



August 13, 2020

For immediate release

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Updated quarantine guidance

Panhandle total: 481, Active: 56, Recovered: 419, Deaths: 6

The quarantine guidance has been updated as per the Centers for Disease Control and Prevention (CDC).

Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. This helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms.

Who needs to quarantine?

- People who have been in close contact with someone who has COVID-19-excluding people who have had COVID-19 within the past three months.
 - People who have tested positive for COVID-19 do not need to quarantine or get tested again for up to three months as long as they do not develop symptoms again. People who develop symptoms again within three months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.

Unified Command confirms two more cases of COVID-19 in the Panhandle. The investigations are complete, all close contacts will be quarantined and actively monitored for symptoms by public health officials.

Children 19 and under: 0

Adults: 2		
County	Cases	Exposure Type
Dawes	1	Community Spread
Scotts Bluff	1	Community Spread

Unified Command confirms two more recoveries in the Panhandle:

Recovered: 2

County	Total
Scottsbluff	2

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
 - Ambulance Bay on the east side of the emergency department, watch for the green arrows
 - **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 13, 2020

- **Total Tests Conducted: 9,415**
- **Positive: 481**
- **Cumulative Positivity Rate: 5.1%**
- **Recovered: 419**
- **Active Cases: 56**
- **Deaths: 6**
- **Active Hospitalizations: 2**
- **Total Cumulative Hospitalizations: 48**

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.