

STAY HOME – STAY HEALTHY – STAY CONNECTED

For more COVID-19 Information from the region, including previous issues of this report, click [here](#).

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Purpose: The purpose of this report is to provide an update to city officials within Region 22 about the current COVID-19 Pandemic. It is essential to keep in mind that this information often changes rapidly. Any questions, suggestions or concerns can be directed:

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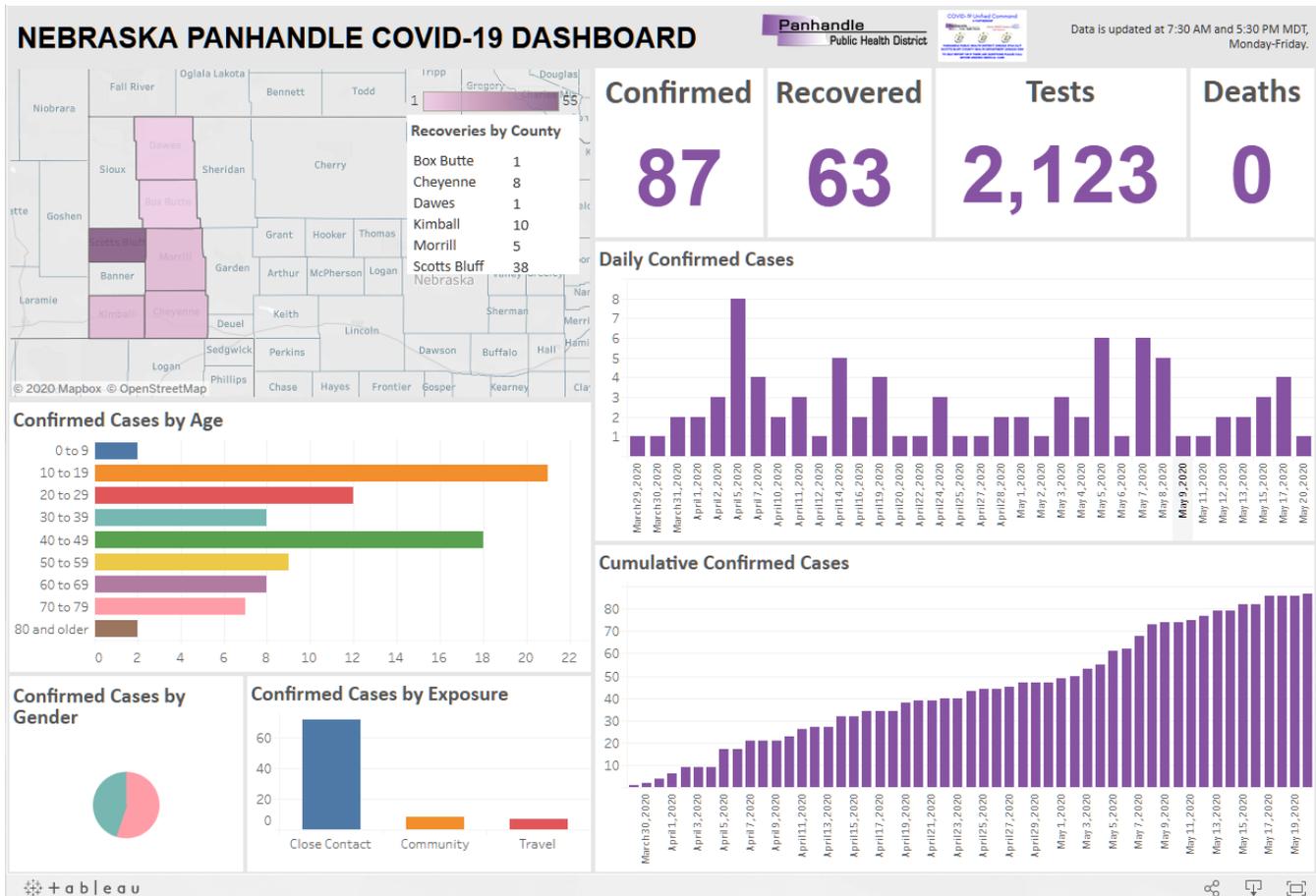
COVID-19 Nebraska Cases: As of 5:00 p.m., May 20, 2020. This information is updated daily and can be found by clicking [here](#).

