



Avoid:
Crowded Places, Close Contact, Confined Spaces



East Central
District Health Department

Coronavirus Disease 2019 (COVID-19)

ECDHD COVID-19 HOTLINE
English/Spanish: 402.562.8960

Situation Report – 2021 MMWR Week 2 (Jan 10 – Jan 16)

Data curated by DHHS and ECDHD; current as of 05:00 22 Jan 2021

Highlights

- RESIDENTS MUST CONTINUE TO SLOW THE SPREAD OF THE VIRUS WITHIN THE HEALTH DISTRICT. RESIDENTS ARE STRONGLY URGED TO STAY HOME IF THEY ARE SICK, WEAR A MASK WHEN IN PUBLIC OR IF THERE ARE SICK PERSONS IN THEIR HOME, MAINTAIN AT LEAST 6FT OF DISTANCE FROM OTHERS, AND AVOID LARGE GATHERINGS.**
- ECDHD asks that those with laboratory confirmed COVID-19 reach out to their close contacts—those that were within 6 ft for more than 15 minutes without a mask 48 hrs before symptoms began. These individuals are required to quarantine after contact. This newly launched tool here: <http://dhhs.ne.gov/Pages/COVID-19-Calculator.aspx>.
- Those with symptoms, but are without a confirmed positive test, are encouraged to sign up for testing at testnebraska.com rather than calling the ECDHD Hotline.
- The 7-day avg of new cases per 100k people has increased from moderate to high levels from the previous week.
 - Boone: Orange (Previously Orange)
 - Colfax: Orange (Previously Orange)
 - Nance: Yellow (Previously Blue)
 - Platte: Orange (Previously Orange)
- There were seven new deaths in the health district in the last 7 days:
 - Boone: Three persons over 85 years
 - Nance: One person over 65 years
 - Platte: Three persons over 75 years
- The health district has entered Phase 1B, which includes those 65 years and older and those with underlying health conditions. More information about the State vaccine plan can be found here: <http://dhhs.ne.gov/Pages/COVID-19-Vaccine-Information.aspx>
- A new patient portal will soon be available from DHHS to allow 65+ and those with underlying health conditions a way to register for the vaccine. VRAS is expected to go live to Nebraskans within the next couple weeks. Until then, we ask that those 65 years or older and those 18 years or older with underlying health conditions register for the vaccine here: <https://ecdhd.ne.gov/covid-2019-novel-coronavirus/covid-19-vaccines.html>
- The most current ECDHD data can be found at: <https://tabsoft.co/2U1jSoY>

SITUATION IN NUMBERS

Boone County

Total cases: 466
New cases (7 days): 13
7-day avg incidence per 100k: 41.3
Deaths: 7
New deaths (7 days): 3
Case Fatality Ratio: 0.86%
Overall % positive: 19.6%
Week 2 % positive: 37.5%
7-day avg testing per 100k: 1,155.6

Colfax County

Total cases: 1,496
New cases (7 days): 16
7-day avg incidence per 100k: 25.4
Deaths: 19
New deaths (7 days): 0
Case Fatality Ratio: 1.34%
Overall % positive: 34.5%
Week 2 % positive: 29.7%
7-day avg testing per 100k: 457.6

Total Health District

Total cases: 6,039
New cases (7 days): 97
7-day avg incidence per 100k: 25.4
Deaths: 81
New deaths (7 days): 7
Case Fatality Ratio: 1.31%
NE Case Fatality Ratio: 1.01%
Total hospitalizations: 7
Available ICU beds: 5
Overall % positive: 26.8%
Week 2 % positive: 30.1%
7-day avg testing per 100k: 633.4

Nance County

Total cases: 362
New cases (7 days): 2
7-day avg incidence per 100k: 12.2
Deaths: 10
New deaths (7 days): 1
Case Fatality Ratio: 2.76%
Overall % positive: 23.4%
Week 2 % positive: 40.0%
7-day avg testing per 100k: 312.6

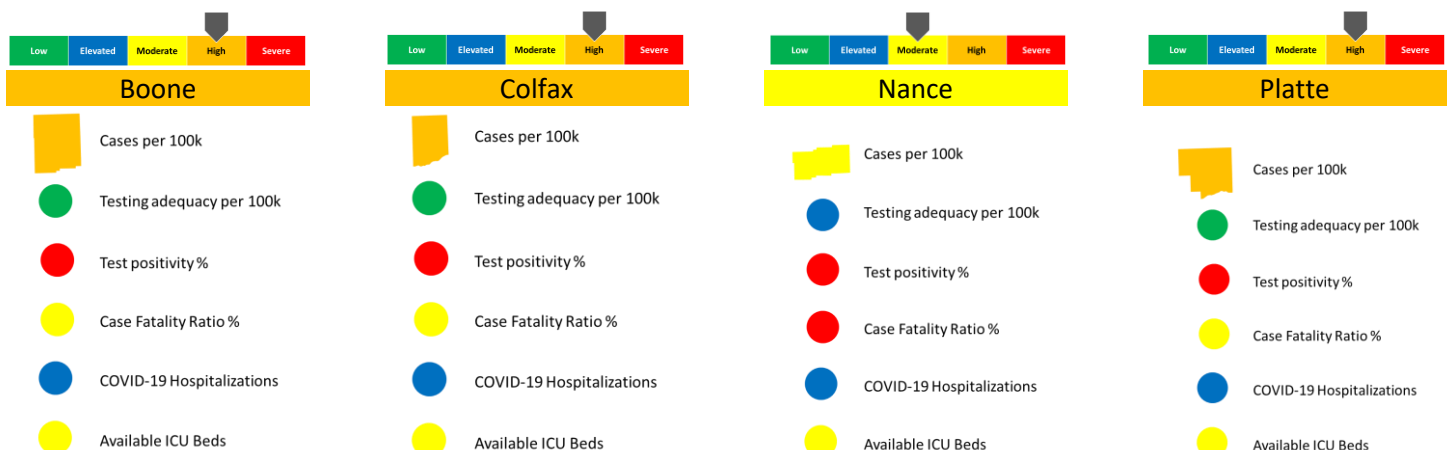
Platte County

Total cases: 3,715
New cases (7 days): 66
7-day avg incidence per 100k: 31.1
Deaths: 45
New deaths (7 days): 3
Case Fatality Ratio: 1.21%
Overall % positive: 25.9%
Week 2 % positive: 28.6%
7-day avg testing per 100k: 642.4

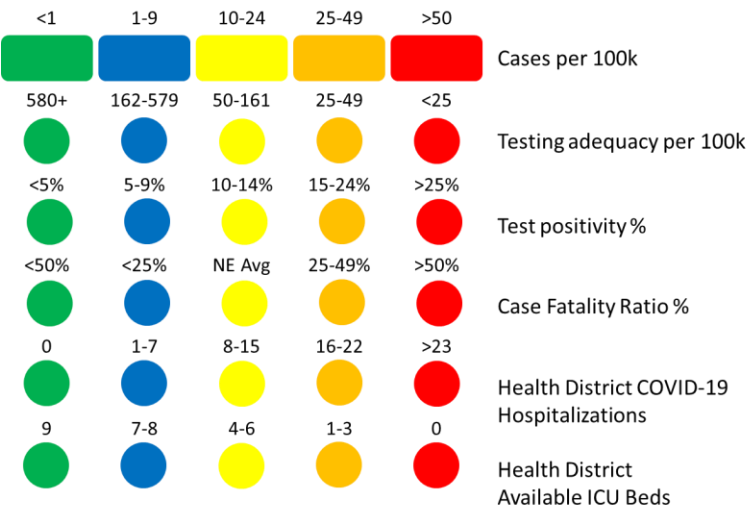
Last Week

Total cases: 5,958
New cases (7 days): 113
7-day avg incidence per 100k: 31.1
Deaths: 79
New deaths (7 days): 0
Case Fatality Ratio: 1.32%
NE Case Fatality Ratio: 1.01%
Total hospitalizations: 9
Available ICU beds: 6
Overall % positive: 26.7%
Week 1 % positive: 25.0%
7-day avg testing per 100k: 839.5

