

NEBRASKA CITY BOARD OF HEALTH
Directed Health Measure Order 2020-002

April 27, 2020

WHEREAS, The Novel Coronavirus (COVID-19, also known as severe acute respiratory syndrome coronavirus 2, or “SARS-Cov-2”) has dramatically impacted the citizens of Nebraska City, Nebraska; and

WHEREAS, Pursuant to Nebraska Revised Statute section 16-238, the Nebraska City Board of Health is authorized to enact rules and regulations, having the force and effect of law, to prevent the introduction and spread of contagious, infections, or malignant diseases into the City; and

WHEREAS, Pursuant to Nebraska City Municipal Code, Chapter 18, Article II, section 18-23, the Nebraska City Board of Health is authorized to enact rules and regulations to safeguard the health of the people within the City; and

WHEREAS, On March 16, 2020, the Centers for Disease Control and Prevention (“CDC”) issued Interim Guidance for COVID-19, specifically warning against gatherings of more than ten (10) people; and

WHEREAS, The Nebraska City Board of Health makes the following findings:

1. Information from the World Health Organization, the CDC, the Nebraska City Board of Health, and members of the Southeast District Health Department medical community indicates that persons within the boundaries of the City have been and will continue to be exposed to COVID-19.
2. COVID-19 presents a risk of death or serious long-term disabilities to any exposed person; COVID-19 exposure will be wide-spread and poses a significant risk of harm to people in the general population, and there exists a particular subset of the population more vulnerable to COVID-19 and thus, at increased risk.
3. That the immediate implementation of the following Directed Health Measures is necessary as members of the public continue to gather in large numbers, in close proximity to each other, and in enclosed spaces, thereby endangering the health of themselves and the public.
4. That one of the goals of the following Direct Health Measures is to minimize in-person interaction, which is a primary means of transmission of COVID-19.
5. That gatherings, restaurants, and bars increase and encourage talking, touching, and other social interaction in environments with a multitude of hard surfaces.
6. That requiring individuals who test positive for COVID-19 or who have the following symptoms: fever of 100.4 F. or above, or a sudden onset of a cough or sudden onset of

shortness of breath; and individuals who reside or have resided with individuals who have tested positive for COVID-19 or with individuals who have the above symptoms to home-quarantine, unless quarantined in a health care facility, for a period of no less than 14 days from the date of the positive test or onset of symptoms, per the State of Nebraska's Quarantine Directions as attached, is the least restrictive practical means of quarantining those individuals that effectively protects unexposed and susceptible individuals. If a Home-Quarantined is residing with other household members, the household members' Home-Quarantine may be discontinued seven (7) days after the original person has been released from home-quarantine. However, the household member(s) must continue to self-monitor for the above listed symptoms for an additional seven (7) days. Home-Quarantine shall be per the State of Nebraska's Quarantine Directions as attached. Individuals with the above-listed symptoms have tested positive for influenza or an alternative diagnosis including seasonal allergies or other chronic condition and individuals who reside or have resided with individuals who have tested positive for influenza or an alternative diagnosis including seasonal allergies or other chronic condition are not subject to quarantine under this Order.

7. That a home-quarantine will allow the most freedom of movement and communication with family members and other contacts without allowing the transmission of COVID-19 to others and allow the appropriate level of medical care needed for the quarantined individuals unless it is necessary to admit the quarantined individuals to a health care facility.
8. That hospital capacity and health care resources including health care personnel hours and/or medical supplies, such as personal protective equipment, are being depleted by elective surgeries and elective procedures and that a shortage of hospital capacity or health care resources will hinder efforts of health care personnel and health care facilities to treat persons who test positive for COVID-19.
9. A delay in the imposition of Directed Health Measures would significantly jeopardize the ability to prevent or limit the transmission of COVID-19 and pose unacceptable risks to persons within the boundaries of the City.
10. That the following Directed Health Measures have been identified as effective against public health threats by the CDC and other similar public health authorities to effectively prevent, limit, or slow the spread of COVID-19.

