**FOR IMMEDIATE RELEASE**

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**Additional Cases of Confirmed COVID-19**

**Holdrege-** Additional cases of COVID-19 have been identified in Buffalo, and Kearney counties.

New cases include:

* One Kearney County resident - A man in his 20s who is currently self-isolating.
* Two Buffalo County residents - A woman in her 80s and a man in his 90s who are currently hospitalized.

Contact investigations are underway to identify people who came into close contact to help prevent further spread. All identified close contacts will self-quarantine and be actively monitored twice daily by public health officials for fever and respiratory symptoms.

The state total as of tonight is 73. As Nebraska remains vigilant in its efforts to mitigate the spread of COVID-19 in Nebraska, state and local health departments are testing and publicly reporting their cases. In the event of a discrepancy between DHHS cases and cases reported by local public health officials, data reported by the local health department should be considered the most up to date.

Certain people are at higher risk of getting very sick from COVID-19 including older adults and people who have serious chronic medical conditions like heart disease, diabetes and lung disease, according to the CDC.

People in these higher-risk groups should:

* Stock up on supplies, including extra necessary medications.
* Take everyday precautions to keep space between yourself and others.
* When you go out in public, keep away from others who are sick, limit close contact and wash your hands often.
* Avoid crowds as much as possible.
* Avoid cruise travel and non-essential air travel.
* If there is a COVID-19 outbreak in your community, stay home as much as possible to further reduce your risk of being exposed.

Recent data shows that the virus is also affecting younger people. A Centers for Disease Control and Prevention report said 20% of those hospitalized for COVID-19 in the U.S. were 20-44 years old.

Everyone can help reduce the spread of COVID-19 and other respiratory infections by:

* Avoiding close contact with sick people and stay home if you are sick.
* Washing hands often with soap and water for at least 20 seconds. If soap and water aren't available, use an alcohol-based sanitizer.
* Avoiding touching your eyes, nose, and mouth with unwashed hands.
* Covering your nose and mouth with a tissue when you cough or sneeze then throw the tissue in the trash.
* Cleaning and disinfecting frequently touched objects and surfaces.

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

For more information call Two Rivers Public Health Department at (888) 669-7154 or visit [www.trphd.org](http://www.trphd.org).

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