



Coronavirus Disease 2019 (COVID-19) Situation Report – 1 09 March 2020

ECDHD COVID-19 HOTLINE:
English: 402.562.8960
Español: 402.562.8963

Data curated by Johns Hopkins CSSE, including WHO CDC, ECDC, NHC, and DXY and current as of 06:00

Highlights

- The first case in Nebraska was confirmed on March 6th, 2020.
- State and local public health officials have been working to trace contacts related to a sporting event in Fremont on February 29th.
- Fremont Public Schools, Midland University, and other local schools in Fremont closed in an effort to prevent stigma around possible case investigations and in an overabundance of caution, to reduce the opportunity for community gathering ahead of spring break.
- There has been no evidence of community spread in Nebraska at this time, and federal, state, and local public health officials are working aggressively to prevent it through contact tracing, prompt isolation, and surveillance.

SITUATION IN NUMBERS

Total and new cases in the last 24 hours

United States

564 confirmed (127 new)

Nebraska

3 confirmed (2 new)

East Central District

0 confirmed (0 new)

Travel Risk Assessment:

- China (Level 3)
- Iran (Level 3)
- South Korea (Level 3)
- Italy (Level 3)
- Japan (Level 2)
- Hong Kong (Level 1)
- Singapore (country of interest)
- Taiwan (country of interest)
- Thailand (country of interest)