Positivity is calculated via the Person over Person test calculation described here: <https://www.cdc.gov/coronavirus/2019-ncov/lab/resources/calculating-percent-positivity.html>



ECDHD Risk Profile Key



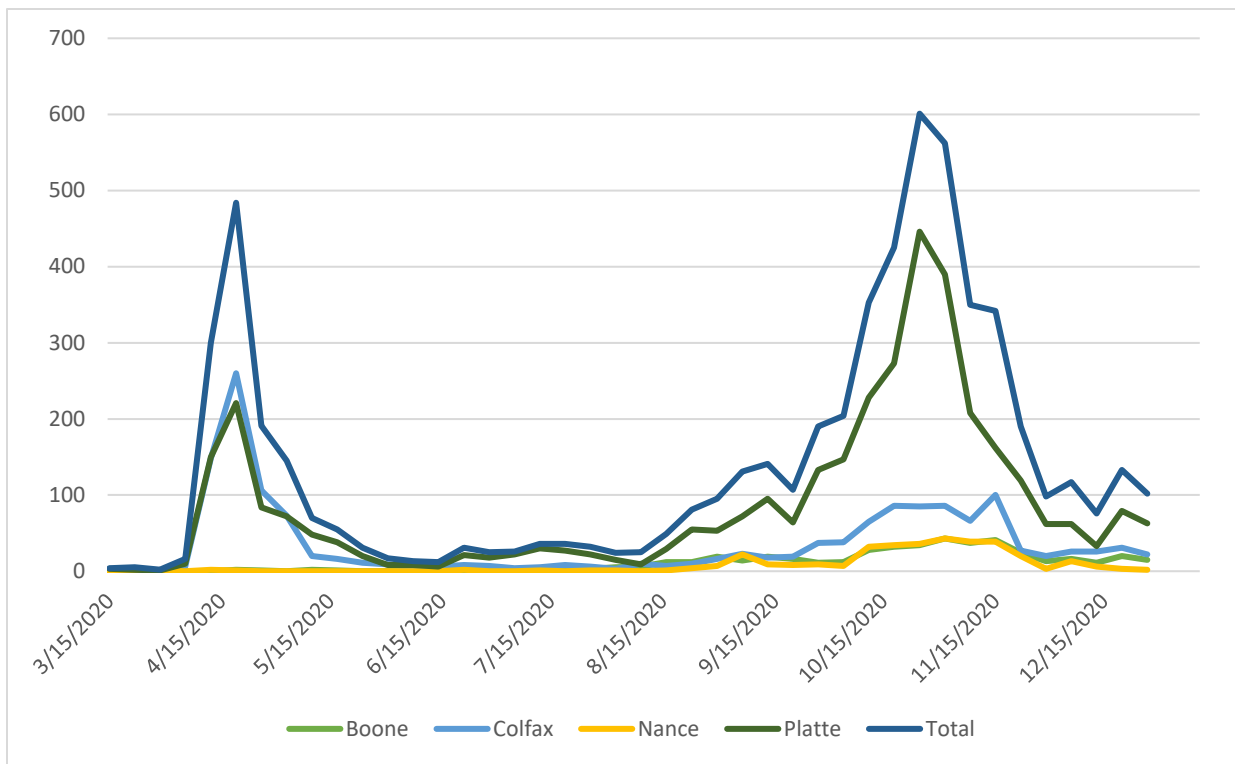


Figure 1. Positive cases by epidemiological week in Boone, Colfax, Nance, and Platte Counties.

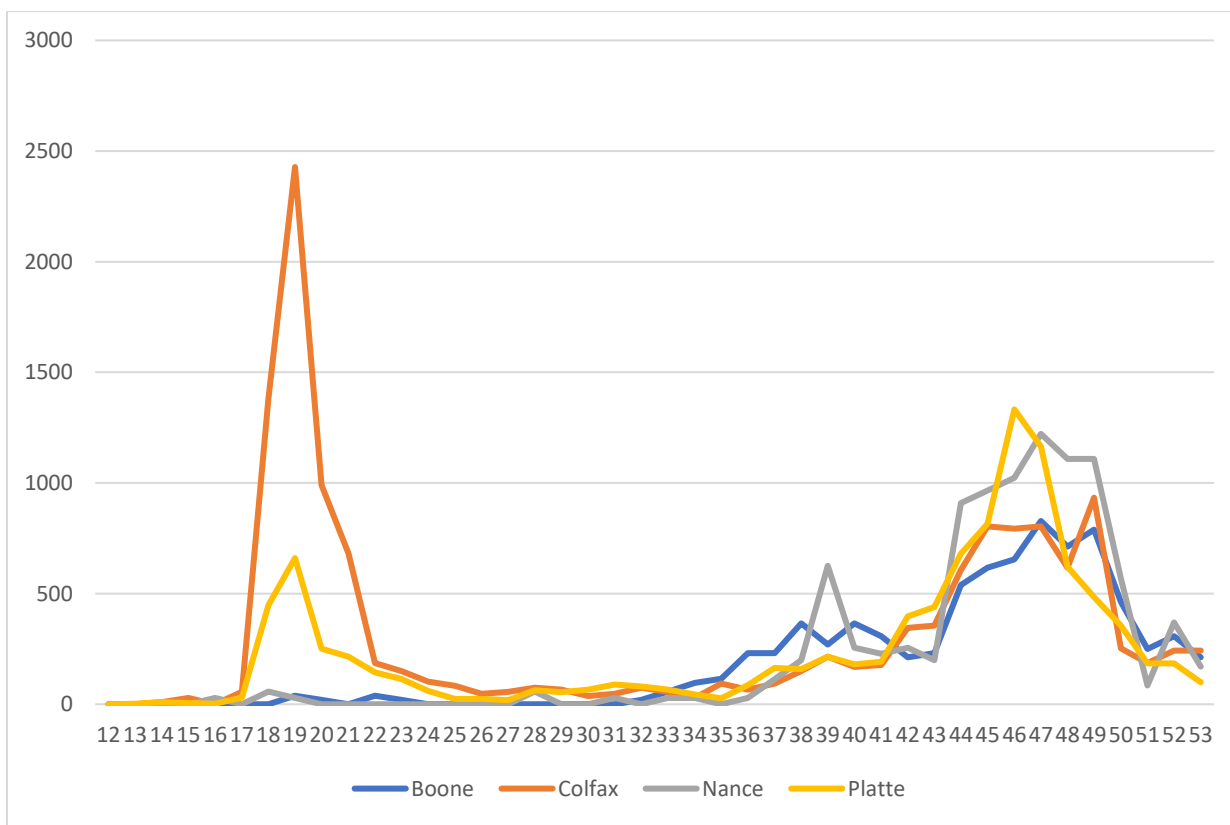


Figure 2. Population-adjusted rate of incidence by epidemiological week (rate per 100,000 people).

