July 2, 2020

For immediate release

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Coronavirus risk levels by activity shared by Nebraska Medicine

Ten more cases announced; Panhandle total: 322, Active: 120, Recovered: 199, Deaths: 3

Nebraska Medicine has identified coronavirus risk levels on a zero-nine scale as an important tool for gauging how risky certain activities are like walking or biking with immediate family being a zero, backyard barbeques being a four, and going to bars as the most risky being a nine. This provides important considerations as we roll into the Fourth of July weekend, heeding every precaution we can to protect ourselves and our most vulnerable.

Testing opportunities for the week of July 6:

- Chadron Community Hospital: Mondays & Fridays, 7-9am
  - Testnebraska.com
- Community Action Health Center in Gering: Mondays, Wednesdays, & Fridays, 7-8am
  - https://tinyurl.com/y7msahzq
- Morrill County Community Hospital: Daily
  - Call for testing, insurance will be billed
- Contact your local hospital or clinic for information on testing access.

Unified Command confirms ten more cases of COVID-19 in the Panhandle:

<table>
<thead>
<tr>
<th>County</th>
<th>Demographics</th>
<th>Exposure Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morrill</td>
<td>Female in her 20s</td>
<td>Close Contact</td>
</tr>
<tr>
<td>Morrill</td>
<td>Female in her 20s</td>
<td>Unknown</td>
</tr>
<tr>
<td>Morrill</td>
<td>Female in her 40s</td>
<td>Close Contact</td>
</tr>
<tr>
<td>Morrill</td>
<td>Female in her 70s</td>
<td>Close Contact</td>
</tr>
<tr>
<td>Morrill</td>
<td>Male in his 20s</td>
<td>Close Contact</td>
</tr>
<tr>
<td>Morrill</td>
<td>Male in his 20s</td>
<td>Close Contact</td>
</tr>
<tr>
<td>Morrill</td>
<td>Male in his 50s</td>
<td>Close Contact</td>
</tr>
<tr>
<td>Scotts Bluff</td>
<td>Male in his 60s</td>
<td>Community Spread</td>
</tr>
<tr>
<td>Sheridan</td>
<td>Female in her 20s</td>
<td>Close Contact</td>
</tr>
<tr>
<td>Sheridan</td>
<td>Male in his 60s</td>
<td>Close Contact</td>
</tr>
</tbody>
</table>
Close contact and exposure are defined as at least 15 minutes, less than six feet apart. There are no community exposure sites identified. The investigations are complete, all close contacts will be quarantined and actively monitored twice daily for fever and respiratory symptoms by public health officials.

One new recovery in Cheyenne County brings the total recoveries to 199.

March 2-July 2, 2020
Total Tests Conducted: 5,451
Positive: 322
Cumulative Positivity Rate: 5.9%
Recovered: 199
Active Cases: 120
Active Hospitalizations: 1
Total Cumulative Hospitalizations: 33
Deaths: 3

- Banner County: 2 case (1 active, 1 recovered)
- Box Butte County: 3 cases (recovered)
- Cheyenne County: 20 cases (4 active, 16 recovered)
- Dawes County: 4 cases (2 active, 2 recovered)
- Garden County: 4 cases (recovered)
- Kimball County: 12 cases (2 active, 10 recovered)
- Morrill County: 48 cases (34 active, 14 recovered)
- Scotts Bluff County: 216 cases (70 active, 143 recovered, 3 deaths)
- Sheridan County: 7 cases (active)
- Sioux County: 6 cases (recovered)

Panhandle Public Health District, Region 21, 22, and 23 Emergency Management, and Scotts Bluff County Health Department are working as a unified command on this evolving situation. Essential updates will be regularly communicated to the public and community partners.

For the most up to date information from the CDC, visit https://www.cdc.gov/coronavirus/2019-ncov/index.html.

Panhandle Public Health District is working together to improve the health, safety, and quality of life for all who live, learn, work, and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle Community. Visit our website www.pphd.org.