



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

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## **Health Department Says Time-Out for Youth Sports**

The Douglas County Health Department (DCHD) wants to remind everyone that youth sports games and practices cannot be held at this time because those activities violate directed health measures limiting the size of gatherings and mandating six feet of separation. At this time, social distancing remains our most effective weapon against COVID-19.

DCHD also recommends the use of masks by the public, preferably homemade masks.

On Wednesday the Health Department confirmed 18 new cases of COVID-19. These involve eight males and ten females between the ages of 12 and 90 years of age. Seven of these individuals had contact to a known case, four were acquired through community spread and three are related to travel while four remain under investigation.

Three of these latest cases are known to be hospitalized. Douglas County now has seen 185 cases of COVID-19.

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.

DCHD's information line remains open at (402) 444-3400 to anyone with general questions about COVID-19. The number is answered daily from 8:30 a.m. until 4 p.m. Nebraska DHHS has a COVID-19 information line open from 8 a.m.-8 p.m. daily at (402) 552-6645. Any calls outside those hours are handled by the United Way's 2-1-1 Resource Hotline.

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