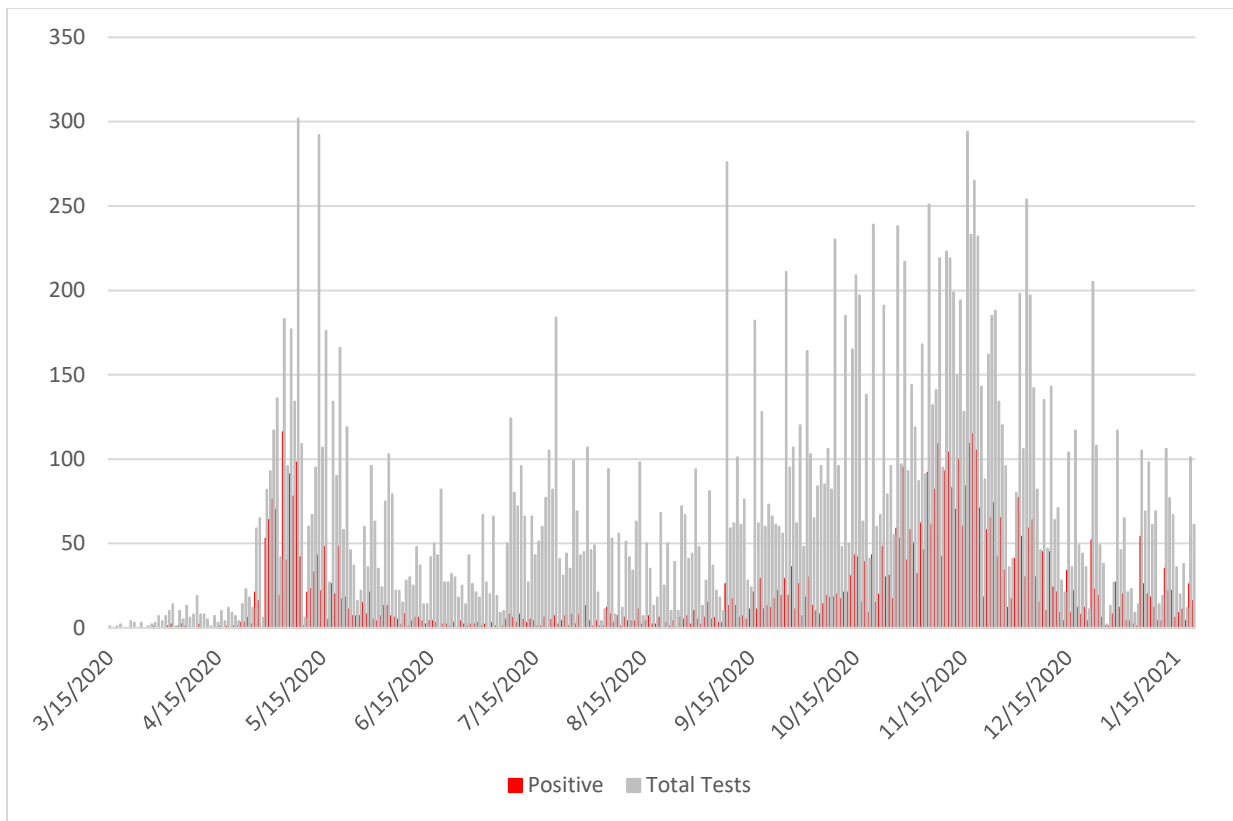


Figure 3. Total and positive number of daily COVID-19 tests within the East Central District.

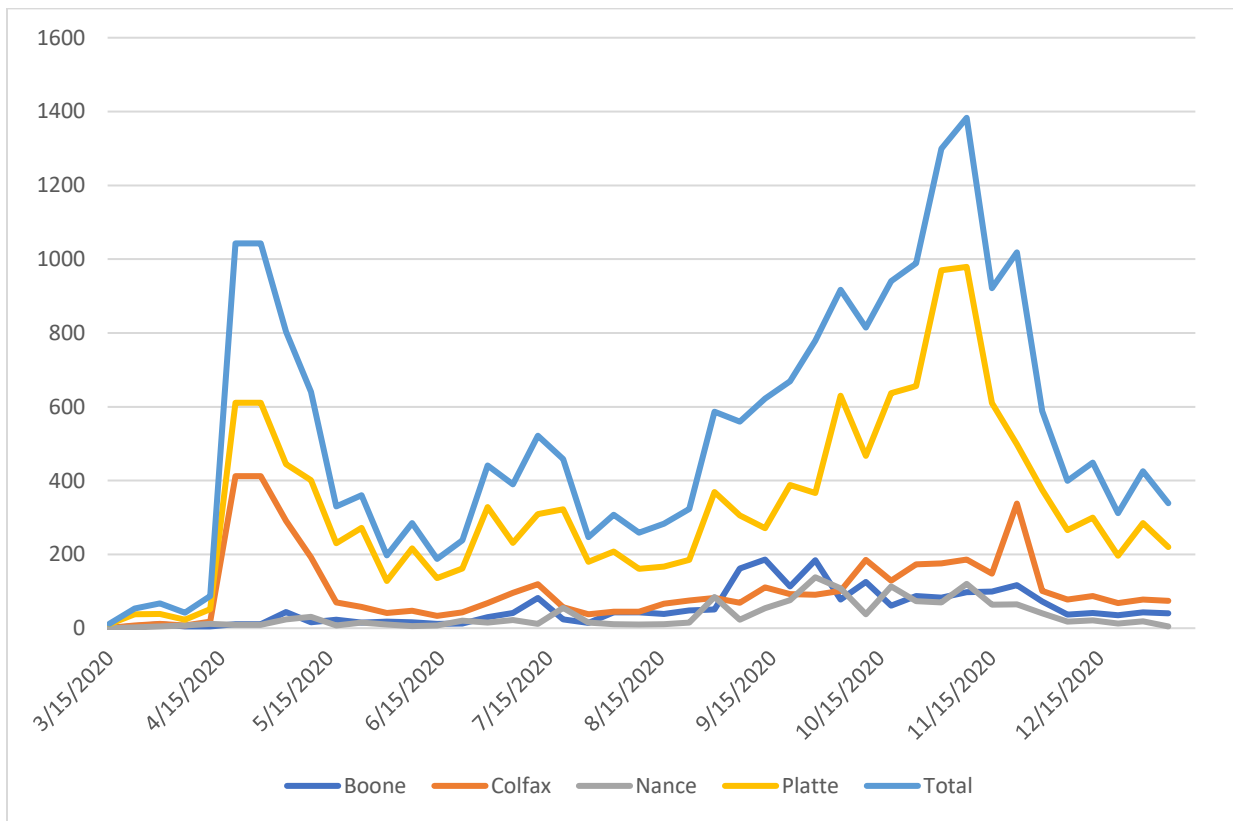


Figure 4. Total number of weekly COVID-19 tests within the East Central District.