Figure 1. Confirmed cases of COVID-19 in the lower US, 09 March 2020

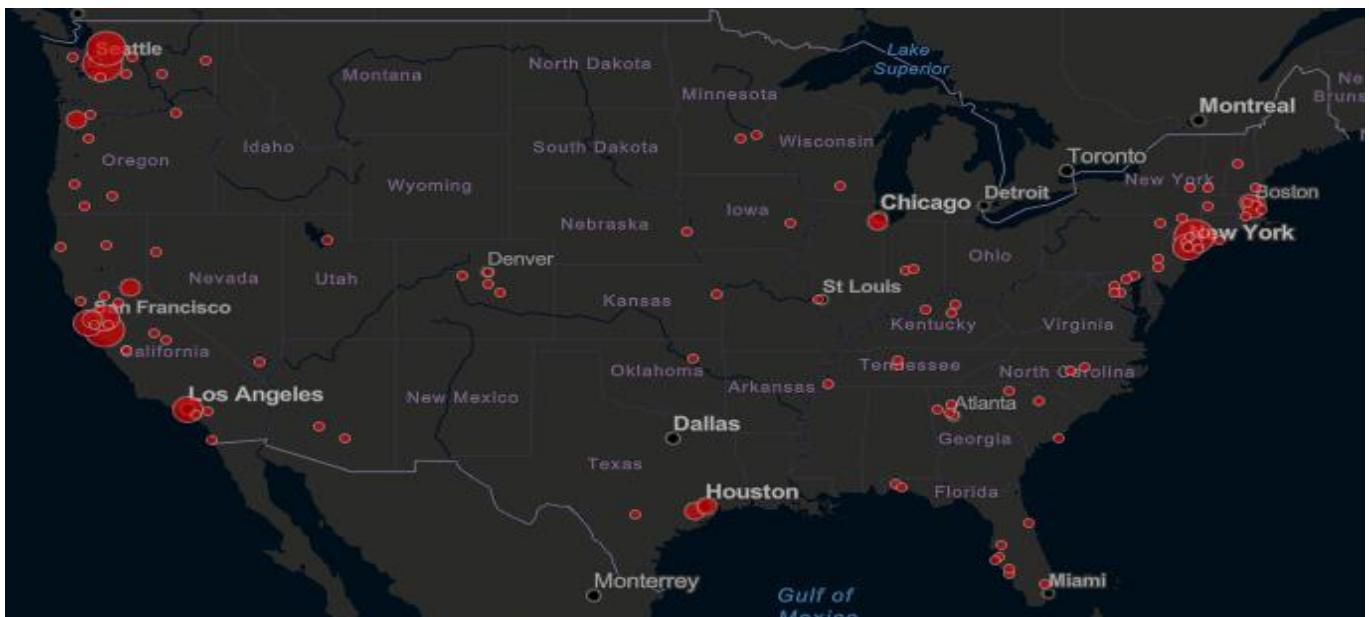


Figure 2. Confirmed cases of COVID-19 in Nebraska, 09 March 2020

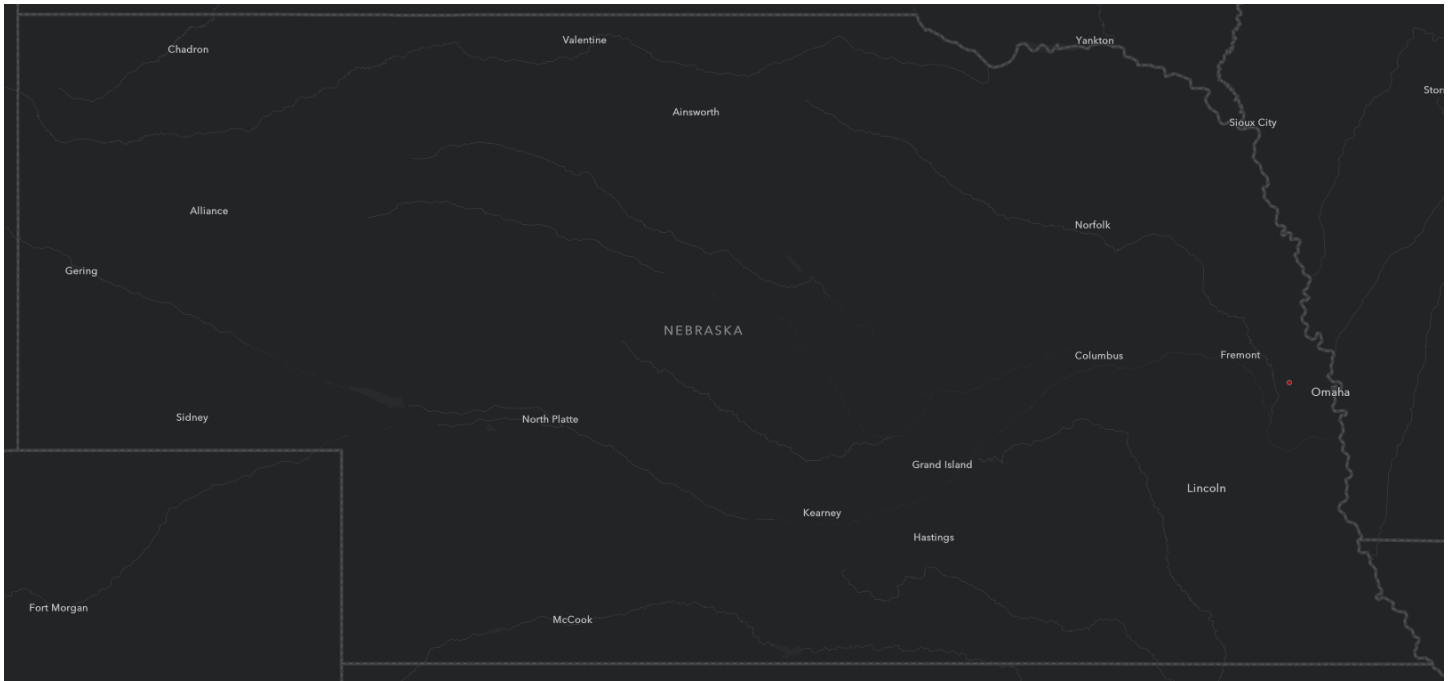
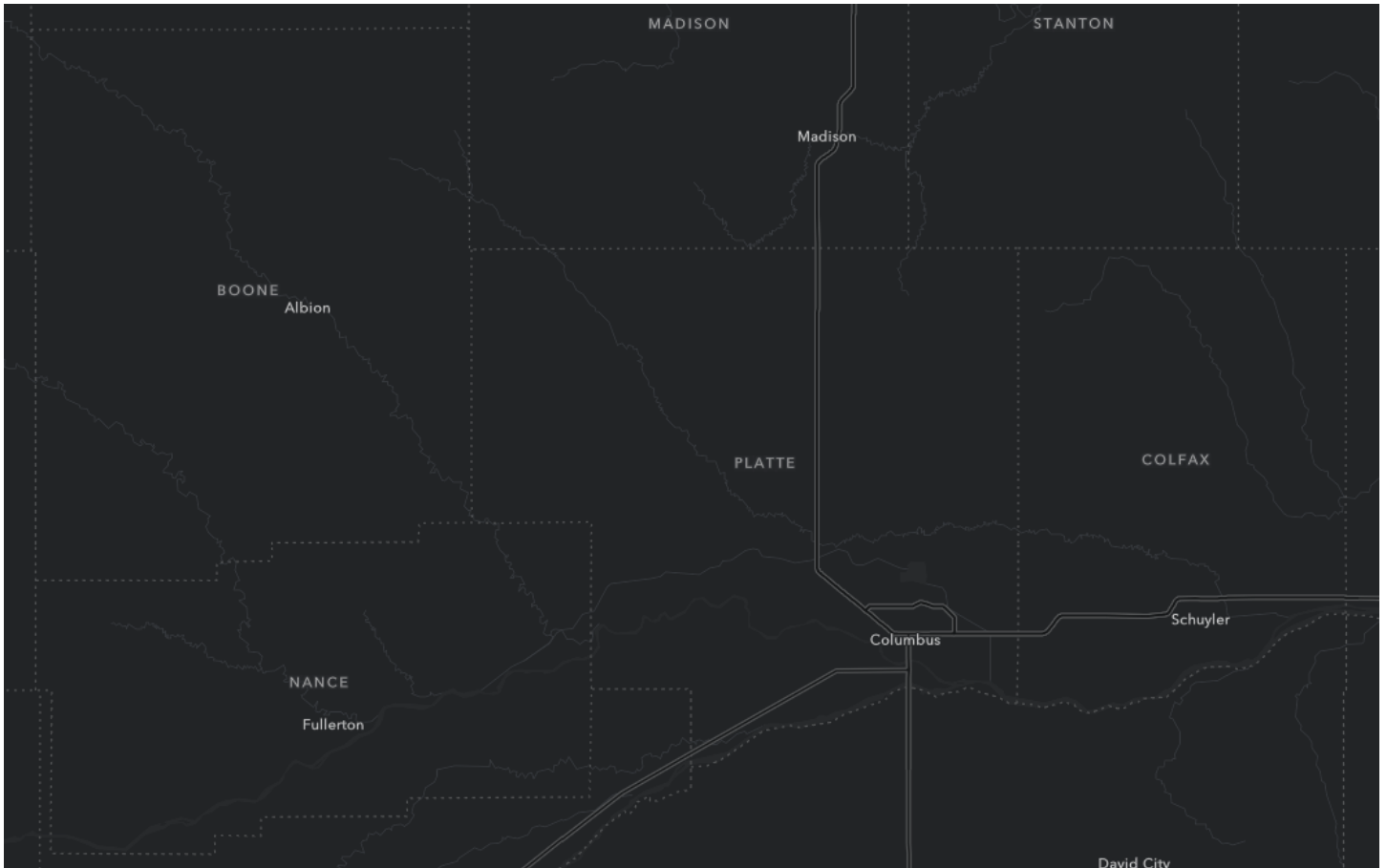


