weeks with a reevaluation date of March 27, 2020.
- Nursing homes are restricting visits.
- Events and gathering to include: concerts, festivals, conferences, worship service/church, weddings, funerals, gyms, theaters, restaurants and bars, sporting, and other such events (not including worksites and grocery stores) are limited to 10 or less with the critical message to stay 6 feet away from others.
- Many places are closing to the public to use this critical time for sanitizing and critical administrative planning.

It is critical to remember, these are all precautionary measures to flattening the curve during this timeframe.

There are currently no cases of COVID-19 in the Panhandle. **Travel advisement**

We recommend that you call Panhandle Public Health District at 308-262-5764 if you develop a fever and symptoms of respiratory illness, such as cough or difficulty breathing, and have been in close contact with a person known to have COVID-19 or have recently traveled to an area with ongoing spread.

Residents are encouraged to review their family preparedness plans.

People can help protect themselves from COVID-19 and other respiratory infections by:

- **Social distancing**, staying 6 feet away from others.

- **Washing hands often with soap and water** for at least 20 seconds. If soap and water aren't available, use an alcohol-based sanitizer.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.
- **Avoid close contact with sick people and stay home if you are sick.** Social distancing has been key in reducing spread.
- **Cover your nose and mouth with a tissue when you cough or sneeze** then throw the tissue in the trash.
- **Clean and disinfect frequently** touched objects and surfaces.

Panhandle Public Health District will keep you posted in this quickly changing environment. We continue to monitor the unfolding COVID-19 epidemic to anticipate its impact on the Panhandle. We are working as a unified command with Region 21, 22, and 23 Emergency Managers, and Scotts Bluff County Health Department on this evolving situation. We will continue to communicate important updates to the public and our partners. The CDC is putting out updated guidance daily; for the most up to date information visit: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>. To learn more about COVID-19, go to <https://www.cdc.gov/covid19>.

Panhandle Public Health District is working together to improve the health, safety, and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle Community. Visit our website www.pphd.org.