



For Immediate Release – March 9, 2020

LBPHD Contact:

Catie Larsen, Emergency Response Coordinator
clarsen@lbphd.org

COVID -19: What You Need to Know

Now is the time for the community to prepare for COVID-19 (Novel Coronavirus or 2019-nCoV). The Center for Disease Control (CDC) states that it is not a matter of “if”, but rather “when”. We expect to see more cases of COVID-19 virus within our state. As of March 9th, there are no positive COVID-19 cases in our jurisdiction. Loup Basin Public Health Department (LBPHD) has been and will continue to monitor for possible suspect COVID-19 cases.

Symptoms of COVID-19 include fever, cough, and shortness of breath which are similar to seasonal flu. COVID-19 is known to spread between people who are in close contact with one another (six feet) and through respiratory droplets produced when an infected person sneezes or coughs. Reported illnesses have ranged from mild to severe, including illness resulting in death.

We all play a role in helping to minimize the impact of COVID-19. Please practice the following recommendations to protect not only you, but others around you.

- Stay home if you are sick.
- Wash your hands with soap and water. If soap and water is not available, use hand sanitizer.
- Sneeze and cough into your elbow.
- Do not touch your face.
- Clean frequently touched surfaces with Clorox or Lysol.
- As a healthy individual, wearing a mask is not recommended.

Residents should remain calm and vigilant in their personal efforts to reduce the spread of COVID-19. If you feel you are experiencing COVID-19 symptoms, call your healthcare provider or local health department before arriving at your local hospital or clinic. Calling ahead can reduce the risk of exposure to healthcare workers and others.

LBPHD is in close contact with state and federal health officials and is providing local Emergency Managers and local governments with regular updates. LBPHD is communicating with area hospitals, clinics, long term cares, schools, and other local businesses.

For updated information, monitor LBPHD’s website at www.lbphd.org or Facebook page. You can reach LBPHD by calling 308-346-5795.