September 21, 2020

All Nebraska counties are now in Phase 4 of reopening through October 31 and are covered by directed health measures released by the Nebraska Department of Health and Human Services (DHHS) and the Center for Disease Control and Health Promotion (CDC). The Phase 4 health directed measures will include several updates. Governor Pete Ricketts will share updates during a press release scheduled at 2:00pm today. The Central District Health Department (CDHD) will provide a summary of the updated guidance following the call.

In addition to the changes in the directed health measures, CDC recently released updated testing guidance. This update suggests that anyone who has been exposed to a COVID-positive person should be tested. In addition to the existing guidelines, the following guidelines were added:

* If you have been in close contact, such as within 6 feet of a COVID-positive person for at least 15 minutes even if you do not have symptoms
* If you are in a high COVID transmission zone and attended a public or private gathering of more than 10 people that did not enforce universal mask wearing and/or physical distancing

A complete list of COVID testing considerations and guidelines can be accessed at: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/testing-overview.html>.

CDHD offers COVID-19 testing through Test Nebraska on Mondays (3:00-6:00pm) and Fridays (9:00am-12:00pm) in Grand Island at the health department (1137 South Locust Street). CDHD also offers testing in Aurora on Wednesdays (9:00-10:00am) at 1704 L Street. Anyone who wants to be tested should register at TestNebraska.com.