THEREFORE, the following Directed Health Measures are hereby ordered with respect to persons and places within the boundaries of the City of Nebraska City, Nebraska, effective April 28, 2020 at 12:01 a.m. and continuing until May 3, 2020 at 11:59:59 p.m. unless renewed, extended, or terminated by subsequent order, and all persons are ordered to comply:

1. Gatherings are hereby prohibited.
 - a. Gathers are defined as any event or convening that brings together more than ten (10) patrons, customers, or other invitees, excluding staff, in a single room or

single space at the same time, including but not limited to, a school, daycare facility (including in-home facilities), gymnasium, fitness center, auditorium, stadium, arena, large event conference room, meeting hall, theater, library, or any other confined indoor or confined outdoor space. Gatherings includes, but is not limited to, weddings, funerals, parades, fairs, festivals, and concerts.

- b. Gatherings includes any event or convening with fewer than ten (10) patrons, customers, or other invitees where a minimum of six (6) feet between all individuals cannot be maintained in the venue.
 - i. This includes, but is not limited to, tattoo parlors, massage parlors, barber shops, and beauty/nail salons.
 - c. If a venue is subdivided into multiple spaces separated by either physical walls or sufficient airspace each subdivided area may contain up to ten (10) patrons, customers, or other invitees, excluding staff.
2. Alcohol sales are restricted to carry-out sales and delivery only, to the extent permitted by law. No onsite consumption of alcohol is permitted. This includes bars, taverns, and private clubs, regardless of name or characterization.
 3. Food and beverage sales at restaurants, bars, taverns, and private clubs, and any dine-in establishments are restricted to drive-thru, carry out, and delivery only. This does not apply to and/or exempts food service in health care facilities. Lines for drive-thru and carry out in the above-referenced establishments must have an environment where patrons and staff can maintain a minimum of six (6) feet of separation between all individuals.
 4. Daycare and childcare facilities may operate under the following conditions:
 - a. Childcare shall be carried out in groups of ten (10) or fewer children; and, to the extent possible, providers shall maintain the same ten (10) or fewer children daily in each group.
 - b. If more than one group of children is cared for at one facility, each group shall be in a separate room separated by either physical walls or sufficient airspace. Each subdivided area may contain up to ten (10) or fewer children. Groups shall not mix with each other to the extent possible.
 - c. To the extent possible, childcare providers shall remain solely with the same group of children daily.
 5. This Order shall not apply to law enforcement officers and emergency responders, courts of law, meetings or sessions of governing bodies or operations of any political subdivision; medical providers or facilities, pharmacies; public utilities; essential federal, state, county, and city operations; logistics/distribution centers; congregate living

settings; group homes and residential drug and/or mental health treatment facilities; shelters; public transportation; airport travel; necessary shopping at fuel stations, grocery stores, retail stores, or malls; election offices; polling places on an election day; or to dwelling units housing ten (10) or more related people.

- a. However, these excepted settings shall, to the extent possible, observe physical distancing practices by providing for the maintaining of at least six (6) feet of separation between individuals and all other applicable local, state, and federal guidelines for disease prevention and disinfection of surfaces.
6. In the event of noncompliance with the terms of this Directed Health Measures, law enforcement shall aid the Nebraska City Board of Health with inspection and enforcement. Failure to comply with this Order will result in legal action for enforcement by civil and/or criminal remedies.
 7. Pursuant to Nebraska Revised Statute section 16-238, the Nebraska City Board of Health shall provide the applicable fines and punishment for the violations of this Order. Any persons who is found to have violated any provision of this Order within the City of Nebraska City shall be guilty of a Class III Misdemeanor and subjected to a fine of no more than \$500.00, or imprisonment in the county jail for a period not to exceed three (3) months, or both such fine and imprisonment. Each day that a violation of this Order continues is punishable as a separate and distinct offense. In addition to any penalty sought or obtained under this Order or other applicable law, the City or County Attorney may institute injunctive or other appropriate civil proceedings necessary to obtain compliance or to abate any nuisance resulting from violations of this Order.
 8. The terms of this Directed Health Measure Order supplements Nebraska Department of Health and Human Services Directed Health Measure Order 2020-010 and any subsequent Order of the Nebraska Department of Health and Human Services. In the event of a conflict between the terms of this Order and an applicable Directed Health Measure Order issued by the Nebraska Department of Health and Human Services, the Order providing the greatest protection for the public health shall apply.

Entered on this 27th day of April, 2020.

