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For immediate release

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**Physical toll of recovering from COVID-19 should not leave a lifetime of mental health scars  
Panhandle total: 369, Active: 69, Recovered: 295, Deaths: 5**

The COVID-19 pandemic is stressful for people. Fear and anxiety about what can happen is overwhelming and causes strong emotions in children and adults.

The important prevention strategies like social distancing, can make people feel isolated and lonely but remain critical to reducing the spread. Coping with stress in a healthy way will make you, the people you care about, and your community stronger.

Some people in the Panhandle that have been confirmed with COVID-19 have been subjected to threats and other concerning bullying behaviors. The physical toll of recovering from COVID-19 should not leave a lifetime of mental health scars. Please be kind, no one is immune to this virus. Modeling kindness for children is key as we are nearing the start of school and to help lessen physical and emotional anxiety.

Resources for mental health:

- Region 1 Behavioral Health Authority: 308-635-3173
- Nebraska Rural Response Hotline: 1-800-464-0258
- Nebraska Suicide Prevention Hotline: 1-800-273-TALK (8255)
- Mental Health Crisis Line: 1-877-492-7001
- Substance Use Crisis Line: 1-308-762-7177

Unified Command confirms four more cases of COVID-19 in the Panhandle:

County	Demographics	Exposure Type
Kimball	Female in her 40s	Close Contact
Scotts Bluff	Female in her teens	Community Spread
Scotts Bluff	Female in her 20s	Community Spread
Scotts Bluff	Male in his 40s	Close Contact

The investigations are complete, all close contacts will be quarantined and actively monitored twice daily for fever and respiratory symptoms by public health officials.

One new recovery in Kimball County brings the total recoveries to 295.

**March 2-July 16, 2020**

**Total Tests Conducted: 6,279**

**Positive: 369**

**Cumulative Positivity Rate: 5.8%**

**Recovered: 295**

**Active Cases: 69**

**Active Hospitalizations: 2**

**Total Cumulative Hospitalizations: 38**

**Deaths: 5**

- **Banner County: 2 cases (recovered)**
- **Box Butte County: 4 cases (1 active, 3 recovered)**
- **Cheyenne County: 22 cases (2 active, 20 recovered)**
- **Dawes County: 4 cases (recovered)**
- **Deuel County: 1 case (active)**
- **Garden County: 4 cases (recovered)**
- **Kimball County: 16 cases (3 active, 13 recovered)**
- **Morrill County: 54 cases (3 active, 51 recovered)**
- **Scotts Bluff County: 248 cases (58 active, 185 recovered, 5 deaths)**
- **Sheridan County: 8 cases (1 active, 7 recovered)**
- **Sioux County: 6 cases (recovered)**

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).