



# EAST-CENTRAL DISTRICT Health Department

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FOR IMMEDIATE RELEASE

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[Columbus, NE] – East Central District Health Department (ECDHD) is closely monitoring possible contact that area residents may have had with a recently-confirmed COVID-19 patient from Omaha. This contact is believed to have occurred at a Special Olympics event held at the Fremont Family YMCA on February 29<sup>th</sup>.

Out of an abundance of caution, State and local officials are asking area residents that basketball players, coaches, and team staff attending the event voluntarily self-quarantine for 7 days until Saturday, March 14<sup>th</sup>. If no symptoms develop by that date, you may cease quarantine. If you are in the self-quarantine category, and a resident of Boone, Colfax, Platte, or Nance counties, you are asked to call ECDHD at (402) 562-8960 (English) or (402) 562-8963 (Spanish).

Spectators of the event that did not participate as players, coaches, or coaching staff and are from Boone, Colfax, Platte, or Nance counties, are considered to be at a minimum risk. State health officials do not advise self-quarantine for these individuals. However, ECDHD recommends that if spectators do develop respiratory symptoms (fever, cough, shortness of breath) between now and March 14<sup>th</sup>, they call our office immediately using the numbers listed above.

ECDHD will continue to provide updates as they become available. As a reminder, here are a few things anyone can do to protect themselves from COVID-19 and other respiratory illnesses:

- Avoid close contact with sick people and stay home if you are sick.
- Wash your hands with soap and water often for at least 20 seconds. If soap and water aren't available, use a hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth.
- Cover your nose and mouth when you cough with your elbow or a tissue, then throw the tissue in the trash.

If you have questions about COVID-19, please call our hotline. For English, please dial (402) 562-8960. For Spanish, please dial (402) 562-8963.