FOR IMMEDIATE RELEASE: 4/10/2020

Terra Uhing, MS

Executive Director

(402) 704-2254

terra@3rphd.org

**Three Rivers Public Health Department Confirms Two Cases of COVID-19**

Three Rivers Public Health Department (3RPHD) has identified two additional cases of COVID-19. This first case is a Dodge County resident in his 30s and is self-isolating at home. This case is deemed to be community acquired. Contact investigations are currently being completed. All identified close contacts will self-quarantine and be actively monitored twice daily by public health officials for fever and respiratory symptoms. This is Dodge County’s 8th case.

The second case is a Saunders County resident in his 30s and is self-isolating at home. This case is deemed to be community acquired. Contact investigations are currently being completed. All identified close contacts will self-quarantine and be actively monitored twice daily by public health officials for fever and respiratory symptoms. This is Saunders County’s 5th case.

3RPHD stresses the need for everyone do the following to mitigate spread of COVID-19:

**Stay Home**

* Stay home whenever possible.
* Work from home if possible.
* Avoid gathering in any groups (if a group is necessary, limit it to no more than 10 people – and remember the 6 feet rule).
* Do not visit or host people who do not live with you. This includes family.

**Stay Healthy**

* Keep at least 6 feet distance from anyone you don’t live with.
* Stay home if you are sick or if someone in your home is sick.
* If you are an employer, make plans so that your employees can stay home when they need to.
* Cover your nose and mouth with a cloth mask when you are out in public.
* Shop 1x each week, alone, and be efficient.

**Stay Connected**

* Stay in touch with friends and loved ones by using your phone, computer, letters or cards.
* Check in on neighbors and other people who may be alone or need help

Please be aware of the COVID-19 symptoms, which may include a fever, cough, sore throat, severe fatigue or difficulty breathing. In most cases, a person will have more than one of these symptoms. Anyone who has COVID-19 symptoms or develops symptoms should contact their health care provider and tell them how you are feeling and any possible history of exposure. Please call ahead before you go to the doctor’s office or an emergency room.

For more information about COVID-19 please visit [www.threeriverspublichealth.org](http://www.threeriverspublichealth.org), <http://dhhs.ne.gov/coronavirus> or call United Way’s 2-1-1 Resource Hotline.

 ###