



April 6, 2020

For immediate release

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Panhandle COVID-19 Unified Command Provides Updated Guidance to Area Essential Critical Infrastructure Workers

Essential Critical Infrastructure Workers conduct a range of operations and services important to maintaining many critical functions. We strongly advise employees and employers be extra precautionary during this critical time.

Construction workers, truck drivers, railroad workers, drilling companies, grocery store employees, delivery services, manufacturing, anything ag-related, and many more, please heed the following:

- Monitor temperatures twice a day, overall symptoms frequently.
 - If you are experiencing symptoms (cough, fever, shortness of breath, sore throat, diarrhea), absolutely immediately call your local healthcare facility or our 24/7 number at 308-262-5764 before going to work.
 - If you know you've been in direct contact with someone that's tested positive for COVID-19, immediately call your supervisor before going to work.
- Wear a cloth mask at work and when out in public.
- While conducting essential travel, stay at least six feet away from others, wash or sanitize your hands frequently, regularly sanitize frequently touched items like the steering wheel, blinkers, and other things in truck/work vehicles.
- Avoid non-essential travel at this time.
- When you are not at work, stay home and away from others.
- **Employers:** please DO NOT request a doctor's note for documentation of a illness during this time. We DO NOT want to use our healthcare system in this way. If an employee tests positive for COVID-19, we will provide employer documentation upon employee request.

We are entering a very critical point in how we prevent exposure to COVID-19 in the Panhandle and it will take ALL of us to be extra precautionary.

All Panhandle residents need to follow strict social distancing and implement these protective measures.

- Stay home as much as possible.

- Keep at least 6 feet distance from any people you do not live with.
- Avoid gathering in any group other than with the people we live with. If a group is necessary, limit it to 10 people and remember the 6 feet rule.
- Wash your hands often, for at least 20 seconds each time
- Cover your nose and mouth with a tissue when you sneeze or cough and throw the tissue away
- Avoid touching your face, eyes, and mouth with unwashed hands.

Panhandle community exposure sites are updated daily and can be found here:

http://www.pphd.org/potential_community_exposure_sites.html.

Further guidance for Businesses & Employers can be found here:

<https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html> and also on our website at www.pphd.org. Register for the next COVID-19 Panhandle Business & Employer update on **April 9 @ 11am MT** at www.pphd.org/pwwc.html.

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. Important 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.