

## 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., April 19, 2020. This information is updated daily and can be found by clicking [here](#).

### United States Totals

Total cases 720,630

Total Deaths 37,202

[Link to US CDC](#)

### Nebraska totals

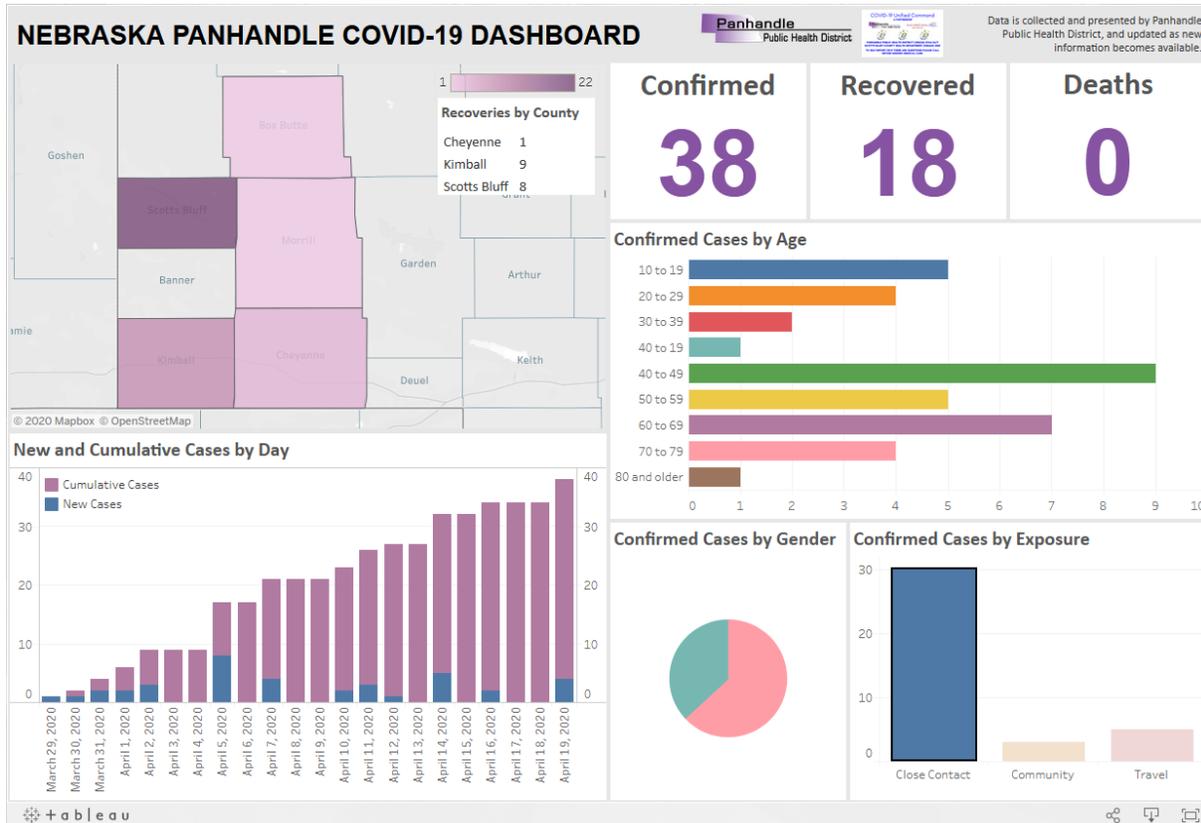
Positive tests 1,474

Negative tests 14,206

Total tested 15,756

Deaths 28

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



### Panhandle Cases:

County	Panhandle	Scotts Bluff	Kimball	Cheyenne	Box Butte	Morrill
<b>Total Tests</b>	653*	251	79	160	41	58
<b>Negative Tests</b>	615	229	69	156	40	57
<b>Positive Tests</b>	38	22	10	4	1	1
<b>Deaths</b>	0	0	0	0	0	0
<b>Recovered</b>	18	8	9	1	0	0

\* Does not include pending tests.

### Pools and Water Parks:

On April 15<sup>th</sup>, a memo was distributed from the Nebraska Department of Environment and Energy (NDEE) about indoor and outdoor pools and water parks. The memo reiterates that the State Directed Health Measure require social distancing. However, there are some facilities that may be able to meet the difficult COVID-19 requirements and not contribute to further spread of the virus. The Department recommends pools, spas and spray parks carefully evaluate the requirements and close or delay opening until the social distancing requirements in the DHM are lifted. Current CDC guidance states the COVID-19 virus is not spread in pool water if proper pool chemistry is maintained, but there is a concern for common areas, and people being in close contact with one another and in groups of 10 or larger. The City of Scottsbluff reviewed this memo and decided to maintain the current plan to stay in suspended mode until conditions change. Given the typical young age of swimmers and excitement that is typical in this setting, it would be hard for lifeguards to enforce social distancing and still keep a watch on the pool itself.