For the Nebraska City Board of Health:



Bryan Bequette, Chairman
Nebraska City Board of Health

Quarantine Directions

Symptoms of the subject disease and course of treatment:

These symptoms may appear between 2 to 14 days after exposure: fever of 100.4 degrees Fahrenheit or above, cough, and/or shortness of breath. Follow your medical provider's directions for course of treatment. Emergency warning signs for COVID-19 require medical attention immediately. Emergency warning signs include: trouble breathing, persistent pain and pressure in the chest, new confusion or inability to arouse and bluish lips or face. Consult your medical provider for any other symptoms that are severe or concerning.

Instructions on the disinfecting or disposal of any personal property;

Surfaces

- Wear disposable gloves when cleaning and disinfecting surfaces. Gloves should be discarded after each cleaning. If reusable gloves are used, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other purposes. Consult the manufacturer's instructions for cleaning and disinfection products used. Clean hands immediately after gloves are removed.
- If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.
- For disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective.
 - Diluted household bleach solutions can be used if appropriate for the surface. Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.
 - Prepare a bleach solution by mixing:
 - 5 tablespoons (1/3rd cup) bleach per gallon of water or
 - 4 teaspoons bleach per quart of water
 - Products with EPA-approved emerging viral pathogen claims are expected to be effective against COVID-19 based on data for harder to kill viruses. Follow the manufacturer's instructions for all cleaning and disinfection productions (e.g., concentration, application method and contact time, etc.).
 - For soft (porous) surfaces such as carpeted floor, rugs, and drapes, remove visible contamination if present and clean with appropriate cleaners indicated for use on these surfaces. After cleaning:
 - Launder items as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely, or use products with the EPA-approved emerging viral pathogens claims.

Clothing, towels, linens and other items that go in the laundry

- Wear disposable gloves when handling dirty laundry from an ill person and then discard after each use. If using reusable gloves, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other household purposes. Clean hands immediately after gloves are removed.
 - If no gloves are used when handling dirty laundry, be sure to wash hands afterwards.
 - If possible, do not shake dirty laundry. This will minimize the possibility of dispersing virus through the air.
 - Launder items as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely. Dirty laundry from an ill person can be washed with other people's items.
 - Clean and disinfect clothes hampers according to guidance above for surfaces. If possible, consider placing a bag liner that is either disposable (can be thrown away) or can be laundered.

Precautions to prevent the spread of the subject disease;

Stay home except to get medical care.

- Stay home: People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care. Do not visit public areas.
- Stay in touch with your doctor. Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency.
- Avoid public transportation: Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people in your home, this is known as home isolation.

- Stay away from others: As much as possible, you should stay in a specific "sick room" and away from other people in your home. Use a separate bathroom, if available.
- Limit contact with pets & animals: You should restrict contact with pets and other animals, just like you would around other people.
 - Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people with the virus limit contact with animals until more information is known.
 - When possible, have another member of your household care for your animals while you are sick with COVID-19. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with them.

Call ahead before visiting your doctor.

- Call ahead: If you have a medical appointment, call your doctor's office or emergency department, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.

Wear a facemask if you are sick.

- If you are sick: You should wear a facemask when you are around other people and before you enter a healthcare provider's office.
- If you are caring for others: If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then people who live in the home should stay in a different room. When caregivers enter the room of the sick person, they should wear a facemask. Visitors, other than caregivers, are not recommended.

Cover your coughs and sneezes.

- Cover: Cover your mouth and nose with a tissue when you cough or sneeze.
- Dispose: Throw used tissues in a lined trash can.
- Wash hands: Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

Clean your hands often.

- Wash hands: Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Hand sanitizer: If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- Soap and water: Soap and water are the best option, especially if hands are visibly dirty.
- Avoid touching: Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items.

- Do not share: Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- Wash thoroughly after use: After using these items, wash them thoroughly with soap and water or put in the dishwasher.

Clean all "high-touch" surfaces every day.

You have a right to an independent medical exam at your own expense.

Provisions to ensure and monitor compliance;

Self-monitor twice daily for fever and other symptoms listed above for fourteen (14) days. Coordinate with your health care provider and local public health district.

Individuals who tested positive for COVID-19 may be released from quarantine if at least seven (7) days have passed since onset of symptoms and symptoms have improved and the individual has been fever-free for at least 72 hours without the use of fever-reducing medication.

