**CENTRAL DISTRICT HEALTH DEPARTMENT**

**COVID-19 UPDATE**

**FOR IMMEDIATE RELEASE: APRIL 9, 2020**

Central District Health Department (CDHD) reports 105 lab-confirmed COVID-19 cases as of 2 p.m. today. This includes 2 in Merrick County, 9 in Hamilton County, and 94 in Hall County. The increasing number is concerning but not unexpected given the trend we have seen in these past two weeks. If the trend continues, we will continue to see notably larger numbers each day.

Stay home: We each can do our best to slow that growth. Stay home where you are away from the exposure to the virus. Order your groceries on-line and pick up at the outside pickup stations. Designate one person to go to the store if needed once weekly. Wear a mask in public. Keep your hand sanitizer handy and apply frequently. Wash your hands with soap and warm water when available.

Stay healthy: Lead a healthy lifestyle. Get adequate sleep and think health foods when choosing what to eat and serve for meals. Make time for physical activity either in your home or on a hike and bike trail. Practice meditation or other stress management techniques. Talk to your children about what is going on. Remain calm and reassuring, and help them practice healthy habits.

Stay connected: COVID-19 news is everywhere and can be overwhelming. Choose an accurate source of information like our website: [www.cdhd.ne.gov](http://www.cdhd.ne.gov) or the CDC website: [www.cdc.gov](http://www.cdc.gov). Check in each day but not all day. Stay connected electronically with family and friends and to share holiday greetings.

We have several rough weeks ahead of us, but together, we are stronger.

Stay Home

Stay Healthy

Stay Connected.