

# NEWS RELEASE

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**FOR IMMEDIATE RELEASE  
OCTOBER 5, 2020**

Teresa Anderson,  
CDHD Health Director

## **CENTRAL DISTRICT HEALTH DEPARTMENT ADVISES OF COMMUNITY EXPOSURE**

[Grand Island, Neb. – October 5, 2020]

Central District Health Department (CDHD) has received notice of potential COVID-19 exposure to a positive case in the Central District. The exposure occurred at events held at Riverside Country Club on September 29<sup>th</sup> through October 1<sup>st</sup>. Anyone who attended events at Riverside during these dates should be self-monitoring for COVID-19 symptoms which include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea.

“This week our positivity rate is at 12%, the same as last week, but we saw a weekly case count increase of 50%. We definitely should be going in the opposite direction,” states Anderson.

UNMC/Nebraska Medicine Scientists and Physicians released the following information today:

- Nebraska is currently tied for 6th among U.S. states for daily cases per capita.
- Many states and countries have reduced their community case rates to near zero by adhering to basic precautionary behaviors.
- COVID-19 is easily spread from person-to-person.
- Close and prolonged contact carry the highest risk of transmission, but the SARS-CoV-2 virus can spread through the air and infect people at distances, especially in enclosed spaces with poor ventilation.
- Transmission is sporadic – a small proportion of infected individuals infect large numbers of people. Talking, singing, and yelling appear to increase the risk of transmission.
- Infected people without symptoms can be highly infectious and may cause the largest number of clusters.
- Children and young adults usually do not develop severe disease; however, hospitalizations and deaths do occur in these age groups. This past week Douglas County mourned the death of a six year-old stricken with COVID-19.
- The disease is much more severe in the elderly. In Nebraska, 20% of our seniors over the age of 65 diagnosed with COVID-19 have required hospitalization, and over seven percent have died. We have fared better than most states in that regard, as we avoided a substantial number of large outbreaks in nursing homes and prevented our hospitals from becoming overwhelmed.
- Young people, while suffering fewer ill effects of disease, are a primary driver of transmission in community outbreaks. In August and September, colleges were at the center of community outbreaks across the country.
- Finally, face coverings have proven capable of limiting virus shedding and reducing transmission risk, particularly when worn by all members of the community.

