

PSA Release – General Guidelines

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



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FOR IMMEDIATE RELEASE:

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“COVID-19 and Community Participation” Public Service Announcement

NCDHD understands concerns over the new COVID-19 virus can make us anxious. While we don't know where and to what extent this disease may spread here in Nebraska, we do know that it is contagious. As we go about our daily lives, we ask that you remain watchful in yourself, your family, and those you may care for when it comes to symptoms of illness. If you know you have been exposed to sick persons and you begin to experience symptoms of fever, shortness of breath, and cough we ask that you contact your healthcare provider on next steps. It is very important that we keep each other healthy and safe, so please stay home if you are sick. We encourage anyone who may feel the need to be seen at your doctor's office or emergency room that you call ahead first, so staff can be prepared for your arrival.

Easy ways to keep yourself and others healthy: wash your hands for at least 20 seconds with soap and warm water, cough and sneeze into your elbow or tissue and throw the tissue away, clean or wipe down frequently touched surfaces and objects, eat healthy, and get plenty of sleep.

As a reminder we are still in the middle of a busy cold and flu season, so please be on high alert for signs and symptoms of illness. If you have any questions or concerns regarding COVID-19, please contact North Central District Health Department.