



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

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## **Social Distancing Stressed as COVID-19 Cases Continue to Rise**

Douglas County residents need to take social distancing seriously and plan on staying home as much as possible during the COVID-19 outbreak.

“Social distancing is your best defense against COVID-19,” Douglas County Health Director Dr. Adi Pour said. “This is the proven public health method to stop the spread of this contagious disease.”

The Douglas County Health Department on Tuesday received preliminary results on 16 new COVID-19 cases. The cases include three women and a man in their 20s and 30s, a woman and two men in their 50s, a woman and three men in their 60s, two men and two women over 70 and another case under investigation for which the age was not yet available.

The Health Department reminds everyone to take precautions throughout the community to avoid a COVID-19 infection. You also should consider that many people who are sick have mild symptoms. According to the CDC, four out of five people who have become ill acquired the disease from someone who didn't know they had it.

Please be aware of the symptoms, which include a fever, cough, sore throat, or difficulty breathing. If you have COVID-19 symptoms or develop symptoms, contact your health care provider and tell them how you are feeling and any possible history of exposure, then 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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