Figure 3 Confirmed cases of COVID-19 in Boone, Colfax, Platte, and Nance Counties, 09 March 2020



SUBJECT IN FOCUS: Q&A: Self-Reporting

As the COVID-19 event continues to evolve, it is important for the general public to know what they should do if they suspect they have been exposed to COVID-19.

Q: Am I at risk for COVID-19 infection?

Those that have 1) been in contact with others with confirmed COVID-19 infection; 2) have traveled to a DHHS country of interest (China, South Korea, Italy, Hong Kong, Japan, Iran, Singapore, Taiwan, and Thailand) in the last 14 days; and 3) those that have been hospitalized with severe lower respiratory symptoms, such as pneumonia, with no known source; might be at risk for COVID-19 infection. At this time, we have no evidence that community spread has occurred in the State of Nebraska. The general public, without meeting the above criteria, are at very low risk.

Q: I have traveled to a country of interest or have come in contact with someone with confirmed COVID-19 infection, but am not displaying any symptoms. What should I do?

Those that have traveled to affected countries or have come in contact with infected persons should complete [this survey](#) and residents of Boone, Colfax, Platte, and Nance Counties should contact East Central District Health Department's Infectious Disease Department at 402.562.8963.

Q: I have traveled to a country of interest or have come in contact with someone with confirmed COVID-19 infection, and am displaying symptoms. What should I do?

If you have traveled to affected countries or have come in contact with infected persons, you should 1) isolate yourself, 2) call in advance your healthcare provider before seeking medical care, 3) complete [this survey](#), and 4) contact East Central District Health Department's Infectious Disease Department at 402.562.8963 if you are a resident of Boone, Colfax, Platte, or Nance County.

Q: I have been asked by my local health department to self-isolate or self-quarantine. What should I expect?

Those in self-isolation (symptomatic) or self-quarantine (no symptoms) will be required to remain separated from other persons in the home for 14 days (do not share your bedroom) beginning the last date of exposure to a sick contact or the last day spent in a country of interest before returning to the United States. Other things to consider:

- Stay home except to get medical care
- Separate yourself from other people and animals in your home
- Wear a facemask if you must be around others
- Cover your coughs and sneezes
- Wash your hands often for 20 seconds each time
- Avoid sharing personal household items
- Clean all "high-touch" surfaces everyday
- More information [here](#)

Q: Where can I find the latest information related to COVID-19?

