



# East Central

## District Health Department

FOR IMMEDIATE RELEASE

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[Columbus]—East Central District Health Department (ECDHD) has been informed of the ninth COVID-19 related death in its four-county jurisdiction. The deceased was a Platte County resident, a woman, in her 70's, with underlying health conditions.

On Monday, September 21, the four counties (Boone, Colfax, Nance and Platte) of the ECDHD moved to Phase IV of the State's Directed Health Measures (DHMs). While Phase IV is less restrictive, COVID-19 cases and hospitalizations are increasing across the ECDHD counties, as well as the rest of Nebraska. The risk levels for ECDHD counties increased this week, and current trends indicate continued risk increases through September and into October. ECDHD continues to recommend that all persons:

- 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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