

HELP KEEP COVID-19 NUMBERS DOWN

The City of Nebraska City, the Southeast District Health Department and CHI Health St. Mary's highly encourage the citizens of Nebraska City to stay vigilant. In recent weeks, Nebraska City has seen an increased rate of confirmed cases of COVID-19. Transitions to less regulation in the Directed Health Measures from the State has given some hope of returning to normal life activities. However, this perception of hope is misleading as COVID-19 has embedded itself within our region, which may lead to future disruptions during the fall and winter months.

As a community, we must take ownership to protect ourselves, our family, and those at most risk. Simple steps can be taken to limit the spread of COVID-19 without jeopardizing the economy and halting day-to-day activities.

- Monitor your health daily.
- Stay home when you are ill.
- Wear a mask when in public settings.
- Practice social distancing.
- Avoid large indoor gatherings.
- Avoid close contact with people who are sick, even inside your home.
- Wash your hands often.
- Clean and disinfect frequently touched surfaces daily.

If you are exposed to someone with COVID:

- Stay home until 14 days after the last exposure and maintain physical distance from others.
- Self-monitor for symptoms: Check your temperature twice a day. Watch for fever, cough, shortness of breath, loss of taste and smell, or any other symptoms.
- Avoid contact with people who are at higher risk for severe illness from COVID-19.

These simple and proactive strategies are proven to reduce the transmission of COVID-19 within communities. By following these recommendations, Nebraska City can work towards limiting the burden of COVID-19 and be in good standing this spring.

