

***Our Vision: Healthy People in Healthy Communities***  
**Adams, Clay, Nuckolls and Webster Counties**

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**SHDHD reports 8 new COVID-19 cases, suggests focus on supporting others**

**Hastings, Neb** – Today South Heartland District Health Department (SHDHD) officials reported eight new lab-confirmed COVID-19 cases, bringing the total number of cases in the 4-county health district to 239, including 220 in Adams County, 14 in Clay County, 5 in Webster County, and zero in Nuckolls County.

New case in Clay County:

- 1 male in his 60s

New cases in Adams County:

- 1 female in her 70s
- 6 males (1 in his 20s, 2 in their 40s, 1 in his 50s, 1 in his 60s, 1 in his 70s)

South Heartland continues to conduct contact investigations for individuals who test positive and live in Adams, Clay, Nuckolls or Webster counties. As a reminder, people who test negative on a given day are not protected from COVID-19 exposure the following days, so continued practice of social distancing and prevention is necessary.

“I know many of us are tired of hearing about social distancing and preventing the spread of COVID-19, but I think our South Heartland residents are doing a great job taking these steps seriously - and it is making a difference,” said Michele Bever, SHDHD executive director. “We are flattening the curve. Testing shows that the disease is in our community, but our local health care system is not overwhelmed. This has been one of the goals all along,” she said.

Bever said that while we are practicing social distancing, it is still important to maintain connections with others. “There are simple things that every person can say or do to help the people in their life who are struggling to get through the tough times,” she said. “Please consider how you can brighten someone’s day by connecting with them in these times when they may be lonely or feel isolated.”

“Not all connections have to be in person,” Bever said. “Phone calls, text messaging, emails, and video chats can maintain friendships and help relieve the isolation that some may be feeling. Consider reaching out a couple of times a week to an older neighbor or an individual living in a nursing home. A short chat can give people something to look forward to and help to break up their day,” Bever said.

“Since May is Mental Health Month, it is a perfect time to re-focus on helping others in these trying times,” Bever said. “Be an active listener, ask what you can do, then keep your word and follow through.”

Bever suggested the national non-profit organization Mental Health America ([mhanational.org](http://mhanational.org)) for tips on connecting with others, creating healthy routines, eliminating toxic influences and supporting others.

South Heartland District case counts by county are updated daily on SHDHD’s COVID webpage: <https://southheartlandhealth.org/public-health-data/corona-virus.html>. The Nebraska Department of Health and Human Services (DHHS) provides daily updates to Nebraska's coronavirus COVID-19 cases on their Data Dashboard at <http://dhhs.ne.gov/Pages/Coronavirus>.