



Northeast Nebraska Public Health Department

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To: Residents of the Northeast Nebraska Public Health Department District

From: Julie Rother, Health Director

RE: **Should You Be Tested for COVID-19?**

1. First, ask yourself these questions:
 - a. Do you have any of the following symptoms:
 - Fever of 100.4 degrees or higher
 - Cough
 - Shortness of Breath or trouble breathing
 - Extreme fatigue
 - Sore throat
 - b. Have you been around anyone who has tested positive for COVID-19 or someone who is sick with the symptoms listed above?
 - c. Have you recently traveled out of state?
2. If you can answer yes to the questions above, it is important that you immediately stay home and away from others and contact your healthcare provider or public health; please know the following:
 - a. **Not everyone will receive COVID-19 testing** due to limited capacity for supplies and facilities. Your medical provider and/or your local public health department will make the decision about your need to be tested based upon your situation.
 - b. Most people who have COVID-19 will have mild symptoms; treatment guidance for this disease is to treat the symptoms unless someone becomes severely ill. People who are elderly and people with underlying health problems (such as diabetes, lung or heart problems, etc.) are at higher risk of severe disease. If you think you may have COVID-19 and are at higher risk of severe disease, please be in close contact with your healthcare provider so they can monitor your specific situation.
 - c. If you are not high-risk (see 2.b. above) and think you may have COVID-19, please contact your local health department for more guidance on important steps you need to take to help prevent spread to others.
 - d. Northeast Nebraska Public Health Department serves Cedar, Dixon, Thurston and Wayne Counties. If you are located in another Nebraska County, you can find that information here: <https://nalhd.org/about-us/nebraska-local-health-departments/nebraska-health-departments.html>