United States Totals
 Total cases 1,528,235
 Total Deaths 91,664
[Link to US CDC](#)

Nebraska totals
 Positive tests 11,222
 Negative tests 64,518
 Total tested 75,864
 Deaths 138

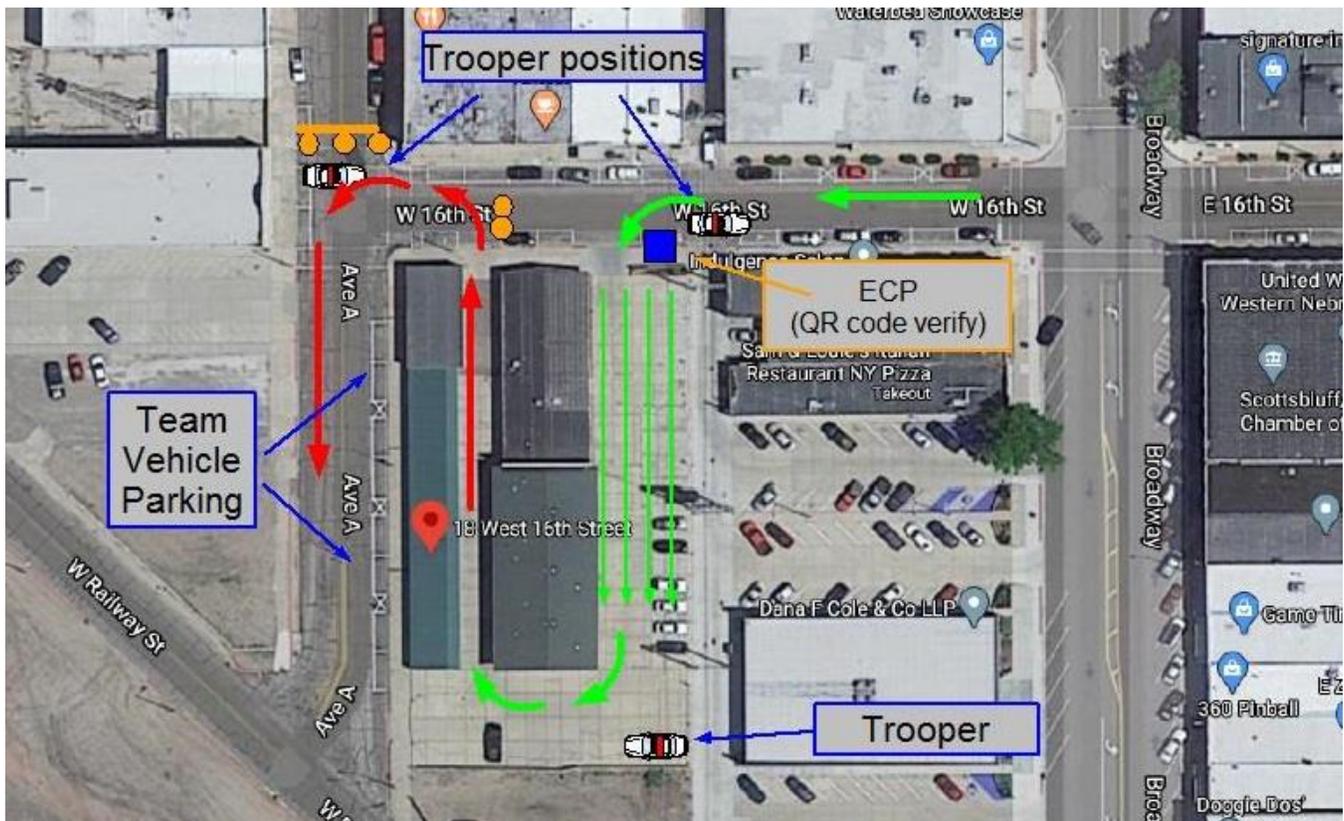
Scotts Bluff Cases
 Positive tests 55
 Negative tests 719
 Total tested 774
 Recovered 38

