



December 1, 2020

For immediate release

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Seventeen COVID-related deaths in the Panhandle reported, Panhandle total deaths 67

Seventeen additional COVID-related deaths in the Panhandle are being reported. This brings the total deaths in the Panhandle to 67. The deaths are being announced as follows:

Box Butte County

- One female in her 50s
- Two males in their 70s

Dawes County

- One female over 100
- One male in his 90s

Cheyenne County

- Three females: one in her 40s, one in her 80s, one in her 90s
- One male in his 60s

Kimball County

- One male in his 60s

Scotts Bluff County

- Two females: one in her 60s, one in her 80s
- Five males: two in their 50s, two in their 70s, one in his 80s

“We extend our deepest condolences to the friends and loved ones in the loss of our fellow Panhandle residents. This insidious virus reminds us how precious life is and how we all must remain vigilant with safety precautions for one another,” expressed Kim Engel, Panhandle Public Health District Director.

Please do not wait to reach out for help if you are struggling with feelings of depression, sadness, or anxiety. Several free and low-cost resources are available:

- Mental Health Providers in the Area - <https://tinyurl.com/y4m7a9g4>
- Region 1 Behavioral Health Authority - <https://tinyurl.com/y4wm4pzv>
- Nebraska Strong Recovery Project
 - Nebraska Rural Response Hotline: 800-464-0258
 - Nebraska Family Helpline: 888-866-8660
- National Suicide Prevention Lifeline:
 - 800-273-8255 for English or 888-628-9454 for Spanish
 - <https://suicidepreventionlifeline.org/>

Everyone reacts differently to stressful situations, social support from family or friends remains important. Finding healthy and safe outlets like going for a walk, calling or video chatting with a

friend or family member, or enjoying a new book or TV series are all healthy and safe coping strategies.

This public health emergency requires the public to be caring citizens and to contribute to the solution for the sake of our communities and those we love.

Avoid the Three Cs:

- Avoid Crowded Places – Avoid gathering in groups where you cannot maintain 6-feet of distance from others
- Avoid Close Contact – Wear a mask over your nose and mouth or maintain 6-foot distance when you are spending more than 15 total minutes with people you don't live with
- Avoid Confined Spaces – Avoid enclosed spaces with poor ventilation

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.

The Panhandle COVID dashboard is updated weekdays at 4:30 pm MT and available at www.pphd.org. 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.