



# **EAST-CENTRAL DISTRICT Health Department**

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## **EAST CENTRAL DISTRICT HEALTH DEPARTMENT COVID-19 DIRECTIVE HEALTH MEASURES**

**April 3, 2020**

**WHEREAS**, The Novel Coronavirus (COVID-19, also known as severe acute respiratory syndrome coronavirus 2, or “SARS-CoV-2”) has impacted the citizens of the counties of Boone, Colfax, Nance, and Platte, Nebraska; and

**WHEREAS**, Pursuant to Nebraska Revised Statute section 71-501 and East Central District Health Department Regulation 2006-01, the East Central District Board of Health is authorized to promulgate rules and regulations concerning contagious, infectious, and malignant diseases in the county under its jurisdiction; and

**WHEREAS**, Pursuant to Nebraska Revised Statute section 71-1631(7), the East Central District Board of Health has promulgated such regulations concerning public health and the prevention of communicable diseases within its jurisdiction as approved by the Nebraska Department of Health and Human Services and amended through May 15, 2020; and

**WHEREAS**, Pursuant to the Rules and Regulations of Boone, Colfax, Nance, and Platte Counties for the Prevention of Spread of Communicable Disease, Illness, or Poisoning, the Chief Public Health Officer of the East Central District Health Department has the authority to implement Directed Health Measures, including protocols or measures as identified as effective against public health threats by the United States Department of Health and Human Services Centers for Disease Control and Prevention (“the CDC”); and

**WHEREAS**, Pursuant to the East Central District Health Department Regulation 2006-01, the Chief Public Health Officer has authority to issue such orders, regulations and instructions as may, in their judgment, limit the threat of an epidemic or contagious disease;

**WHEREAS**, The Chief Public Health Officer makes the following findings:

1. I have received information from the World Health Organization (WHO), CDC and treating health care providers that the general public may be in danger of being exposed to communicable disease.
2. I find that Directed Health Measures exist to effectively prevent, limit or slow the spread of communicable disease.
3. I further find that the disease presents a risk of death to any person; and that the exposure is wide-spread and poses a significant risk of harm to people in the general population; and that there is a particular subset of the population that is more vulnerable to the threat and thus at increased risk.
4. In assessing the nature of the risk presented, I further find that the threat is from a novel infectious agent.
5. I do hereby further find that a delay in the imposition of Directed Health Measures and evaluation would significantly jeopardize the ability to prevent or limit the transmission of a communicable disease and pose unacceptable risks to any person or persons.

**WHEREAS**, The Chief Public Health Officer issued a Directed Health Measure Order on April 4, 2020 concerning COVID-19, the Directed Health Measure Order is as follows:

1. All public gatherings within the jurisdiction of the East Central District Health Department with an expected presence of more than ten (10) patrons, customers or other invitees, excluding staff, taking place between April 4, 2020 and May 15, 2020 are hereby prohibited. If a venue is subdivided into multiple spaces separated by physical walls or sufficient airspace, the limit per subdivision of space is 10. This Order includes, but is not limited to, the following spaces, schools, gymnasiums, salons, fitness centers, auditoriums, stadiums, arena, large event conference rooms, meeting halls, theaters, libraries, or any other confined indoor or outdoor spaces. This Order also includes,

but is not limited to, the following events, weddings, funerals, parades, fairs, festivals, concerts and other indoor and outdoor events.

A gathering is defined as any event or convening that brings together more than ten (10) patrons, customers or other invitees, excluding staff.

Liquor, beer, and wine sales are restricted to carry-out sales and delivery only, to the extent permitted by law. No onsite consumption is permitted. This includes bars, taverns, and private clubs, regardless of name or characterization.

Food and beverage sales at restaurants, bars, taverns, private clubs, and any dine-in establishments are restricted to carry-out, drive-thru, and delivery only. This does not apply to and/or exempts food service in health care facilities.

Lines for carry-out and drive-throughs in the above-referenced establishments must have an environment where patrons and staff maintain social distancing (a distance of six feet away from other persons) whenever possible.

