

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:

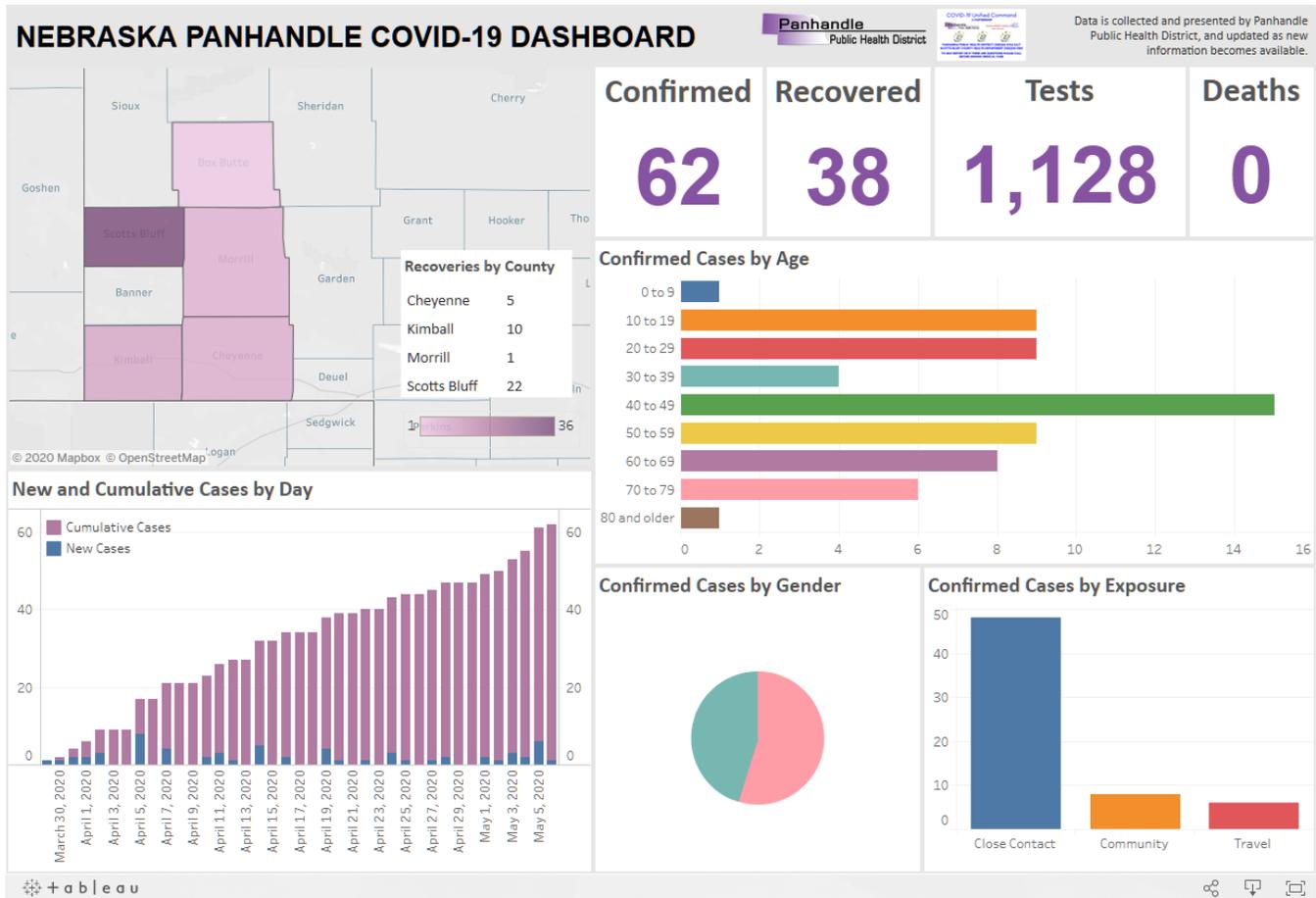
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COVID-19 Nebraska Cases: As of 4:45 p.m., May 6, 2020. This information is updated daily and can be found by clicking [here](#).

