

## To Protect, Promote and Prioritize the Health of Our Entire Community

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## **DCHD: Social Distancing is Essential**

Social distancing is more important now than ever, according to the Douglas County Health Department. With changes in Directed Health Measures set to be put in place on Monday, maintaining six feet of separation in all you do is your best protection against COVID-19.

"This extremely serious health threat remains in our community," Health Director Dr. Adi Pour said. "Stay home as much as you can and please wear a mask when you leave home."

On Thursday, April 30, the Health Department confirmed 73 new cases of COVID-19 in Douglas County. That brings the total number of cases in the county to 609 since the start of the outbreak. The age range is from four to 65 years of age. DCHD is unaware of any hospitalizations from these latest cases.

As of Wednesday night, local hospitals reported 537 medical surge beds were available and 52 patients were hospitalized with COVID-19. Of the 348 ventilators available to area hospitals, 99 were in use, including 16 for confirmed COVID-19 patients with an additional 62 people hospitalized and suspected of having the disease. Seventy individuals are confirmed to have recovered from the illness.

Remember to learn the COVID-19 symptoms, which may include, but are not limited to, a fever, cough, sore throat, severe fatigue, or difficulty breathing. In most cases, a person will have more than one symptom. If you have COVID-19 symptoms, please contact your health care provider and tell them how you are feeling, and discuss any possible exposure history. Please call ahead before you go to the doctor's office or an emergency room.

DCHD's information line is open daily at (402) 444-3400 from 8:30 a.m. until 4 p.m. In addition, the Nebraska DHHS COVID-19 information line is open from 8 a.m.-8 p.m. at (402) 552-6645. Calls are taken 24 hours a day at the United Way's 2-1-1 Information Line.

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