



East Central

District Health Department

FOR IMMEDIATE RELEASE

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East Central District Health Department records the 10th COVID-19-related death in its jurisdiction as virus cases and hospitalizations continue to rise within the Health District and the State.

[Columbus]—East Central District Health Department (ECDHD) has been informed of the tenth COVID-19 related death in its jurisdiction. The deceased was an 84-year-old woman from Platte County. A total of four new deaths, in Boone, Nance and Platte counties, were reported to the health district in the past seven days, but these have not been added to the official tally, pending review of the final death certificates. Altogether there have been 14 deaths in the health district, four of which are awaiting official confirmation.

Rising COVID-19 hospitalizations both locally and across the State, along with the dramatic increase in hospital resource utilization, have the potential to overwhelm local and State medical and public health resources.

There are currently 12 COVID-19 hospitalizations within the health district. This has more than doubled within the last week. Two ICU beds remain available within local hospitals; four residents have been transferred to other hospitals outside the health district. There were 304 COVID-19 hospitalizations in Nebraska on Sunday, October 11, an all-time high for the State.

The pattern of COVID transmission for school-aged persons continues to be known sources of person-to-person contact within the health district, outside classroom settings. The primary source of transmission identified within the health district is within households.

The four counties (Boone, Colfax, Nance and Platte) of the ECDHD are currently in Phase IV of the State's Directed Health Measures (DHMs). While Phase IV is less restrictive, due to the continued rise in COVID-19 cases, and hospitalizations, ECDHD urges residents of its four counties to:

- Wear a mask in any public situation in which you are not able to maintain a distance of six feet from others.
- Frequently wash their hands, using soap and water, for a minimum of 20 seconds
- Use hand sanitizer with a minimum of 60% alcohol if soap and water are not available.
- Frequently clean shared spaces.
- Maintain a distance of at least six feet from anyone outside their household.

Persons who are quarantined or self-isolating due to COVID-19 should take the following steps to prevent or limit the spread of COVID-19:

- **Stay home except to get medical care.** People who are mildly ill with COVID-19 are able to recover at home. Stay in touch with your doctor, and get care if you feel worse, or think it is an emergency situation. *Emergency warning signs for COVID-19 require immediate medical attention, and include:*
 - *Trouble breathing.*
 - *Persistent pain or pressure in the chest.*
 - *New confusion or inability to awaken.*
 - *Bluish lips or face.*
- **Separate yourself from other people in your home.**
 - Stay in a specific “sick room” as much as possible, away from other people you live with. Use a separate bathroom if possible.
 - Wear a facemask if you are around others.
 - Cover your coughs and sneezes.
 - Wash your hands often.
 - Avoid sharing personal household items such as dishes, drinking glasses, cups, eating utensils, towels/bedding.
 - After using personal household items, wash them thoroughly with soap and water or put in the dishwasher.
 - Clean all “high touch” surfaces every day. High touch surfaces include: Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.

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