



FOR IMMEDIATE RELEASE

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DATE: 06/23/2020

TIME: 9:30 AM

[Columbus, NE] –East Central District Health Department (ECDHD) has confirmed a seventh COVID-19-related death in its four-county jurisdiction, in Platte County. The deceased was a male, in his 20's, with underlying health conditions.

As of June 22, the ECDHD jurisdiction is operating under Phase III Directed Health Measures. While these measures have further relaxed some previous COVID-19 guidelines, ECDHD urges residents to continue to take precautions to limit the spread of the virus. These precautions include:

- Washing your hands often, using soap and water for at least 20 seconds.
- Avoiding close contact with people who are sick, even inside your home.
- Staying at least 6 feet from other people.
- Covering your nose and mouth with a cloth face cover when around others.
- Covering coughs and sneezes using a tissue or the inside of your elbow.
- Cleaning and disinfecting frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

People with COVID-19 have reported a wide range of symptoms – ranging from mild to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Health experts now know that persons can spread COVID-19 even if they are asymptomatic (not showing symptoms). If someone believes they may have been exposed to COVID-19, or are exhibiting symptoms, they are requested to call the ECDHD COVID-19 line at (402) 562-8960, Monday through Friday, 8 a.m. to 8 p.m. For general questions about COVID-19, call the Nebraska Department of Health and Human Services COVID-19 Information Line at (402) 552-6645, 8 a.m. – 8 p.m., 7 days a week.

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