



Public Health
Prevent. Promote. Protect.

**NORTHEAST NEBRASKA
PUBLIC HEALTH DEPARTMENT
402.375.2200**



Screening Guidance For COVID-19

Do No Enter If You Have The Following Symptoms:

- Fever
- Cough
- Shortness of Breath
- Chills
- Repeated shaking with chills
- Muscle Pain
- Headache
- Sore Throat
- New loss of taste and smell

If You Are Sick: Steps To Help Prevent The Spread Of COVID-19

- Stay home from work and school
- Monitor your symptoms
- Get rest and stay hydrated
- If you have to make a medical appointment call ahead to tell them you have or may have COVID-19
- If you have a medical emergency and call 911 tell them on the phone if you have symptoms or if you have COVID-19
- Cover your sneeze and cough
- Wash your hands often
- As much as possible, stay in a specific room away from people
- Avoid sharing items
- Clean all surfaces that are touched often

For Everyone Practice Social Distancing And Good Infection Control

- Keep a 6 foot distance away from others
- Limit your trips to the store to once per week and wear a face mask
- Do not gather in groups outside your household members
- Use virtual methods to connect with friends and family
- Wash your hands often for at least 20 seconds or more.
- Clean common touch surfaces daily
- Stay home and away from others when sick