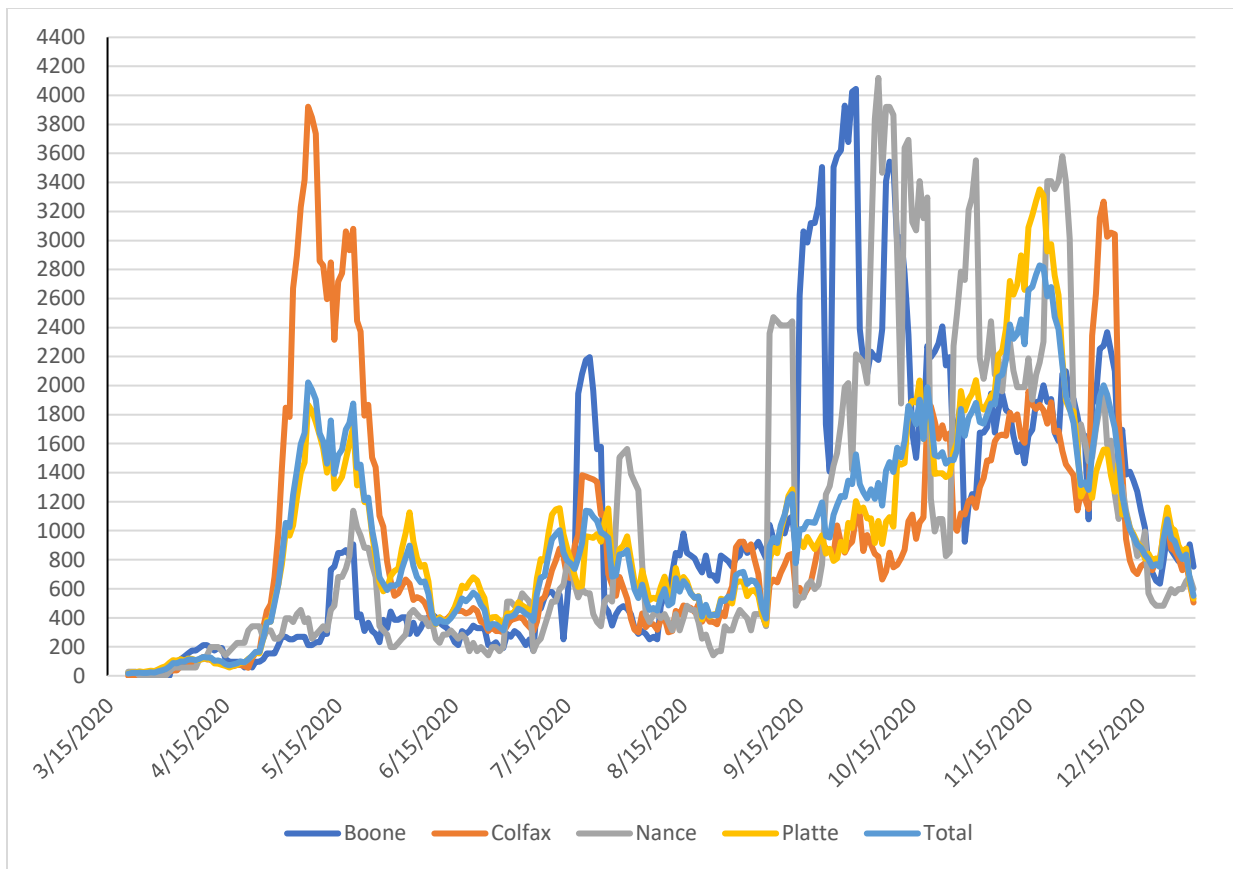


Figure 5. Seven-day average of testing within the East Central District (rate per 100,000 people)

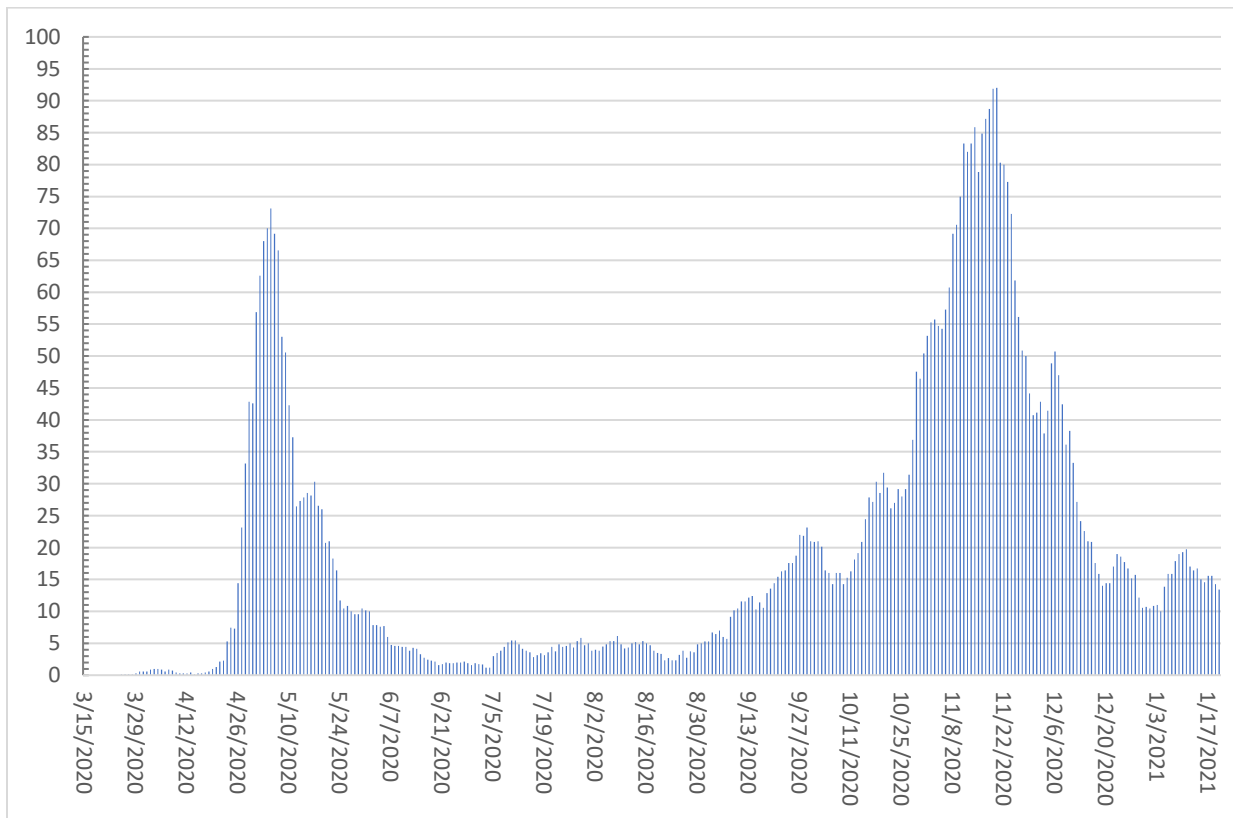


Figure 6. Seven-day average of confirmed cases within the East Central District

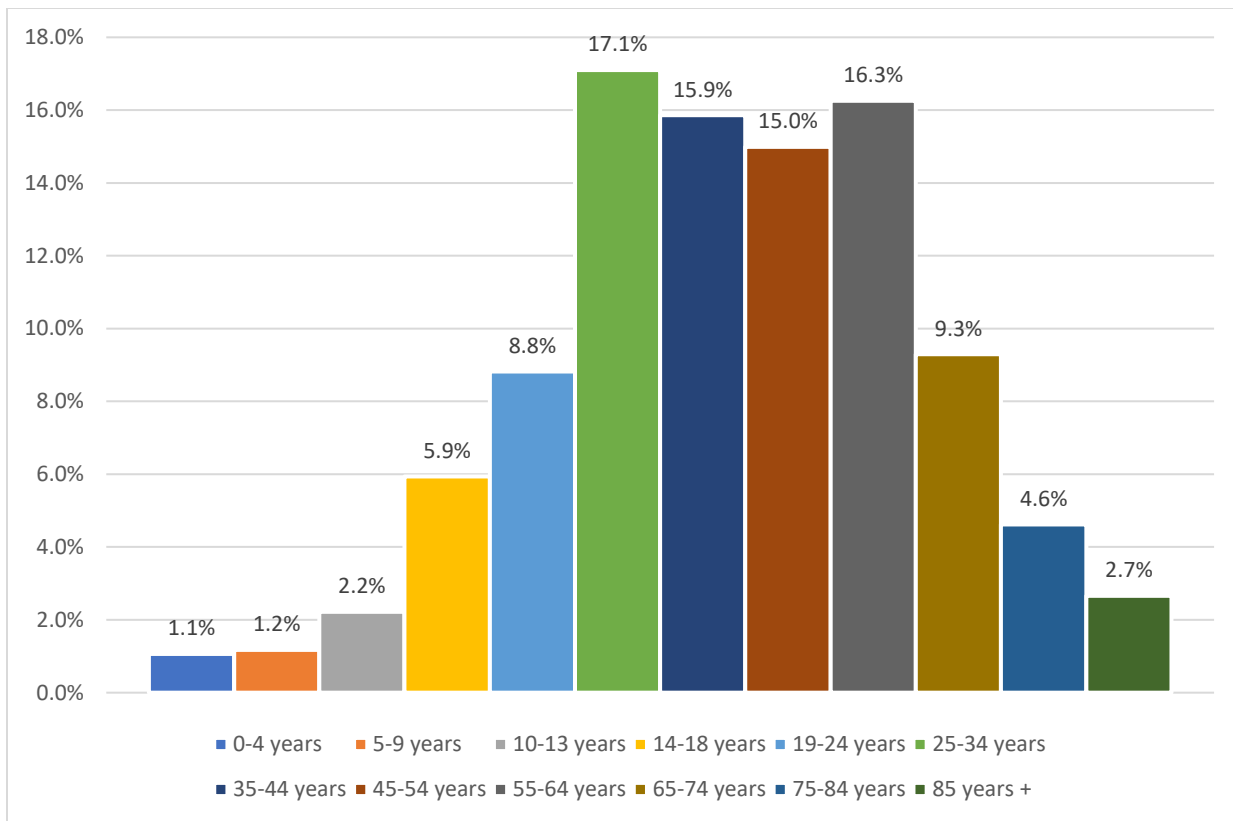


Figure 7. Percentage of COVID positive cases by age group within the East Central Health District

