

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

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SHDHD reports 38 new lab-confirmed COVID-19 cases in past 3 days

Hastings, Neb – Today South Heartland District Health Department (SHDHD) officials reported thirty-eight (38) new lab-confirmed COVID-19 cases in the past three days (Tuesday – Thursday) for a new cumulative total of 728. The new confirmed cases for the three-day period include: 27 in Adams, 10 in Clay, and 1 in Webster. By county, the cumulative case counts are: 601 cases in Adams, 90 cases in Clay, 16 cases in Nuckolls, and 21 cases in Webster.

Symptoms of COVID-19 can range from mild or no symptoms to severe illness. SHDHD Executive Director Michele Bever reported a cumulative total of 38 South Heartland residents have required hospitalization due to COVID-19 since March. Of these, approximately 30% were in their 60s, 22% were in their 70s, 13.5% were in their 30s, 13.5% were in their 50s, 11% were in their 80s, 8% were in their 40s, and 3% were in their 90s.

Bever encouraged residents to take action to protect themselves and others. “Because the virus that causes COVID-19 is a respiratory virus, it spreads from person to person mainly through respiratory droplets produced when an infected person coughs, sneezes or talks. You may also become infected by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes,” she said.

There is currently no vaccine to protect against COVID-19. Bever said the best way to protect yourself from COVID-19 is to avoid being exposed to the virus that causes it. “This means keeping physically distanced from others (at least 6 feet away), wearing a mask that covers the nose and mouth when we are around others, staying home when we have any symptoms, cleaning and disinfecting frequently-touched surfaces, and washing our hands often with soap and water for at least 20 seconds, or using an alcohol-based hand sanitizer that contains at least 60% alcohol,” she said.

“We can make a difference in the overall risk for spread of COVID-19 in our communities by taking actions to protect ourselves and others” she said. “Together, we can turn the trends around by reducing opportunities for the virus to spread from person to person. The “I’ll protect you, you protect me” approach can help keep our schools, worksites, and events safer for everyone,” she said.

South Heartland District case counts and trends can be found on [SHDHD’s dashboard](#) of local COVID-19 case statistics. This dashboard, along with updates, guidance, news releases and other COVID-19 information and links can be found on the SHDHD website: www.southheartlandhealth.org. 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>.

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