

# PSA Release

North Central District Health Department (NCDHD) represents the following counties:  
Antelope, Boyd, Brown, Cherry, Holt, Keya Paha, Knox, Pierce, and Rock



422 East Douglas Street, O'Neill, NE 68763  
(402) 336-2406 or (877) 336-2406

## FOR IMMEDIATE RELEASE:

March 22, 2021

CONTACT INFORMATION: Carol Doolittle

North Central District Health Department 1-402-336-2406

## NCDHD COVID-19 Updates

Public Service Announcement

On March 19, 2021 the CDC updated it's K-12 school guidance related to physical distancing between students in classrooms. The CDC now recommends that, ***for schools with universal masking***, students should maintain a distance of at least 3 feet in classroom settings. An outline of key changes is provided below.

The CDC has updated its operational strategy to say:

- In elementary schools, CDC recommends all students remain at least 3 feet apart in classrooms where mask use is universal — regardless of whether community transmission is low, moderate, substantial, or high.
- In middle and high schools, CDC also recommends students should be at least 3 feet apart in classrooms where mask use is universal and in communities where transmission is low, moderate, or substantial.
- Middle school students and high school students should be at least 6 feet apart in communities where transmission is high, if cohorting is not possible.

The CDC continues to recommend at least 6 feet of distance:

- Between adults in the school building and between adults and students.
- In common areas, such as school lobbies and auditoriums.
- When masks can't be worn, such as when eating.
- During activities when increased exhalation occurs, such as singing, shouting, band practice, sports, or exercise. These activities should be moved outdoors or to large, well-ventilated spaces whenever possible.
- In community settings outside of the classroom.

NCDHD would encourage district schools to review their current policies and this updated guidance. NCDHD does not require schools to follow any set guidance and encourages following

CDC and state issued guides.

###