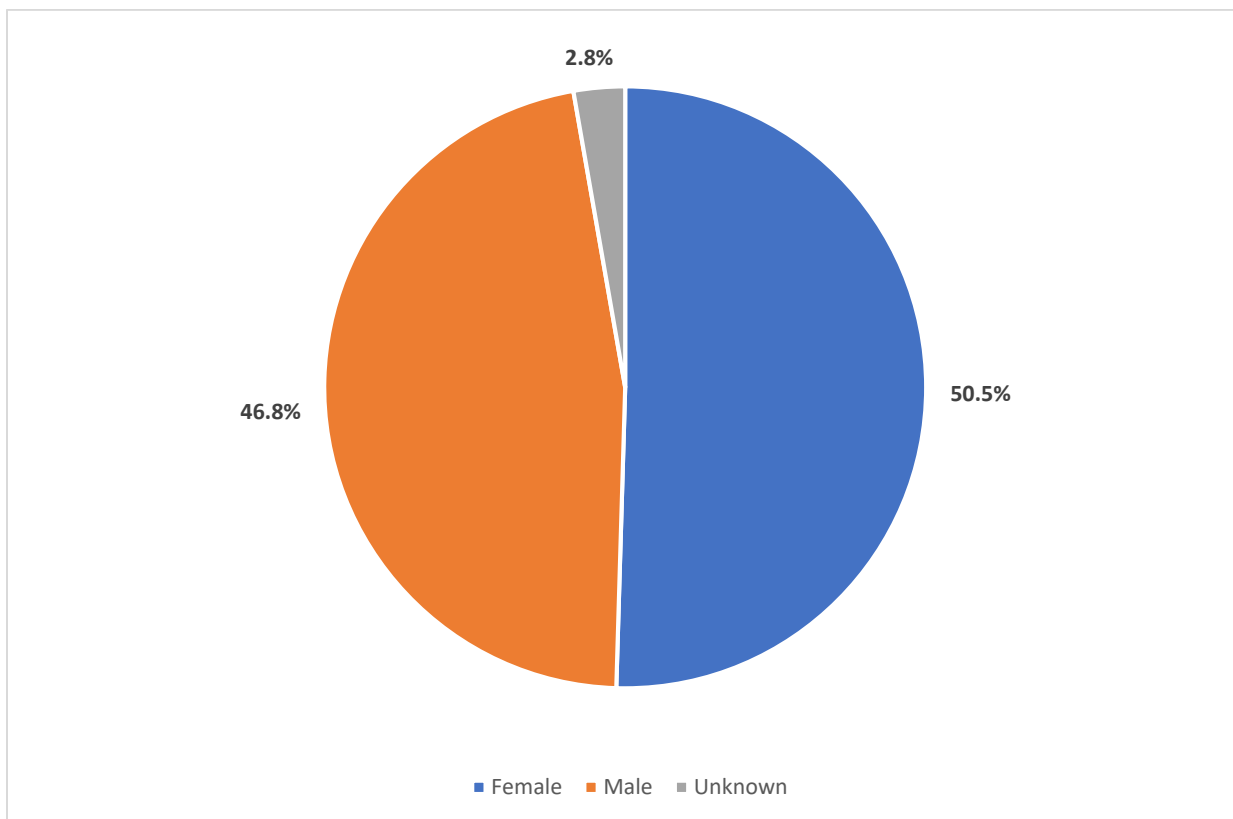


Figure 8. Percentage of COVID positive cases by gender within the East-Central Health District

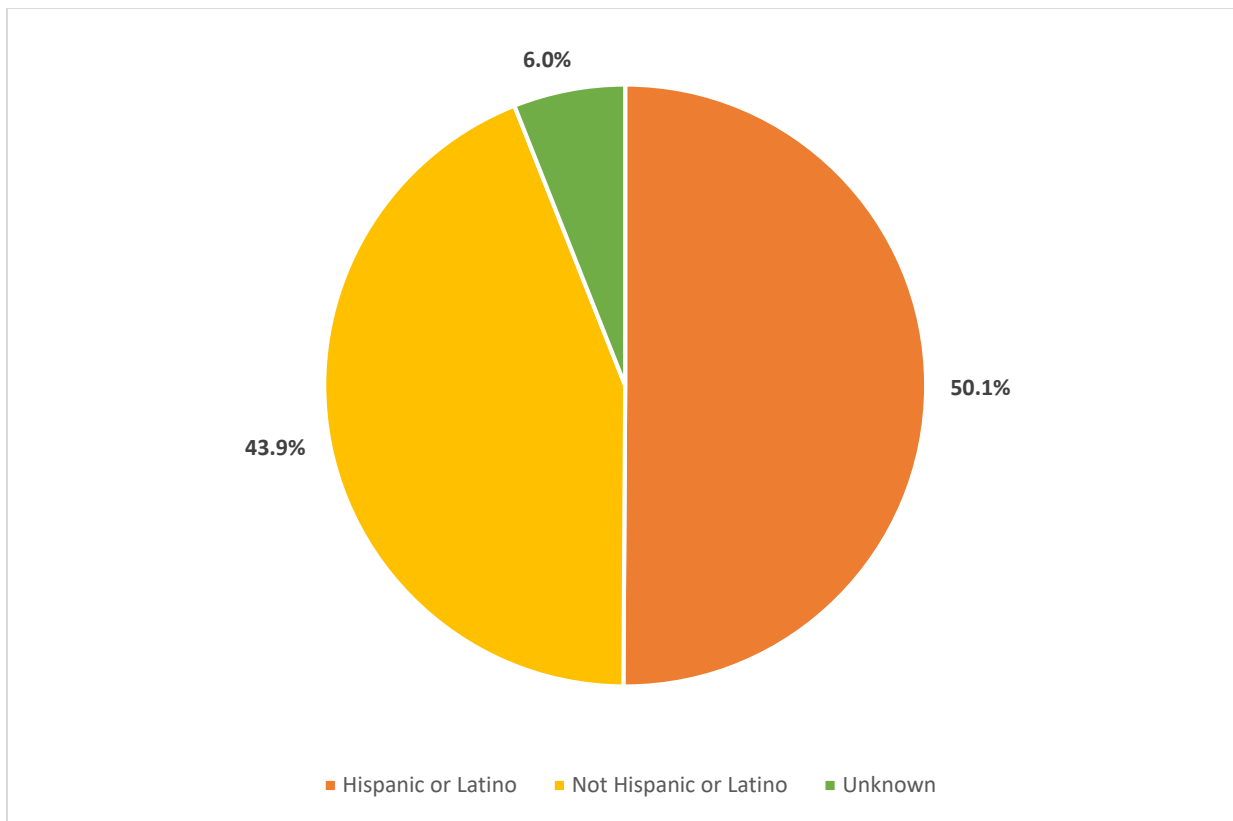


Figure 9. Percentage of COVID positive cases by Hispanic or Latino Ethnicity within the East-Central Health District

