



***Our Vision: Healthy People in Healthy Communities***  
**Adams, Clay, Nuckolls and Webster Counties**

For Immediate Release: March 26, 2020  
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**SHDHD announces two additional COVID-19 cases, one is a Colorado resident**

Health officials continue to encourage social distancing and prevention

**Hastings, Neb** – Two additional lab-confirmed cases of COVID-19 were reported to South Heartland District Health Department (SHDHD) on Thursday, March 26. One individual is a male in his 40s who is currently hospitalized and in isolation in Adams County. The other individual is a male in his 50s who is a Colorado resident who spent time in Adams County. He is currently hospitalized and in isolation in Adams County, but will be counted in his home state as is standard epidemiological practice.

SHDHD has initiated a contact investigation to identify people who may have been exposed so that they can take next steps and prevent further spread.

All identified close contacts will be notified, asked to self-quarantine (stay home) and be actively monitored twice daily by SHDHD for fever and respiratory symptoms.

Typical symptoms of COVID-19 are fever, cough, and shortness of breath. People who are concerned they may have COVID-19 should self-isolate (have no contact with other people) and call ahead to their primary care provider to be screened over the phone. The provider can evaluate and determine if testing is necessary.

People can help protect themselves and others from COVID-19 and other respiratory infections by:

- Avoiding close contact with sick people and staying home if you are sick.
- Avoiding non-essential travel and staying at home as much as possible.
- Avoiding gatherings of more than 10 people.
- Keeping space of 6 feet or more between yourself and others.
- Washing hands often with soap and water for at least 20 seconds. If soap and water aren't available, use an alcohol-based sanitizer.
- Avoiding touching your eyes, nose, and mouth with unwashed hands.
- Covering your nose and mouth with a tissue when you cough or sneeze then throw the tissue in the trash, or cough in your sleeve.
- Cleaning and disinfecting frequently touched objects and surfaces.

There is a statewide coronavirus (COVID-19) information line to help answer general questions and share the latest information and resources with Nebraskans to help keep them informed: (402) 552-6645; hours of operation are 8 a.m. to 8 p.m. CST, 7 days a week.

SHDHD encourages residents to stay informed by checking SHDHD's website [www.southheartlandhealth.org](http://www.southheartlandhealth.org) for local information and updates, as well as links to the state and national websites.

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