

FOR IMMEDIATE RELEASE: 4/9/2020

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## **Three Rivers Public Health Department Discusses the Six Rules to Keep Nebraska Healthy**

Three Rivers Public Health Department (3RPHD) and the other local health departments in Nebraska join Governor Ricketts in urging every Nebraskan to do all we can to **Stay Home, Stay Healthy, and Stay Connected**. With COVID-19 expected to peak in Nebraska at the end of April, public health is encouraging residents to remain vigilant in our efforts to social distance. "Six Rules to Keep Nebraska Healthy" are excellent ways to ensure you are social distancing.

1. **Stay home.** No non-essential errands and no social gatherings. Respect the ten-person limits.
2. **Socially distance your work.** Work from home or use the six-foot rule as much as possible in the workplace.
3. **Shop alone.** Do this only once a week and do not take your family with you.
4. **Help kids social distance.** Play at home, no group sports and no playgrounds.
5. **Help seniors stay at home.** This can be done by shopping for them. Do not visit long-term facilities.
6. **Exercise daily.** Do your best to stay as healthy and safe as you can.

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://www.threeriverspublichealth.org), <http://dhhs.ne.gov/coronavirus> or call United Way's 2-1-1 Resource Hotline.

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