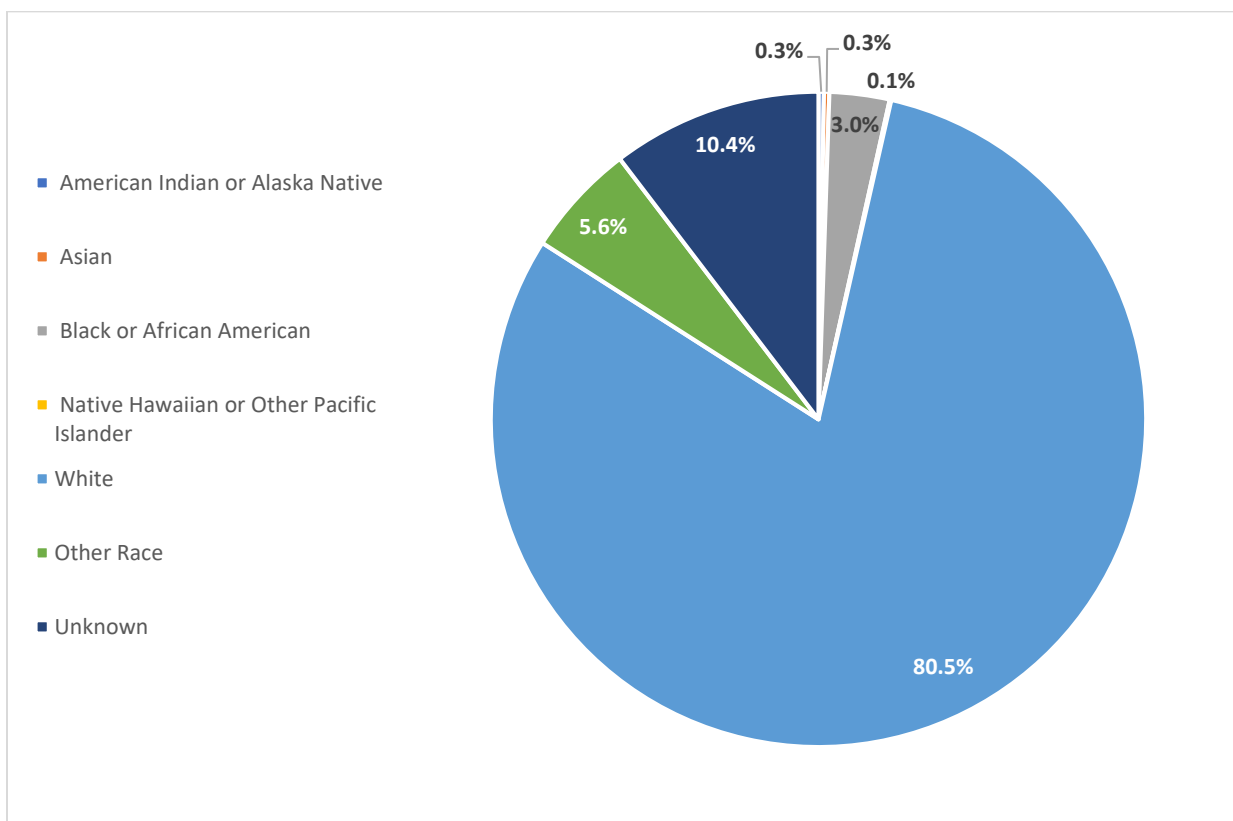


Figure 10. Percentage of COVID positive cases by Race within the East-Central Health District

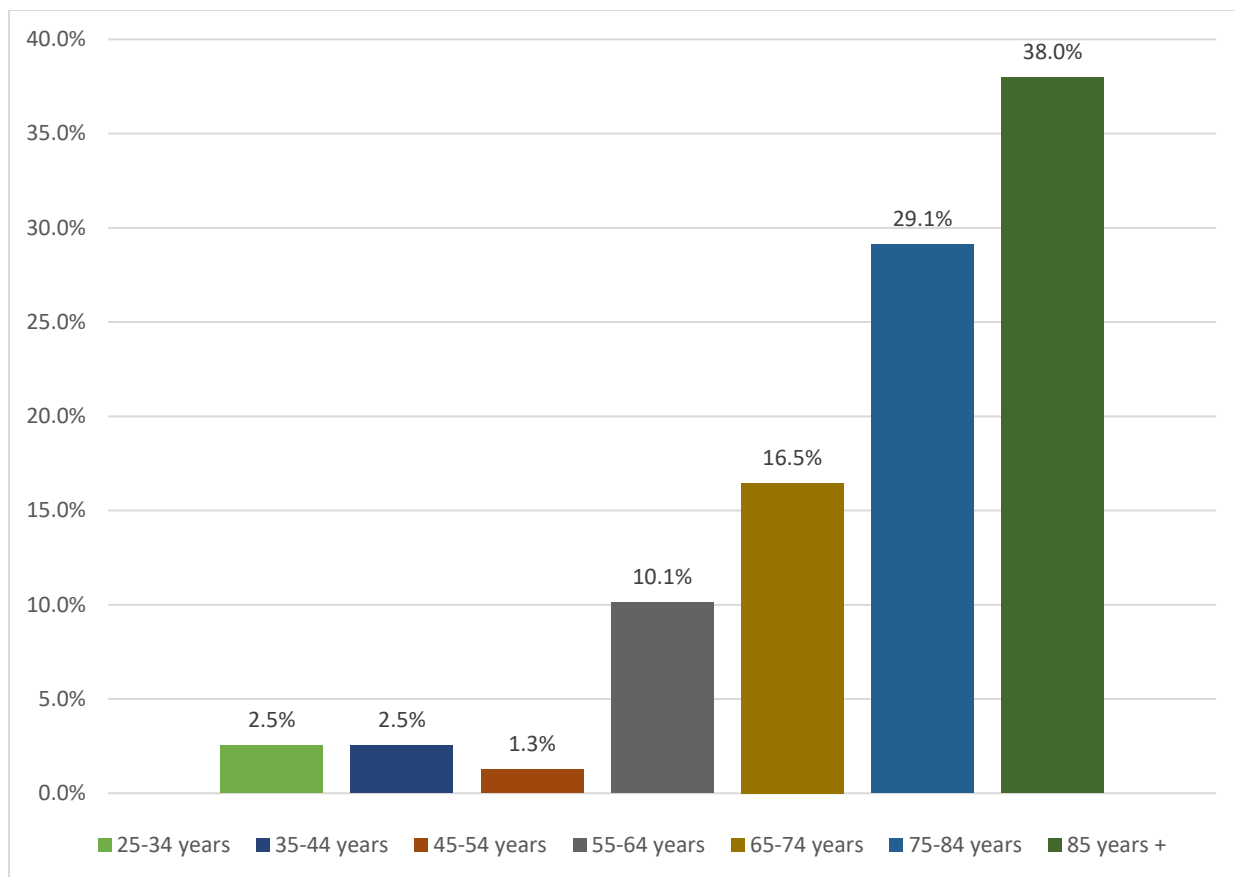


Figure 11. Percentage of COVID positive cases by age group amongst case fatalities across the East-Central Health District

COVID RED: Severe COVID-19 Pandemic Outbreak

- Widespread community or regional transmission of COVID
- There is a significant increase in COVID positive cases OR percent positive cases which may potentially overwhelm the local healthcare system
- There is a significant increase in Flu-Like Symptoms and COVID-like syndromic cases which may potentially overwhelm the local healthcare system
- Hospitals are utilizing Surge Capacity
- There is an inadequate testing capacity for critical workers
- There is inadequate capacity to conduct investigation and contact tracing
- There are shortages of critical medical equipment or testing supplies
- There are PPE shortages impacting critical workers

