

TEAMMATE UPDATE

State Teammates:

The Nebraska Department of Health and Human Services (DHHS) is providing the following information regarding steps you can take to better prepare for the coronavirus disease 2019 (COVID-19). DHHS and its public health partners continue to closely track the unfolding outbreak of COVID-19. Confirmed cases have been reported in several states; however, there have been no cases of COVID-19 identified in Nebraska residents.

Nebraskans can help protect themselves from COVID-19 and other respiratory infections such as the flu by:

- **Wash hands often with soap and water** for at least 20 seconds. If soap and water aren't available, use an alcohol-based sanitizer.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.
- **Avoid close contact with sick people and stay home if you are sick.**
- **Cover your nose and mouth with a tissue when you cough or sneeze** then throw the tissue in the trash.
- **Clean and disinfect frequently** touched objects and surfaces.
- **Follow the same family plans and kits** that people may use for flu season or severe weather season – <https://www.ready.gov>.

Ensuring the health of Nebraskans is DHHS's main priority and state and local public health officials will continue to take action to prevent the spread of disease and protect Nebraskans including:

- **Sharing the latest guidance and information** with local health care partners through our extensive Health Alert Network to ensure a well-coordinated response in Nebraska.
- **Assessing our health care system's readiness** to identify, monitor, and treat patients with COVID-19.

- **Engaging in active and ongoing communication** with the Centers for Disease Control and Prevention and other state and federal partners as part of the overall national response to this emerging public health threat.
- **Reviewing and enhancing response plans** to be ready for the detection of COVID-19 in our state.
- **Monitoring Nebraskans** returning from countries with community transmission of COVID-19 to ensure timely medical care if needed and minimize potential risk to others.
- **Facilitating confirmatory testing, isolation, and monitoring** of Nebraskans experiencing symptoms to identify cases as soon as possible.
- **Updating <http://www.dhhs.ne.gov/coronavirus>** with the latest information and resources.
- **Having a system in place to track and monitor** people who have contact with a confirmed case in an effort to immediately detect secondary cases and minimize the potential for ongoing, undetected, person-to-person transmission.

For the latest information on COVID-19, go to <http://www.dhhs.ne.gov/coronavirus> or <https://www.cdc.gov/covid19>.

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