



August 12, 2020

For immediate release

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Masks do not cause self-contamination

Panhandle total: 479, Active: 56, Recovered: 417, Deaths: 6

Masks do not cause self-contamination. The idea that wearing a mask after you’ve been exposed to COVID-19 will increase your level of infection, is a myth. There is no evidence to support this self-contamination claim.

Unified Command confirms ten more cases of COVID-19 in the Panhandle. The investigations are complete, all close contacts will be quarantined and actively monitored for symptoms by public health officials.

Children 19 and under: 1		
County	Cases	Exposure Type
Scotts Bluff	1	Close Contact

Adults: 9		
County	Cases	Exposure Type
Dawes	3	Community Spread
Morrill	1	Close Contact
Scotts Bluff	2	Close Contact
Scotts Bluff	2	Community Spread
Sheridan	1	Community Spread

Unified Command confirms four more recoveries in the Panhandle:

Recovered: 4	
County	Total
Box Butte	1
Cheyenne	1
Sheridan	2

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
 - **Chadron** Community Hospital: Mondays & Fridays, 7-9am
 - Collections are at 821 Morehead Street (Old Hospital ER Entrance next to Wilson Park)
 - **Gordon** Memorial Hospital: Tuesdays & Thursdays, 2-4pm
 - Regional West Health Services in **Scottsbluff**: Monday-Friday, Noon-4pm
 - **Sidney** Regional Medical Center: Tuesdays & Thursday, 7-9am
- Community Action Health Center in **Gering**: Mondays, Wednesdays, & Thursdays, 7-8am
 - Testing is free, sign up at <https://tinyurl.com/y7msahzq>
- Morrill County Community Hospital in **Bridgeport**: Daily
 - Call 308-262-1616 for testing, same day results, insurance will be billed
- Contact your local hospital or clinic for information on testing access.

March 2-August 12, 2020

- **Total Tests Conducted: 9,296**
- **Positive: 479**
- **Cumulative Positivity Rate: 5.1%**
- **Recovered: 417**
- **Active Cases: 56**
- **Deaths: 6**
- **Active Hospitalizations: 1**
- **Total Cumulative Hospitalizations: 47**

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.