



November 30, 2020

For immediate release

For more information, contact: Kim Engel, Director, 308-760-2415, [kengel@pphd.org](mailto:kengel@pphd.org)

### Safety precautions for winter sports and activities

Winter sports practices and activities have been happening for the past few weeks. As games and competitions are nearing, the Nebraska School Activities Association and the Governor’s Directed Health Measure outline the following requirements for student, staff, and attendee safety:

- Participant households are only being allowed entry, they must sit as a household group at least six foot from other household groups. Attendees must also be on the school list to gain entry. Each school may have a specific limit.
- Masks are required, if anyone fails to comply they will be expected to leave.
- There may be specific guidance from the host school, it is important that participants and attendees abide by that guidance.
- Please respect the host school’s capacity requirements.
- If anyone is experiencing any symptoms of illness, please do not attend.

Youth sports and activities are being encouraged to implement precautions as well. It’s important to remember, these safety precautions are critical for the continuity of winter sports and activities.

Unified Command confirms 153 more cases of COVID in the Panhandle since last reporting on Friday, November 27. Recoveries are available on the Panhandle dashboard at [www.pphd.org](http://www.pphd.org). The investigations are underway, all close contacts will be quarantined.

All Ages: 153	
County	Cases
Banner	0
Box Butte	20
Cheyenne	32
Dawes	9
Deuel	4
Garden	0
Grant	0
Kimball	5
Morrill	8

Scotts Bluff	71
Sheridan	4
Sioux	0

Exposure Type	
Community	43%
Close Contact	35%
Travel	0%
Under Investigation	22%

#### March 2-November 30, 2020

- **Total Tests Conducted: 26,712**
- **Positive: 5,992**
- **Weekly Positivity Rate: 43.8%**
- **Recovered: 3,504**
- **Active Cases: 2,438**
- **Deaths: 50**
- **Active Hospitalizations: 67**
- **Total Cumulative Hospitalizations: 390**
- **Last week's cases: 541**
- **Doubling time (November 2-29): 27 days**

#### Avoid the Three Cs:

- Avoid Crowded Places – Avoid gathering in groups where you cannot maintain 6-feet of distance from others
- Avoid Close Contact – Wear a mask over your nose and mouth or maintain 6-foot distance when you are spending more than 15 total minutes with people you don't live with
- Avoid Confined Spaces – Avoid enclosed spaces with poor ventilation

#### Testing information and access for the Panhandle area:

- You can sign up for the following free testing at [Testnebraska.com](https://www.testnebraska.com) or 402-207-9377:
  - Box Butte General Hospital in **Alliance**: Monday-Friday, 9-10am
    - 212 East 24th Street
  - **Chadron** Community Hospital: Mondays & Fridays, 7-9am
    - 821 Morehead Street (Old Hospital ER Entrance next to Wilson Park)
    - **Other testing opportunities for symptomatic patients may be available through the hospital as ordered by your Primary Care Practitioner, call the hospital at 747-2466 with questions.**
  - **Gordon** Memorial Hospital: Tuesdays & Thursdays, 2-4pm
  - Regional West Health Services in **Scottsbluff**: Mondays, Wednesdays, & Fridays: Noon-3pm; Call 308-630-2100 for other testing opportunities for symptomatic patients.
  - **Sidney** Regional Medical Center: Tuesdays, Wednesdays, & Thursdays, 7-9:30am
- Community Action Health Center in **Gering**: Tuesdays, Wednesdays, & Thursdays, 7-8am

- Testing is free, sign up at <https://tinyurl.com/yydxr5mc>
- Alliance Community Pharmacy in **Alliance**: Monday-Friday, 7:30am-6pm; Saturday-Sunday, 9am-5pm
  - For people experiencing symptoms, same day results. Call 308-629-1045 for appointment, fee is \$125.
- Morrill County Community Hospital in **Bridgeport**: Daily
  - Call 308-262-1616 for testing, same day results, insurance can be billed.
- Contact your local hospital or clinic for information on testing access.

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.

The Panhandle COVID dashboard is updated weekdays at 4:30 pm MT and available at [www.pphd.org](http://www.pphd.org). 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](http://www.pphd.org).