United States Totals
 Total cases 1,193,813
 Total Deaths 70,802
[Link to US CDC](#)

Nebraska totals
 Positive tests 6,771
 Negative tests 30,987
 Total tested 37,829
 Deaths 86

This dashboard is hot-linked to pphd.org



Panhandle Cases:

Source: [Nebraska Department of Health and Human Services](#)

County	Panhandle	Scotts Bluff	Kimball	Cheyenne	Box Butte	Morrill
Total Tests	1128*	426	88	196	80	81
Negative Tests	1066	391	78	189	79	74
Positive Tests	62	36	10	8	1	7
Deaths	0	0	0	0	0	0
Recovered	38	22	10	5	0	1

* Does not include pending tests.

National Guard testing Returns to the Panhandle This Weekend

New Information – Unified Command announced that the National Guard would be conducting the testing this weekend by appointment only, specifically for those who may have emerging symptoms as the weekend approaches, or believe they may have had an exposure.

The schedule will start Saturday, May 9th with Sidney in the morning, and then Oshkosh in the afternoon. On Sunday, May 10th, Bridgeport will host the morning, followed by Alliance in the afternoon. On May 11th, the morning site will be in Chadron, and Gordon in the afternoon.

Someone who may be symptomatic now should not wait for the weekend testing, but instead arrange to get tested immediately through their health care provider. The scheduling for the weekend testing will be in 15-minute intervals, and the scheduler for each site will not be available until about 24 hours before the testing is to take place.

PPHD will provide additional details on their website, as well as through the organization's Facebook page. Similar testing is expected to eventually return to Scotts Bluff and Kimball County locations in a couple of weeks.

Testing through testnebraska.com will begin in the next couple of weeks as well. Details are being worked out with the State on how that will work.

The Difference between Quarantine and Isolation

Many people are confused about the definitions of quarantine and isolation. Here are differences and what to do if you are asked to quarantine or isolate at home.

Quarantine means the separation of a person or group of people reasonably believed to have been exposed to a communicable disease but not yet symptomatic, from others who have not been so exposed, to prevent the possible spread of the communicable disease. People are put in quarantine when they are not currently sick, but have been exposed or possibly exposed to a communicable disease. This can help stop the spread of the disease. Originally, a quarantine was for forty days. The origin of the word comes from Italy and is derived from the Italian word “quaranta” which means forty.

Isolation is the separation of a person or group of people known or reasonably believed to be infected with a communicable disease and potentially infectious from those who are not infected to prevent spread of the communicable disease. Isolation for public health purposes may be voluntary or compelled by federal, state, or local public health order. Isolation happens when a person is infected with a

communicable disease, and is separated from people who are healthy. This also helps stop the spread of the disease. Think of isolation as solitary confinement, not as a punishment, but as a prevention tool to keep those around them from being infected. Isolation is usually much shorter in duration.

During quarantine or isolation, a person should do the following:

- Stay Home – Do not go to work, school, or other public places.
- Monitor Symptoms – Watch for symptoms of COVID-19 and check temperature twice daily.
- Call Healthcare Provider – If one needs to go to a doctor, call them ahead of time so they can prepare, to prevent infecting persons in the waiting room, or the healthcare provider themselves.
- For Medical Emergencies – Make sure to let the 911 dispatcher know of any symptoms.
- Cover your cough and sneezes – COVID is spread through respiratory droplets, but can be transferred from surfaces if someone coughs or sneezes onto a surface, then another person touches the surface and touches their mouth or nose.
- Wash your hands often – Wash hands for 20 seconds each time. Use soap. Use hand sanitizer when washing is not possible.
- Stay away from other people as much as possible – This is especially true of those who are sick and need to isolate.
- Avoid sharing personal items – Don't drink from another's cup, eat off their plate or share towels.
- Clean all surfaces – Clean any place that is touched often such as countertops, doorknobs, etc.

Resources:

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.