General Public	Outside the Home – Work, Social, in Public	At Home
Physical Distancing	<ul style="list-style-type: none">• Stay at home unless essential personnel traveling for work, or general public acquiring medical care or food• Distance at least 6 feet from anyone outside the home• Work from home• No contact with others	<ul style="list-style-type: none">• No distancing for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected• Self-isolation of symptomatic persons
Face Covering	<ul style="list-style-type: none">• Face coverings when outside of the home and near others	<ul style="list-style-type: none">• No face coverings for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected• Face coverings for symptomatic people
Hand Washing	<ul style="list-style-type: none">• Frequently wash hands for at least 20 seconds, especially after touching high contact surfaces, sneezing/coughing/touching face, or before eating• Use hand sanitizer when handwashing is inaccessible or infeasible	<ul style="list-style-type: none">• Frequently wash hands for at least 20 seconds, especially after touching high contact surfaces, sneezing/coughing/touching face, or before eating
Illness Monitoring	<ul style="list-style-type: none">• If ill with Flu-like or COVID-like symptoms, Stay at Home even for essential personnel• Minimize contact with symptomatic people• Daily temperature checks at work	<ul style="list-style-type: none">• Daily temperature check• Continuously monitor for COVID-19 symptoms• Self-isolation of symptomatic persons• Contact healthcare provider if sick• Monitor the health of anyone in your home with COVID-like symptoms
Disinfecting	<ul style="list-style-type: none">• Avoid bare hand contact with any high touch surface• Use barrier such as paper towel or clothing when bare hand contact is unavoidable• Wash hands or apply sanitizer after touching high contact surfaces• Enhanced disinfection, especially for high contact surfaces (door/other handles, light switches, bathroom fixtures)	<ul style="list-style-type: none">• Avoid bare hand contact with any high touch surface• Use barrier such as paper towel or clothing when bare hand contact is unavoidable• Wash hands or apply sanitizer after touching high contact surfaces• Enhanced disinfection, especially for high contact surfaces (door/other handles, light switches, bathroom fixtures)
At-Risk or Vulnerable Population	For those over age 65, people with underlying health conditions, and other populations at heightened risk from COVID-19 <ul style="list-style-type: none">• Stay home• Rely on help for needs outside the home (groceries, medications, etc.)• Distance from those working outside of the home	

COVID ORANGE: Elevated COVID-19 Spread Risk

- There are increasing or high stable numbers of COVID positive cases OR percent positive cases due to community or regional spread
- There is an increase in Flu-Like Symptoms OR COVID like syndromic cases in the East Central Health District or regionally
- Clusters or outbreaks exist that are still likely in their early stages
- There is only enough testing available for symptomatic people
- ECDHD must rely on assistance to conduct investigation for new cases and associated and contact tracing OR ECDHD must assist adjacent jurisdictions to conduct investigation and contact tracing
- PPE supplies are only adequate for critical workers
- Critical medical equipment is in limited supply

General Public	Outside the Home – Work, Social, In Public	At Home
Physical Distancing	<ul style="list-style-type: none"> • Stay at home unless traveling for work, medical care, or food • Distance at least 6 feet from anyone outside the home • Work from home if possible • Individual outdoor activities such as walking, biking, etc. are acceptable • Smallest number of contacts feasible 	<ul style="list-style-type: none"> • No distancing for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected • Self-isolation of symptomatic persons • Outdoor activities with members of your household are acceptable
Face Covering	<ul style="list-style-type: none"> • Face coverings strongly recommended for anyone over 2 years old 	<ul style="list-style-type: none"> • No face coverings for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected • Face coverings for symptomatic people
Hand Washing	<ul style="list-style-type: none"> • Frequently wash hands for at least 20 seconds, especially after touching high contact surfaces, sneezing/coughing/touching face, or before eating • Use hand sanitizer when handwashing is inaccessible or infeasible 	<ul style="list-style-type: none"> • Frequently wash hands for at least 20 seconds, especially after touching high contact surfaces, sneezing/coughing/ touching face, or before eating
Illness Monitoring	<ul style="list-style-type: none"> • If sick with Flu-like or COVID-like symptoms, Stay at Home • Minimize contact with symptomatic people • Daily temperature checks at work 	<ul style="list-style-type: none"> • Daily temperature checks • Monitor for COVID-like symptoms • Contact healthcare provider if sick • Monitor the health of anyone in your home with COVID-like symptoms
Disinfecting	<ul style="list-style-type: none"> • Avoid bare hand contact with any high touch surface • Use barrier such as paper towel or clothing when bare hand contact is unavoidable • Wash hands or apply sanitizer after touching high contact surfaces • Enhanced disinfection, especially for high contact surfaces (door/other handles, light switches, bathroom fixtures) 	<ul style="list-style-type: none"> • Enhanced disinfection, especially for high contact surfaces (door/other handles, light switches, bathroom fixtures)
At-Risk or Vulnerable Population	<p>For those over age 65, people with underlying health conditions, and other populations at heightened risk from COVID-19</p> <ul style="list-style-type: none"> • Stay home • Rely on help for needs outside the home (groceries, medications, etc.) • Distance from those working outside of the home 	

COVID Yellow: Moderate Risk of COVID-19 Spread

- There is a downward trajectory in numbers of COVID positive cases OR percent positive cases due to community or regional spread
- There is a downward trajectory in levels of Flu-Like Symptoms OR COVID like syndromic cases in East Central Health District County or regionally
- There is limited community spread within East Central Health District or regionally
- COVID has a small impact on the local healthcare system capacity
- PPE supplies are adequate for critical workers and community needs
- Rapid COVID testing is available for all suspected cases and focused asymptomatic surveillance.
- ECDHD is able to conduct investigation and contact tracing for new cases and associated contacts without assistance
- Critical medical equipment is readily available

General Public	Outside the Home – Work, Social, In Public	At Home
Physical Distancing	<ul style="list-style-type: none">• Consider staying at home most of the time, with caution for non-essential travel and work• Distance at least 6 feet from anyone outside the home• Work from home if possible• Individual outdoor activities such as walking, biking, etc. are acceptable• Cautious expansion of interactions with others, outdoor activities preferred• Gatherings only with modifications for COVID-19• Events only as guided by ECDHD	<ul style="list-style-type: none">• No distancing for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected• Self-isolation of symptomatic persons• Outdoor activities with distancing are acceptable.
Face Covering	<ul style="list-style-type: none">• Face coverings strongly recommended for anyone over 2 years old	<ul style="list-style-type: none">• No face coverings for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected• Face coverings for symptomatic people
Hand Washing	<ul style="list-style-type: none">• Frequently wash hands for at least 20 seconds, especially after touching high contact surfaces, sneezing/coughing/touching face, or before eating• Use hand sanitizer when handwashing is inaccessible or infeasible	<ul style="list-style-type: none">• Frequently wash hands for at least 20 seconds, especially after touching high contact surfaces, sneezing/coughing/ touching face, or before eating
Illness Monitoring	<ul style="list-style-type: none">• If ill with Flu-like or COVID-like symptoms, Stay at Home• Minimize contact with symptomatic people• Daily temperature checks at work	<ul style="list-style-type: none">• Monitor for COVID-like symptoms
Disinfecting	<ul style="list-style-type: none">• Avoid bare hand contact with any high touch surface• Use barrier such as paper towel or clothing when bare hand contact is unavoidable• Wash hands or apply sanitizer after touching high contact surfaces• Enhanced disinfection, especially for high contact surfaces (door/other handles, light switches, bathroom fixtures)	<ul style="list-style-type: none">• Enhanced disinfection, especially for high contact surfaces (door/other handles, light switches, bathroom fixtures)
At-Risk or Vulnerable Population	For those over age 65, people with underlying health conditions, and other populations at heightened risk from COVID-19 <ul style="list-style-type: none">• Stay home• Rely on help for needs outside the home (groceries, medications, etc.)• Distance from those working outside of the home	

COVID Green: Low Risk of COVID-19 Spread

- Minimal cases of COVID-19 within the community.
- COVID-19 has minimal impact on local healthcare system
- Viral testing is readily available
- There are effective treatment modalities for COVID-19
- PPE is easily obtainable through standard supply chains

