

**NEWS RELEASE**

November 30, 2020

FOR IMMEDIATE RELEASE

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**More Locations for COVID-19 Testing by TestNebraska**

Southwest Nebraska Public Health Department (SWNPHD) has received reports of two additional facilities, Chase County Community Hospital and Dundy County Hospital, that have contracted to do free testing for COVID-19 through TestNebraska. This will make a total of 5 facilities in the health district providing COVID testing for residents if they are unable to be tested at their medical provider’s office.

Chase County Community Hospital has begun testing every Monday at the Imperial Emergency Management building. Dundy County Hospital is still finalizing their testing process and will announce dates and a location soon. SWNPHD encourages any resident who wishes to be tested to sign up at [testnebraska.com](http://testnebraska.com) and take advantage of the exceptional effort being made by these healthcare workers to help identify positive cases of COVID-19 and slow the spread of the virus in southwest Nebraska.

**TestNebraska Locations for December**

<b>Days</b>	<b>Times</b>	<b>Location</b>	<b>Facility Staffing Location</b>
<b>Mondays</b>	7 am – 9 am	Emergency Management Building, Imperial	Chase County Community Hospital
<b>Mondays</b>	1 pm – 4 pm	Red Willow County Fairgrounds, McCook	Mark’s Pharmacy
<b>Every Other Tuesday</b>	8 am – 11 am	Mark’s Pharmacy Annex, Cambridge	Mark’s Pharmacy
<b>Every Other Tuesday</b>	8 am – 11 am	Mark’s Pharmacy, Arapahoe,	Mark’s Pharmacy
<b>Wednesdays</b>	8 am – 10 am	Red Willow County Fairgrounds, McCook	Community Hospital McCook
<b>Every Other Weds</b>	8 am – 10 am	Old Roads Maintenance Building, Ogallala	Banner Health
<b>Thursdays</b> (except holidays)	9 am – 11 am	Mark’s Pharmacy Annex, Cambridge	Mark’s Pharmacy

Additional directions and technical support are available at [testnebraska.com](http://testnebraska.com). Registration is also available by phone at 402-207-9377. All information is confidential, and test results will come directly from TestNebraska. Research is still ongoing to determine how long a person retains immunity after a diagnosis of COVID-19. The current estimate is a minimum of 3 months. Based on that information, those who receive a positive test result have 90 days of immunity when they do

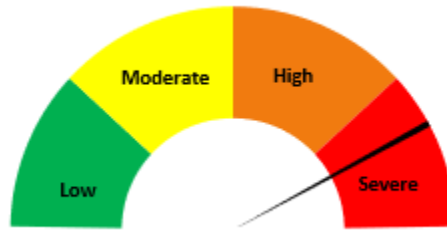
not need to quarantine after an exposure to another positive person.

The COVID-19 Community Risk Dial for the week of November 30th is red, meaning residents of southwest Nebraska are at severe risk of contracting COVID-19. SWNPHD asks that residents of the health district stay at home when possible, except for essential errands. If you do leave home, wear a mask or face covering. High-risk and vulnerable individuals should limit their contact with those who work outside the home. All gatherings and events are strongly discouraged until the risk dial is no longer in the red.

SWNPHD had 303 new cases of COVID-19 reported November 24th to November 30th at noon. A breakout by county includes: Chase – 24; Dundy – 7; Frontier – 16; Furnas – 39; Hayes – 6; Hitchcock – 21; Keith – 71; Perkins – 22; Red Willow – 97. There is community spread occurring in all nine counties and several cases related to direct contact in the workplace. This brings the totals for the health district to 2037 cases with 1622 cases recovered.

COVID-19 information is available at [CDC.gov](https://www.cdc.gov) and [swhealth.ne.gov](https://www.swhealth.ne.gov). You can also follow SWNPHD on Facebook, Twitter, and Instagram. SWNPHD serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. SWNPHD is located at 404 West 10th St (1 block north of Arby's) in McCook.

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COVID RED: Severe Risk of COVID-19 Spread		
General Public	Outside the Home – Work, Social, in Public	At Home
Physical Distancing	<ul style="list-style-type: none"> <li>• <b>Stay at home</b> unless essential personnel traveling for work, or general public acquiring medical care or food</li> <li>• Distance at least 6 feet from anyone outside the home</li> <li>• Work from home</li> <li>• No contact with others</li> </ul>	<ul style="list-style-type: none"> <li>• No distancing for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected</li> <li>• Self-isolation of symptomatic persons</li> </ul>
Face Covering	<ul style="list-style-type: none"> <li>• Face coverings when outside of the home and near others</li> </ul>	<ul style="list-style-type: none"> <li>• No face coverings for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected</li> <li>• Face coverings for symptomatic people</li> </ul>
Hand Washing	<ul style="list-style-type: none"> <li>• Frequently wash hands for at least 20 seconds, especially after touching high contact surfaces, sneezing/coughing/touching face, or before eating</li> <li>• Use hand sanitizer when handwashing is inaccessible or infeasible</li> </ul>	<ul style="list-style-type: none"> <li>• Frequently wash hands for at least 20 seconds, especially after touching high contact surfaces, sneezing/coughing/touching face, or before eating</li> </ul>
Illness Monitoring	<ul style="list-style-type: none"> <li>• If ill with Flu-like or COVID-like symptoms, <b>Stay at Home</b> even for essential personnel</li> <li>• Minimize contact with symptomatic people</li> <li>• Daily temperature checks at work</li> </ul>	<ul style="list-style-type: none"> <li>• Daily temperature check</li> <li>• Continuously monitor for COVID-19 symptoms</li> <li>• Self-isolation of symptomatic persons</li> <li>• Contact healthcare provider if sick</li> <li>• Monitor the health of anyone in your home with COVID-like symptoms</li> </ul>
Disinfecting	<ul style="list-style-type: none"> <li>• Avoid bare hand contact with any high touch surface</li> <li>• Use barrier such as paper towel or clothing when bare hand contact is unavoidable</li> <li>• Wash hands or apply sanitizer after touching high contact surfaces</li> <li>• Enhanced disinfection, especially for high contact surfaces (door/other handles, light switches, bathroom fixtures)</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid bare hand contact with any high touch surface</li> <li>• Use barrier such as paper towel or clothing when bare hand contact is unavoidable</li> <li>• Wash hands or apply sanitizer after touching high contact surfaces</li> <li>• Enhanced disinfection, especially for high contact surfaces (door/other handles, light switches, bathroom fixtures)</li> </ul>
At-Risk or Vulnerable Population	For adults over age 65, anyone with underlying health conditions, and other populations at heightened risk from COVID-19: <ul style="list-style-type: none"> <li>• Stay home</li> <li>• Rely on help for needs outside the home (groceries, medications, etc.)</li> <li>• Distance from those working outside of the home</li> </ul>	