

NEWS RELEASE

December 2, 2020

FOR IMMEDIATE RELEASE

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Directed Health Measures Extended for December

Nebraska's Directed Health Measures have been extended for the month of December, including Southwest Nebraska Public Health Department (SWNPHD). All counties in Nebraska are under statewide Directed Health Measures (DHMs) which were extended December 1st through December 31st, 2020. These DHM requirements are based on the 20-24% hospital capacity which is currently being used for COVID-19 patients.

SWNPHD has also been notified of updated guidance from the Centers for Disease Control and Prevention (CDC) that offer alternative options for the length of quarantine for persons exposed to a confirmed case of COVID-19. The state of Nebraska is taking this new guidance into consideration; however, the current Directed Health Measures will continue to apply until they are revised or changed.

Nebraska's DHMs contain guidance for isolation and quarantine. As of December 1st, they require individuals with a positive case of COVID-19 to isolate for a minimum of 10 days and anyone with direct exposure to a positive case is required to quarantine for 14 days from the date of their last exposure.

When to End Isolation for Positive Cases of COVID-19

If you have had symptoms of COVID-19:

- You have had no fever for at least 24 hours without the use of medicine that reduces fevers
- AND
- Other symptoms have improved (for example, when your cough or shortness of breath have improved)

AND

- At least 10 days have passed since your symptoms first appeared

If you did not have symptoms but tested positive for COVID-19:

- At least 10 days have passed since the date of the first positive test.

AND

- You continue to have no symptoms since the test (no cough or shortness of breath). Note: if you develop symptoms, follow guidance above for people with COVID-19 symptoms.

When to End Quarantine for Close Contacts of Positive Cases

- at least 14 days have passed since the quarantined individuals last Close Contact

AND

- has had no symptoms develop (if symptoms develop, follow isolation instructions)

SWNPHD will continue to follow the requirements of the current Directed Health Measures for all positive cases and their close contacts in the nine-county health district ***until the DHMs are revised or changed.***

COVID-19 information is available at [CDC.gov](https://www.cdc.gov) and [swhealth.ne.gov](https://www.swhealth.ne.gov). You can also follow SWNPHD on Facebook, Twitter, and Instagram. SWNPHD serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. SWNPHD is located at 404 West 10th St (1 block north of Arby's) in McCook.

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