



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

For Immediate Release: May 22, 2020

Contact: Phil Rooney: (402) 444-6427

Your Mental Health is Essential

During the pandemic the Douglas County Health Department has asking you to take care of yourself, eat right and get exercise when you can. That care includes lots of handwashing, wearing a facemask and practicing social distancing.

DCHD also is concerned about your mental health.

Behavioral health is extremely important and it can create lots of issues that will outlast the pandemic. Those include:

- A lack of motivation to accomplish daily activities.
- Increased use of alcohol, tobacco, or other drugs.
- Existing mental health conditions may become worse.

“Please don’t wait to get help,” Health Director Dr. Adi Pour said. “There should be no stigma attached to taking care of yourself in this manner.”

Help is available from the Nebraska Family Helpline at 1-888-866-8660 and SAMSHA’s Disaster Distress Hotline, 1-800-985-5990.

On Friday, May 22, the Health Department confirmed that total cases of COVID-19 in the county have increased to 2,928 from Thursday’s total of 2,841. That’s an increase of 89 cases. At last report the positivity test rate for the week was just under 11 percent.

DCHD also can confirm three additional deaths. These individuals all were more than 85 years old. They bring the total deaths in the county related to COVID-19 to 27.

As of Thursday night, local hospitals reported 415 med/surge beds were available and 149 patients were hospitalized with COVID-19. An additional 46 people were hospitalized as COVID-19 persons of interest.

Of the 374 ventilators available to area hospitals, 130 were in use, including 42 for confirmed COVID-19 patients. DCHD has confirmed 604 county residents have recovered from the illness.

Adi Pour, Ph.D., Director
1111 South 41st Street
Omaha, NE 68105

www.douglascountyhealth.com