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For Immediate Release

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Stay Home. Stay Healthy. Stay Connected in Southwest Nebraska

Southwest Nebraska Public Health Department (SWNPHD) encourages residents of southwest Nebraska to support Governor Ricketts and Nebraska's public health departments to do all we can to **Stay Home, Stay Healthy and Stay Connected**. Here is how you can help:

Stay Home

- Stay home whenever possible.
- Avoid gathering in any groups (if a group is necessary, limit it to no more than 10 people – and remember the 6 feet rule).
- Do not visit or host people who do not live with you. This includes family.
- Work from home if you can.

Stay Healthy

- Keep at least 6 feet distance from anyone you don't live with.
- Stay home if you are sick or if someone in your home is sick.
- If you are an employer, make plans so that you employees can stay home when they need to.
- Cover your nose and mouth with a cloth mask when you are out in public.
- Shop once each week, alone, and be efficient. Maintain the 6 feet rule while shopping.

Stay Connected

- Stay in touch with friends and loved ones by using your phone, tablet, computer, letters, or cards.
- Check in on neighbors and other people who may be alone or in need.

Recent studies from the Centers for Disease Control and Prevention (CDC) show that a significant portion of people with COVID-19 lack symptoms and those that eventually develop symptoms can pass the virus to others before showing symptoms. CDC now recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (grocery stores, pharmacies, etc.) especially in areas where COVID-19 is spreading in the community.

This new guidance and other COVID-19 information for southwest Nebraska can be found on the website at www.swhealth.ne.gov. You can also follow SWNPHD on Facebook and Twitter. SWNPHD serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins and Red Willow counties.

There is a statewide coronavirus (COVID-19) information line to help answer general questions and share the latest information and resources with Nebraskans. Keep informed by calling (402) 552-6645; hours of operation are 8 a.m. to 8 p.m. CST, 7 days a week.