2. It is further ordered that even for gatherings below this size, if a minimum social distance of six feet between attendees or attendees and venue staff cannot be maintained in the venue or a subdivision thereof, the gathering is prohibited.
3. This order does not apply to courts of law; medical providers; public utilities; critical federal, state, county, and city operations; continuity of business operations; logistics/distribution centers; congregate living settings, shelters, public transportation, airport travel, necessary shopping at fuel stations; stores or malls; election offices; polling places on an election day; or to family residences housing ten or more people. However, these settings are instructed to observe all applicable state and federal guidelines for infection control.
4. Daycare and childcare facilities must operate under the following mandatory conditions: A. Childcare must be carried out in stable groups of 10 or fewer children; “stable” means that the same 10 or fewer children are in the same group each day. B. Children shall not change from one group to another. C. If more than one group of children is cared for at one facility, each group shall be in a separate room. Groups shall not mix with each other. D. Childcare providers shall remain solely with one group of children.
5. This Order is issued as a result of the worldwide pandemic of COVID-19 disease, also known as “novel coronavirus,” which has infected at least 932,000 individuals worldwide and is implicated in over 46,800 worldwide deaths. The East Central District has three (3) cases as of April 2, 2020.
6. This Order is issued based on evidence of increasing transmission of COVID-19 both within the East Central District, Nebraska, and worldwide, scientific evidence regarding the most effective approach to slow transmission of communicable diseases generally and COVID-19 specifically, as well as best practices as currently known and available to protect the public from the risk of spread of or exposure to COVID-19.
7. This Order is intended to reduce the likelihood of exposure to COVID-19, thereby slowing the spread of COVID-19 in communities worldwide. As the presence of individuals increases, the difficulty and magnitude of tracing individuals who may have been exposed to a case rises exponentially, increasing the likelihood that such gatherings will impair efforts at mitigating the spread of the illness.
8. To the extent necessary, the Chief Public Health Officer requests that the Sheriff and all Chiefs of Police in the Counties of Boone, Colfax, Nance, and Platte ensure compliance with and enforcement of this Order. Pursuant to Nebraska Revised Statute section 71-501 and 506 and Nebraska Administrative Code 173 sections 6-009 and 6-006, any person violating this order may be subject to a Class III Misdemeanor for each offense.
9. Elective surgeries and elective procedures are hereby prohibited. For the purposes of this Order, this means a surgery or procedure that is scheduled in advance because it does not involve a medical emergency. or procedures that must

be done to preserve the patient's life or physical health, but do not need to be performed immediately, are allowed by a case-by-case determination of the medical provider.

10. Individuals who test positive for COVID-19 or who have any of the following symptoms: fever of 100.4° F or above, shortness of breath and individuals who reside or resided with individuals who have tested positive for COVID -19 or with individuals who have any of the above symptoms shall home-quarantine, unless quarantined in a health care facility, for a period of no less than 14 days, from the date of the positive test or onset of symptoms, per attached Quarantine Directions. For household members of a person under home-quarantine, home-quarantine can be discontinued 7 days after the original person has been released from home-quarantine, however, household members must continue self-monitoring for the above-listed symptoms for an additional 7 days (a total of 14 days). Please see the attached, and hereby incorporated in full, Quarantine directions, per 173 NAC 6-006.03B, Individuals with the above-listed symptoms who have tested positive for influenza and individuals who reside or have resided with individuals who have tested positive for influenza or an alternative diagnosis are not subject to quarantine under this Order.

11. This Order takes effect at 12:01 A.M. on April 4, 2020 and can be extended by amendment as necessary.

This Order will remain in effect no longer than necessary to ensure that individuals or groups affected by COVID-19 no longer pose a public health threat.

Failure to comply with this Order will result in legal action for enforcement by civil and/or criminal remedies.

Upon request, the East Central District Health Department ("Department") will schedule a hearing to be held as soon as reasonably possible under the circumstances. Unless requested otherwise, the hearing will be scheduled no sooner than three days after the request is received by the Department. The hearing will be conducted in accordance with the Department's rules of practice and procedure adopted pursuant to the Administrative Procedure Act.

The parties to the hearing will be limited to the Department and requesting party unless one or more additional persons have requested the contested case hearings on substantially identical issues; the interests of administrative economy require that the matters be consolidated; and no party would be prejudiced by consolidation, in which case notice of the consolidation will issue.

A party may be represented by counsel at the party's own expense, or may appear *pro se* if a natural person.

Reasonable prior notice of the time and place for hearing will be given. The hearing may be conducted in whole or in part by telephone.

The purpose of the hearing is to determine if the factual bases for the Order exist and the reasonableness of the ordered measures. The Director may affirm, reverse or modify the Order by a written Findings of Fact, Conclusions of Law, and Order to be issued as soon as reasonably possible after the hearing

You have the right to present evidence to the Chief Public Health Officer of the East Central District Health Department or their designee to show that the Order should be modified or terminated. Please contact the Director's office at 402-562-9656 to make the arrangements.

