



August 11, 2020

For immediate release

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**Supporting your child during COVID-19**

**Panhandle total: 469, Active: 50, Recovered: 413, Deaths: 6**

Coping with stress in a healthy way will make you, the people you care about, and your community stronger. Not all children and teens respond to stress in the same way.

**How can you support your child during COVID-19?**

- Answer questions and share facts from credible sources about COVID-19 in a way that your child can understand.
- Reassure your child that they are safe. Let them know it is okay if they feel upset. Share with them how you deal with your own stress so that they can learn from you how to cope with stress.
- Limit your family’s exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Try to keep up with regular routines. Create a schedule for learning activities and relaxing or fun activities.
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.
- Spending time with your child in meaningful activities, reading together, exercising, playing board games.

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

<b>Children 19 and under: 0</b>
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<b>Adults: 6</b>		
<b>County</b>	<b>Cases</b>	<b>Exposure Type</b>
<b>Box Butte</b>	1	Close Contact
<b>Box Butte</b>	1	Community Spread
<b>Deuel</b>	1	Close Contact
<b>Morrill</b>	1	Close Contact

<b>Scotts Bluff</b>	1	Community Spread
<b>Scotts Bluff</b>	1	Unknown

The investigations are underway; all close contacts will be quarantined and actively monitored for symptoms by public health officials.

Unified Command confirms three more recoveries in the Panhandle.

<b>Recovered: 3</b>	
<b>County</b>	<b>Total</b>
<b>Scotts Bluff</b>	3

**Testing information and access for the Panhandle area:**

- You can sign up for the following free testing at [Testnebraska.com](https://www.testnebraska.com) or 402-207-9377:
  - Box Butte General Hospital in **Alliance**: Monday-Friday, 9-10am
  - **Chadron** Community Hospital: Mondays & Fridays, 7-9am
    - Collections are at 821 Morehead Street (Old Hospital ER Entrance next to Wilson Park)
  - **Gordon** Memorial Hospital: Tuesdays & Thursdays, 2-4pm
  - Regional West Health Services in **Scottsbluff**: Monday-Friday, Noon-4pm
  - **Sidney** Regional Medical Center: Tuesdays & Thursday, 7-9am
- Community Action Health Center in **Gering**: Mondays, Wednesdays, & Thursdays, 7-8am
  - Testing is free, sign up at <https://tinyurl.com/y7msahzq>
- Morrill County Community Hospital in **Bridgeport**: Daily
  - Call 308-262-1616 for testing, same day results, insurance will be billed
- Contact your local hospital or clinic for information on testing access.

**March 2-August 11, 2020**

**Total Tests Conducted: 9,159**  
**Positive: 469**  
**Cumulative Positivity Rate: 5.1%**  
**Recovered: 413**  
**Active Cases: 50**  
**Deaths: 6**  
**Active Hospitalizations: 1**  
**Total Cumulative Hospitalizations: 46**

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).