



Our Vision: Healthy People in Healthy Communities
Adams, Clay, Nuckolls and Webster Counties

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Directed Health Measures to Prevent the Spread of COVID-19 in South Heartland District

HASTINGS, Neb. – The South Heartland District Health Department, in collaboration with the district’s four-county region, is implementing Directed Health Measures necessary to prevent the spread of COVID-19.

Today, the health department announced that of the four confirmed COVID-19 cases in Adams County, investigations were unable to determine the source of exposure for three of them. They are now being reported as community spread. The health department is working with state officials regarding the implementation of state Directed Health Measures in the four-county district of Adams, Clay, Nuckolls and Webster counties. The Directed Health Measures are effective immediately and will be in place at least until May 11, 2020.

How do the Directed Health Measures affect me?

- Gatherings of more than 10 people in a single room or space at a time are now prohibited. This includes but is not limited to schools, gymnasiums, salons, libraries or other meeting halls.
- Bars, taverns and private clubs are prohibited from allowing patrons to consume alcohol onsite. Liquor, beer and wine sales are restricted to carry out and delivery only.
- All dine-in establishments are prohibited from serving customers onsite. Food and beverage sales are restricted to carry out, drive-thru and delivery only.
- Elective surgeries and procedures are prohibited. This means a surgery or procedure that is scheduled in advance because it does not include a medical emergency. Surgeries or procedures that must be done to preserve a patient’s life or physical health but do not need to be performed immediately can be allowed on a case-by-case determination of the medical provider.
- Individuals who tested positive for COVID-19 are required to home isolate for at least seven (7) days after the onset of symptoms and may be released from isolation if symptoms have improved and the individual has been fever-free for at least 72 hours without the use of fever-reducing medication.
- Individuals living with someone who exhibits COVID-19 symptoms or tests positive are also subject to the 14-day quarantine. However, household members may end their home-quarantine 7 days after the original person has been released from home-quarantine, but household members must continue self-monitoring for symptoms for an additional 7 days, for a total of 14 days.

The Directed Health Measures (DHM) should not be interpreted as a shelter-in-place or stay-at-home order for the four-county area, but efforts to reduce the spread of COVID-19 should be continued, including eliminating non-essential travel, maintaining proper social distancing and practicing prevention.

To view a copy of the DHM for Adams, Clay, Nuckolls and Webster counties, please visit the SHDHD website: <https://southheartlandhealth.org/>. For questions or concerns about COVID-19 or the state DHM for SHDHD, please use the COVID Questions/Concerns Form on the SHDHD website: <https://southheartlandhealth.org/public-health-data/corona-virus.html>.

There is a statewide coronavirus (COVID-19) information line to help answer general questions and share the latest information and resources with Nebraskans to help keep them informed: (402) 552-6645; hours of operation are 8 a.m. to 8 p.m. CST, 7 days a week.

SHDHD encourages residents to stay informed by checking SHDHD's website www.southheartlandhealth.org for local information and updates, a copy of the Directed Health Measures for SHDHD, as well as links to the state and national websites.

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