Find accurate, up to date information related to COVID-19 from the [Centers for Disease Control and Prevention](#) (CDC), from [Nebraska Department of Health and Human Services](#) (DHHS), and [East Central District Health Department](#) (ECDHD).

STRATEGIC OBJECTIVES

ECDHD's strategic objectives for this response are to:

- Interrupt human-to-human transmission including to reduce secondary infections among close contacts and health care workers, prevent transmission amplification events, and prevent further spread*
- Identify, isolate and care for patients early, including to provide optimized care for infected patients
- Communicate critical risk and event information to all communities and counter misinformation
- Minimize social and economic impact through multisectoral partnerships.

*This can be achieved through a combination of public health measures, such as rapid identification, diagnosis and management of the cases, identification and follow-up with contacts, partnership in infection prevention and control in health care settings, implementation of health measures for travelers, raising awareness in the population and risk communication.

RECOMMENDATIONS AND ADVICE FOR THE PUBLIC

If you have not traveled from an area where COVID-19 is spreading or have not been in contact with an infected patient, your risk of infection is low. It is understandable that you may feel anxious about the outbreak. Get the facts from reliable sources to help you accurately determine your risks so that you can take reasonable precautions. Seek guidance from your healthcare provider, ECDHD, DHHS, CDC, or your employer for accurate information on COVID-19.

It is important to be informed of the situation and take appropriate measures to protect yourself and your family. For most people, COVID-19 infection will cause mild illness; however, it can make some people very ill and, in some people, it can be fatal. Older people, and those with pre-existing medical conditions (such as cardiovascular disease, chronic respiratory disease or diabetes) are at greater risk for severe disease. Stay up to date with the latest information from the CDC [here](#).

Information for Individuals¹

Centers for Disease Control and Prevention (CDC) <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Frequently Asked Questions: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors: <https://www.cdc.gov/coronavirus/2019-ncov/about/share-facts-stop-fear.html>

¹ Information adapted from WHO guidance

Information for Schools²

CDC Interim Guidance for Administrators of US Childcare Programs and K-12 Schools to Plan, Prepare, and Respond to Coronavirus Disease 2019 (COVID-19) <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-for-schools.html>

Frequently asked Questions about COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

Questions about COVID-19 in Children: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/children-faq.html>

COVID-19 in Pregnant Women: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnancy-faq.html>

Planning for pandemic influenza can easily be adapted for COVID-19

CDC Get Your School Ready for Pandemic Flu (April 2017): <https://www.cdc.gov/nonpharmaceutical-interventions/pdf/gr-pan-flu-ed-set.pdf>

Information for Businesses

CDC Web Page: [Interim Guidance for Businesses and Employers to Plan and Respond to 2019 Novel Coronavirus \(2019-nCoV\), February 2020](#)

[Coronavirus Preparedness: Tips and Resources for Managers and Employees](#) (Recommendations from USI Risk Services), March 2020

Information for Community-Based and Faith-Based Organizations and Assistance Agencies

[Get Your Community- and Faith-Based Organizations Ready for Pandemic Flu - April 2017](#) (CDC)

Printable Flyer (pdf): COVID-19 - Stop the Spread of Germs [English](#) [Spanish](#) [Simplified Chinese](#)

Preparing individuals and communities: <https://www.cdc.gov/coronavirus/2019-ncov/preparing-individuals-communities.html>

Frequently asked Questions about COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

Questions about COVID-19 in Children: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/children-faq.html>

COVID-19 in Pregnant Women: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnancy-faq.html>

Information for Healthcare Providers

Checklist - to be prepared to evaluate patients for COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/hcp-preparedness-checklist.pdf>

Specimen collection and testing: <https://www.cdc.gov/coronavirus/2019-nCoV/lab/guidelines-clinical-specimens.html>

² Information adapted from Douglas County Health Department

Infection Control: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control.html>

NETEC: Personal Protective Equipment (PPE), Guidance on Donning and Doffing: <https://www.youtube.com/watch?v=08XRYOE6CAw&feature=youtu.be>

Home care of people not requiring hospitalization (confirmed or being evaluated for COVID-19): <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-home-care.html>

Information for well travelers from China about COVID-19 - what they should do/watch for: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/from-china.html>

Information for Hospitals

Checklist - Hospital Preparedness: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/hcp-hospital-checklist.html>

Infection Control: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control.html>

NETEC: Personal Protective Equipment (PPE), Guidance on Donning and Doffing: <https://www.youtube.com/watch?v=08XRYOE6CAw&feature=youtu.be>