



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

For Immediate Release: March 29, 2020
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Additional COVID-19 Case Identified in Adams County

Hastings, Neb – An additional lab-confirmed case of COVID-19 was reported to South Heartland District Health Department (SHDHD) on Sunday, March 29, bringing the total number of cases in the South Heartland District to three.

The individual is a female under 20 who is currently self-isolated at home and is being actively monitored by public health officials. She reported minimal symptoms, including loss of smell and taste, which are symptoms associated with COVID-19 infections in some individuals. Younger individuals typically have more mild symptoms, so South Heartland continues to encourage everyone to practice social distancing and prevention to protect those who are more vulnerable.

This case is linked to SHDHD's second case. Both cases attended an event in Hall County on March 14. Central District Health Department reported community transmission in Hall County on March 26.

SHDHD is continuing to conduct contact investigations for the second and third cases to identify people who may have been exposed so that they can take next steps and prevent further spread,

All identified close contacts are being notified, asked to self-quarantine (stay home) and are 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 for local information and updates, as well as links to the state and national websites.

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