General Public	Outside the Home – Work, Social, In Public	At Home
Physical Distancing	<ul style="list-style-type: none"> • No distancing, resumption of normal work and community life • Resume normal travel with considerations of COVID activity in destinations 	<ul style="list-style-type: none"> • No distancing for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected • Self-isolation of symptomatic persons
Face Covering	<ul style="list-style-type: none"> • Face coverings suggested when unable to distance • Face coverings for symptomatic people 	<ul style="list-style-type: none"> • No face coverings for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected • Face coverings for symptomatic people
Hand Washing	<ul style="list-style-type: none"> • Frequently wash hands for at least 20 seconds, especially after touching high contact surfaces, sneezing/coughing/touching face, or before eating • Use hand sanitizer when handwashing is inaccessible or infeasible 	<ul style="list-style-type: none"> • Frequently wash hands for at least 20 seconds, especially after touching high contact surfaces, sneezing/coughing/ touching face, or before eating
Illness Monitoring	<ul style="list-style-type: none"> • If ill with Flu-like or COVID-like symptoms, Stay at Home • Minimize contact with symptomatic people 	<ul style="list-style-type: none"> • Be aware of COVID-like symptoms • Contact medical care provider if you have COVID-like symptoms
Disinfecting	<ul style="list-style-type: none"> • Increased awareness of germ transmission through high contact surfaces • Incorporation of COVID-19 disinfection practices for high touch surfaces • Avoid bare hand contact with any high touch surface • Use barrier such as paper towel or clothing when bare hand contact is unavoidable • Wash hands or apply sanitizer after touching high contact surfaces • Normal disinfection, especially for high contact surfaces (door/other handles, light switches, bathroom fixtures) 	<ul style="list-style-type: none"> • Increased awareness of germ transmission through high contact surfaces • Normal disinfection practices, with consideration for high contact surfaces (door/other handles, light switches, bathrooms)
At-Risk or Vulnerable Population	<p>For those over age 65, people with underlying health conditions, and other populations at heightened risk from COVID-19</p> <ul style="list-style-type: none"> • You do not have to stay home at all times, but should continue physical distancing when possible in public settings. • Cautious expansion of interactions with others, reengage in small social settings, outdoor activities preferred • Avoid large group settings and events with many people 	

STRATEGIC OBJECTIVES

ECDHD's strategic objectives for this response are to:

- Interrupt human-to-human transmission including to reduce secondary infections among close contacts and health care workers, prevent transmission amplification events, and prevent further spread.*
- Identify, isolate and care for patients early, including to provide optimized care for infected patients.
- Communicate critical risk and event information to all communities and counter misinformation.
- Minimize social and economic impact through multisectoral partnerships.

*This can be achieved through a combination of public health measures, such as rapid identification, diagnosis and management of the cases, identification and follow-up with contacts, partnership in infection prevention and control in health care settings, implementation of health measures for travelers, raising awareness in the population and risk communication.

RECOMMENDATIONS AND ADVICE FOR THE PUBLIC

Get the facts on COVID-19 from reliable sources to help you accurately determine your risks so that you can take reasonable precautions. Seek guidance from your healthcare provider, ECDHD, DHHS, CDC, or your employer for accurate information on COVID-19.

It is important to be informed of the situation and take appropriate measures to protect yourself and your family. For most people, COVID-19 infection will cause mild illness; however, it can make some people very ill and, in some people, it can be fatal. Older people, and those with pre-existing medical conditions (such as cardiovascular disease, chronic respiratory disease or diabetes) are at greater risk for severe disease. Stay up to date with the latest information from the CDC [here](#).

Information for Individuals¹

Outline of Changes to Upcoming Directed Health Measures Phase III <http://dhhs.ne.gov/Documents/COVID-19-Outline-of-Changes-to-Upcoming-DHMs-Phase-III.pdf>

Directed Health Measures in effect for East Central Health District for July <http://dhhs.ne.gov/Documents/ECHD-DHM-July6.pdf>

Centers for Disease Control and Prevention (CDC) <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Frequently Asked Questions: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors: <https://www.cdc.gov/coronavirus/2019-ncov/about/share-facts-stop-fear.html>

Information for Schools²

CDC Interim Guidance for Administrators of US Childcare Programs and K-12 Schools to Plan, Prepare, and Respond to Coronavirus Disease 2019 (COVID-19) <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-for-schools.html>

¹ Information adapted from WHO guidance

² Information adapted from Douglas County Health Department

Frequently asked Questions about COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

Questions about COVID-19 in Children: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/children-faq.html>

COVID-19 in Pregnant Women: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnancy-faq.html>

Planning for pandemic influenza can easily be adapted for COVID-19

CDC Get Your School Ready for Pandemic Flu (April 2017): <https://www.cdc.gov/nonpharmaceutical-interventions/pdf/gr-pan-flu-ed-set.pdf>

Information for Businesses

Reopening guidelines: <http://dhhs.ne.gov/Documents/COVID-19-Outline-of-Changes-to-Upcoming-DHMs-Phase-II.pdf>

Booth, Tabling, and Sales Event Guidance: <http://dhhs.ne.gov/Documents/COVID-19-Booth-Tabling-and-Sales-Events-Guidance.pdf>

Guidance for Estate and Farm Auctions: <http://dhhs.ne.gov/Documents/COVID-19-Guidance-for-Estate-and-Farm-Auctions.pdf>

Recommended Best Practices for Barbers and Salons: <http://dhhs.ne.gov/Documents/COVID-19-Recommended-Best-Practices-for-Barbers-and-Salons.pdf>

Restaurant In-Room Dining Reopening Guidelines: <http://dhhs.ne.gov/Documents/COVID-19-Restaurant-In-Room-Dining-Reopening-Guidelines.pdf>

CDC Web Page: [Interim Guidance for Businesses and Employers to Plan and Respond to 2019 Novel Coronavirus \(2019-nCoV\), February 2020](#)

[Coronavirus Preparedness: Tips and Resources for Managers and Employees](#) (Recommendations from USI Risk Services), March 2020

Information for Community-Based and Faith-Based Organizations and Assistance Agencies

Guidelines for the Conduct of Faith-Based Services Including Weddings and Funerals Held in Houses of Worship: <http://dhhs.ne.gov/Documents/COVID-19-Guidelines-for-the-Conduct-of-Faith-Based-Services.pdf>

[Get Your Community- and Faith-Based Organizations Ready for Pandemic Flu - April 2017 \(CDC\)](#)

Printable Flyer (pdf): COVID-19 - Stop the Spread of Germs [English](#) [Spanish](#) [Simplified Chinese](#)

Preparing individuals and communities: <https://www.cdc.gov/coronavirus/2019-ncov/preparing-individuals-communities.html>

Frequently asked Questions about COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

Questions about COVID-19 in Children: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/children-faq.html>

COVID-19 in Pregnant Women: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnancy-faq.html>

Information for Healthcare Providers

Telehealth FAQ: <http://dhhs.ne.gov/Documents/COVID-19%20General%20Statewide%20Telehealth%20FAQ.pdf>

Nebraska Dental Association Office Reopening Guidance: <http://dhhs.ne.gov/Documents/COVID-19-NebraskaDentalAssociation-Reopen%20Guidance.pdf>

Checklist - to be prepared to evaluate patients for COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/hcp-preparedness-checklist.pdf>

Specimen collection and testing: <https://www.cdc.gov/coronavirus/2019-nCoV/lab/guidelines-clinical-specimens.html>

Infection Control: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control.html>

NETEC: Personal Protective Equipment (PPE), Guidance on Donning and Doffing: <https://www.youtube.com/watch?v=08XRYOE6CAw&feature=youtu.be>

Home care of people not requiring hospitalization (confirmed or being evaluated for COVID-19): <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-home-care.html>

Information for well travelers from China about COVID-19 - what they should do/watch for: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/from-china.html>

Information for Hospitals

Checklist - Hospital Preparedness: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/hcp-hospital-checklist.html>

Infection Control: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control.html>

NETEC: Personal Protective Equipment (PPE), Guidance on Donning and Doffing: <https://www.youtube.com/watch?v=08XRYOE6CAw&feature=youtu.be>

Long-term Care Response Planning Tool: <http://dhhs.ne.gov/Documents/Long-Term-Care-COVID-19-Response-Planning-Tool.pdf>

Several additional resources available at: <http://dhhs.ne.gov/Pages/COVID-19-Nebraska-Guidance-Documents.aspx>