  
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Chief Public Health Officer

4-2-2020  
Date



## Quarantine Directions

Symptoms of the subject disease and course of treatment:

These symptoms may appear 2-14 days after exposure: fever of 100.4 degrees Fahrenheit or above, cough, and shortness of breath. Follow your medical provider's directions for course of treatment. Emergency warning signs for COVID-19 require medical attention immediately. Emergency warning signs include: trouble breathing, persistent pain or pressure in the chest, new confusion or inability to arouse and bluish lips or face. Consult your medical provider for any other symptoms that are severe or concerning.

Instructions on the disinfecting or disposal of any personal property;

### Surfaces

- Wear disposable gloves when cleaning and disinfecting surfaces. Gloves should be discarded after each cleaning. If reusable gloves are used, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other purposes. Consult the manufacturer's instructions for cleaning and disinfection products used. Clean hands immediately after gloves are removed. If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.
- For disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective.
- Diluted household bleach solutions can be used if appropriate for the surface. Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.
- Prepare a bleach solution by mixing:
  - o 5 tablespoons (1/3 cup) bleach per gallon of water or
  - o 4 teaspoons bleach per quart of water
  - o Products with EPA-approved emerging viral pathogen claims <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2> are expected to be effective against COVID-19 based on data for harder to kill viruses. Follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.).
- For soft (porous) surfaces such as carpeted floors; rugs, and drapes, remove visible contamination if present and clean with appropriate cleaners indicated for use on these surfaces.
- After cleaning: Launder items as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely, or Use products with the EPA-approved emerging viral pathogens claims (examples at this link <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2> that are suitable for porous surfaces.

Clothing, towels, linens and other items that go in the laundry

- Wear disposable gloves when handling dirty laundry from an ill person and then discard after each use. If using reusable gloves, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other household purposes. Clean hands immediately after gloves are removed.
- If no gloves are used when handling dirty laundry, be sure to wash hands afterwards.
- If possible, do not shake dirty laundry. This will minimize the possibility of dispersing virus through the air.
- Launder items as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely. Dirty laundry from an ill person can be washed with other people's items.

- Clean and disinfect clothes hampers according to guidance above for surfaces. If possible, consider placing a bag liner that is either disposable (can be thrown away) or can be laundered. Precautions to prevent the spread of the subject disease;

Stay home except to get medical care.

- Stay home: People who are mildly ill with COVID-19 are able to recover at home.
- Do not leave, except to get medical care. Do not visit public areas.
- Stay in touch with your doctor. Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency.
- Avoid public transportation: Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people in your home, this is known as home isolation

- Stay away from others: As much as possible, you should stay in a specific "sick room" and away from other people in your home. Use a separate bathroom, if available.
- Limit contact with pets & animals: You should restrict contact with pets and other animals, just like you would around other people.
- Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people with the virus limit contact with animals until more information is known.
- When possible, have another member of your household care for your animals while you are sick with COVID-19. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with them.

Call ahead before visiting your doctor

- Call ahead: If you have a medical appointment, call your doctor's office or emergency department and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.

Wear a facemask if you are sick

- If you are sick: You should wear a facemask when you are around other people and before you enter a healthcare provider's office.
- If you are caring for others: If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then people who live in the home should stay in a different room. When caregivers enter the room of the sick person, they should wear a facemask. Visitors, other than caregivers, are not recommended.

Cover your coughs and sneezes

- Cover: Cover your mouth and nose with a tissue when you cough or sneeze.
- Dispose: Throw used tissues in a lined trash can.
- Wash hands: Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

### Clean your hands often

- Wash hands: Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Hand sanitizer: If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- Soap and water: Soap and water are the best option, especially if hands are visibly dirty.
- Avoid touching: Avoid touching your eyes, nose, and mouth with unwashed hands.

### Avoid sharing personal household items

- Do not share: Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- Wash thoroughly after use: After using these items, wash them thoroughly with soap and water or put in the dishwasher.

### Clean all "high-touch" surfaces everyday

You have a right to an independent medical exam at your own expense.

Provisions to ensure and monitor compliance;

Self-monitor twice daily for fever and other symptoms listed above for fourteen days. Coordinate with your health care provider and local public health department.

Individuals who tested positive for COVID-19 may be released from quarantine if at least seven (7) days have passed since onset of symptoms and symptoms have improved and the individual has been fever-free for at least 72 hours without the use of fever-reducing medication.