### Business Recovery News:

In preparation for mapping a plan for economic recovery from the impact of the coronavirus, Gov. Pete Ricketts on Wednesday launched a business recovery survey that will gather information and suggestions online. Ricketts said he's seeking information on "how this has impacted business operations (as) we think about planning for future growth." Recovery will be "a team effort," the governor said during his daily news briefing on the coronavirus and the state's efforts to manage the pandemic. New state government revenue figures demonstrate that "the Nebraska economy was really humming along" until the virus hit, Ricketts said. The business recovery survey is can be found [here](#).

### Severe Weather Awareness during a Pandemic:

***New Information*** – *It is up to every individual to have a plan what they will do in case of severe weather. Make your arrangements NOW. Do not wait until storm warnings are happening to decide what to do.*

- *There are no actual “community shelters” in the Panhandle with the exception of the Safe Room at Minatare High School. No other “government owned” facilities exist.*
  - *In Region 22, there is a list of businesses and churches that have agreed to open portions of their buildings as storm shelters, usually during business hours only. This list can be found on the Scotts Bluff County Website under [Emergency Management](#).*

- *Those that have agreed to be such places that people can shelter are encouraged to disinfect their facilities now in anticipation of this year's storm season, and again after each use.*
- *It would be helpful if those places also had hand sanitizer available.*
- *If you are sick, or have been a potential exposure, try to shelter privately instead of going to a public shelter.*
- *Only go to a community shelter as a last resort, when no other shelter options are available.*
- *Wear a cloth or better mask if available.*
- *Maintain as much distance from each other as possible, even if six feet is not achievable.*
- *Shelter from a storm should always outweigh the potential for contracting a communicable disease.*
- *As soon as it is safe to do so, vacate the shelter and wash your hands and monitor your symptoms for the next 14 days.*

### **Directed Health Measure Revisited:**

The DHM enacted for all Nebraska counties through **April 30, 2020** includes the following updates:

- All beauty/nail salons, barber shops, massage therapy services, gentleman's clubs, bottle clubs, indoor movie theatres, indoor theatres, and tattoo parlors/studios are hereby ordered to cease providing services to the public and are ordered closed.
- Venues such as fitness centers/clubs, gymnasiums, gyms, health clubs, and health spas must ensure 10 or less people and a minimum distance of six (6) feet between all patrons.

Enacted for all Nebraska counties through **May 31, 2020**:

- All Organized Team Sports, youth and adult, including but not limited to Club Sports are hereby suspended.

Enacted for all Panhandle counties through **May 11, 2020**:

- Auto racing racers and members of their pit teams count towards the 10 person limit. They are not considered staff.
- Bars and restaurants must close dining/public areas and can only offer carry out, curbside pickup, delivery, or drive through options.
- Daycare facilities can only have 10 children per classroom, excluding staff.
- Weddings, funerals, and any other public events must follow the 10 people or less guidance.
- The following venues must follow the 10 people or less guidance: Gymnasiums, auditoriums, stadiums, arenas, large event conference rooms, meeting halls, libraries, or any other confined indoor or outdoor space.
- Convenience stores must close their seating portion. People are not to congregate.
- Breakfast bars in hotels are to close their seating area and instruct their guests to take the food back to their rooms.

- In regards to bowling alleys, there is no consumption of food or alcohol allowed in the building. There is to be no more than 10 people at a time and a stringent cleaning routine needs to be implemented.
- Elective surgeries and procedures are prohibited.
- Individuals that test positive for COVID 19 or who have a fever of 100.4 or above, or a sudden onset of a cough or sudden onset of shortness of breath, and individuals who live with a person that has tested positive for COVID 19 must home quarantine for no less than 14 days from the date of positive test or onset of symptoms and isolation

## **Trauma and Stress Response**

What makes something traumatic is being unable to do anything which leads to a feeling of lack of control or security

- being unable to move due to quarantine equals a feeling of being trapped
- being unable to take action to make things better equals a feeling of being powerless
- being unable to predict the future of the situation equals a feeling of uncertainty

The experience of threats and fear will shift our internal state rapidly. When we experience threats or fear, our cognitive and behavioral functioning is affected. When the body perceives a sense of threat, the brain mobilizes the body to get ready to meet the threat. The more threat perceived, the more the thinking part of the brain shuts down. Expect to be more reactive, less rational and more emotional in your responses. When the body maintains vigilance monitoring the threat for a long time, it is physically and emotionally draining. Expect to have exhaustion, difficulty focusing and more irritability. This event may trigger some people who have had past experiences of trauma that feel similar to this experience, such as the lack of control, powerlessness, uncertainty. When these signs appear, these are some good ways to take care of yourself. Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting. Take care of your body. Take deep breaths and stretch. Try to relax and calm down. Try to eat a healthy, well-balanced diet. Exercise regularly and get plenty of sleep. And avoid alcohol and drugs. Make time to unwind. Do activities and hobbies you enjoy. And stay connected with others. Talk to your friends and family about your concerns and how you are feeling.

## **Resources:**

The University of Nebraska Medical Center has developed a COVID-19 screening mobile app. Click [here](#) to learn more, click [here for the App Store](#).

How to wear cloth face coverings and CDC guidance on homemade cloth face coverings 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](#).

Small Business Guidance and Loan Resources can be found [here](#).

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](#).