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Three Rivers Public Health Identifies an Additional Case of COVID-19

Three Rivers Public Health Department (3RPHD) has identified another case of COVID-19. The Dodge County resident is in her 40s and is self-isolating at home. The contact investigation has been completed and all identified close contacts will self-quarantine and be actively monitored twice daily by public health officials for fever and respiratory symptoms. This case is deemed to be community spread, which means the point of exposure has no obvious origin. As cases continue to rise, the most important public message is that exposures are possible anytime one leaves their home. For this reason, each person must assume the personal responsibility for protecting him or herself from exposure by social distancing and staying home. **It is essential that if you are sick that you stay home.** Assume that COVID-19 is present in all of our communities and conduct yourself accordingly. This is Dodge County's 13th case. This brings the 3RPHD health jurisdiction total to 40 cases.

Please be aware of the COVID-19 symptoms, which may include a fever, cough, sore throat, severe fatigue or difficulty breathing. In most cases, a person will have more than one of these symptoms. Anyone who has COVID-19 symptoms or develops symptoms should contact their health care provider and tell them how you are feeling and any possible history of exposure. Please call ahead before you go to the doctor's office or an emergency room.

For more information about COVID-19 please visit www.threeriverspublichealth.org, <http://dhhs.ne.gov/coronavirus> or call United Way's 2-1-1 Resource Hotline.

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