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For immediate release

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**Know how COVID-19 spreads, the best way to prevent illness is to avoid being exposed to the virus**

**One new case of COVID-19, Panhandle total case count 87: 24 active, 63 recovered**

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- COVID-19 may be spread by people who are not showing symptoms.

Unified Command confirms one new case of COVID-19. A Scotts Bluff County female in her teens is a close contact of a previously positive case.

The investigation is complete, all close contacts will be quarantined and actively monitored twice daily for fever and respiratory symptoms by public health officials. There are no community exposure sites identified. Exposure is defined as at least 10 minutes, less than six feet apart.

Testing will be offered from 8-11am and 3-6pm at 18 West 16<sup>th</sup> Street in Scottsbluff. This is the Panhandle Public Health District office.

Complete the brief assessment at [TestNebraska.com](https://TestNebraska.com) to determine if you are selected to be tested. Even if you are not initially offered a time slot you may be invited upon availability. Please call 308-262-5764 if you do not have computer access and need assistance.

**March 2-May 20, 2020**

**Positive: 87**

**Deaths: 0**

**Recovered: 63**

**Active cases: 24**

- **Box Butte County: 1 case (recovered)**
- **Cheyenne County: 10 cases (2 active, 8 recovered)**
- **Dawes County: 1 case (recovered)**
- **Kimball County: 10 Cases (10 recovered)**
- **Morrill County: 10 Cases (5 active, 5 recovered)**
- **Scotts Bluff County: 55 Cases (17 active, 38 recovered)**

Throughout the month of May, we are reminding people 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.

Panhandle Public Health District, Region 21, 22, and 23 Emergency Management, and Scotts Bluff County Health Department are working as a unified command on this evolving situation. Essential updates will be regularly communicated to the public and community partners.

For the most up to date information from the CDC, visit <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

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](http://www.pphd.org).