This dashboard is hot-linked to [phd.org](#)



TestNebraska in Scottsbluff This Week

Updated Information - The Nebraska National Guard has begun testing this morning in Scottsbluff. The testing site is the Panhandle Public Health District new building at 18 W 16th Street, at the corner of W 16th and Avenue A. The only way to get an appointment is to register through www.testnebraska.com and take the short assessment. Testing will also occur on Friday as well. If you are deemed to be eligible to be tested, you will be given the opportunity to choose a time to come in for the test. If you are not deemed to be eligible at the time, the system may email you on the day of testing if the higher priority slots are not filled. If there is someone who would like to sign up for the tests, but are not computer savvy, they may call Panhandle Public Health District at (308) 262-5764. Testing will be done as a drive through, and the person will not need to leave their vehicle. Below is the traffic flow.



CDC Now Says COVID Does Not Spread Easily From Contaminated Surfaces

New Information – Although the CDC still recommends routinely cleaning and disinfecting frequently touched surfaces, they no longer believe COVID-19 can be easily spread from touching contaminated surfaces. It may still be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. This is not thought to be the main way the virus spreads, but we are still learning more about this virus. Dr. John Whyte, the chief medical officer for the healthcare website WebMD, called the CDC's changes an "important step in clarifying how the virus is spread, especially as we gain new information. It also may help reduce anxiety and stress. Many people were concerned that by simply touching an object they may get coronavirus and that's simply not the case. Even when a virus may stay on a surface, it doesn't mean that it's actually infectious. I think this new guideline helps people understand more about what does and doesn't increase risk. It doesn't mean we stop washing hands and disinfecting surfaces. But it does allow us to be practical and realistic as we try to return to a sense of normalcy."

May Reminders

Throughout the month of May, people are reminded to respect the following to keep Nebraska healthy:

- Wear a mask when possible.
- Wash your hands frequently. Wash your hands with soap for at least 20 seconds and sanitize when available.
- Monitor your symptoms. If you experience a cough, fever, shortness of breath, headache, sore throat, chills, muscle pain, or loss of taste or smell call your doctor, clinic, or our 24/7 line at 308-262-5764 before going.
- Socially distance in public and at work. Use the six-foot rule as much as possible.
- Only sit with people from your household when at church. Stay six feet from other households.
- Stay home. Do not take unnecessary trips outside the home. Respect the ten-person limit. Non-essential out-of-state travel is discouraged.
- Shop alone and only shop once a week. Do not take family with you.
- Help kids follow social distancing. Play at home. No group sports. And no playgrounds.
- Help seniors stay at home by shopping for them. Do not visit long-term care facilities.
- Exercise daily at home or with an appropriately socially-distanced activity.

Resources:

To find resources from Panhandle Public Health District, click [here](#).

For Wyoming COVID-19 Information, click [here](#).

For Colorado COVID-19 Information, click [here](#).

For South Dakota COVID-19 Information, click [here](#).

To find a Comparison of COVID-19 Loan Programs – Forgiveness Terms click [here](#).

Map of Confirmed COVID-19 Cases in U.S. Counties: [March 1 through Today](#).

Nebraska DHHS COVID-19 information can be found [here](#).

For information on Potential Community Exposure Sites, please click [here](#).

To read the most recent Directed Health Measure (DHM) from the Governor, click [here](#).

The Nebraska Emergency Management Agency Daily Situation Report can be found [here](#). The information on this site is For Official Use Only, not to be shared with the general public.