



Coronavirus (COVID-19)

Kearney County Health Services would like to update our patients on the most recent information regarding COVID-19. As of providing this update, there are confirmed cases in the immediate area (*Adams, Buffalo, and Dawson Counties*). This brings a total of 48 cases of COVID-19 in Nebraska as of March 22, 2020. Kearney County Health Services is prepared and ready should this virus enter our service area, and affect any of our patients. Despite our readiness, we would like to provide information on some frequently asked questions:

1. What are the symptoms of COVID-19?
 - a. *These symptoms include any combination of the following: fever/chills, sore throat, coughing, difficulty breathing, and/or shortness of breath. Symptoms of this virus can appear 2-14 days after an individual is exposed.*
 - b. *Originally, a sore throat was considered to be a symptom of only 5% of confirmed cases. In the last week, a sore throat has become an included characteristic for COVID-19 which is a change. Symptoms such as a Runny Nose, Diarrhea, or Vomiting are still considered to be a smaller percentage of those with confirmed cases.*
2. What should I do if I am experiencing all or some of these symptoms?
 - a. *Please call us at the Minden Medical Clinic for non-emergencies first before coming to see us and the hospital after normal clinic hours. Our goal is to continue to provide the best care to everyone, while simultaneously controlling the spread of the virus. If we can treat you at your home, that is the safest option to prevent spread of the virus. If you are experiencing any emergent symptoms such as shortness of breath or fever/chills not responsive to medication, please report to the emergency room immediately.*
3. If I am feeling symptoms, what should I do?
 - a. *As of right now, there are extreme shortages in COVID-19 test kits. These shortages are not only in the state of Nebraska, but the entire country. As a result of this, part of our testing protocol will include consultation with the Two Rivers Public Health Department prior to administering any tests.*
 - b. *Should you feel you need to be seen in the clinic, please call the clinic at (308) 832-3400 ahead of your visit if possible as mentioned above.*
4. What changes can I expect as I enter the Minden Medical Clinic to be seen?
 - a. *In order to protect both our patient and staff, when you call, there will be a screening questionnaire administered by staff to identify potential exposure. If you have a cell phone, once arriving at the clinic, you will be asked to stay in*





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your vehicle, and call to alert the team that you are waiting in the parking area at (308) 832-3400 Extension 2102 or 2103. If you do not have a cell phone we ask that you call as you are leaving your home. When you arrive at the clinic please stay in your vehicle. At your appointment time Clinic staff will call you to confirm they are ready to see you and you may enter the facility or they will come to your vehicle to get you.

5. What changes can I expect as I enter the Emergency Room?
 - a. *The Emergency Room door is locked for Facility Lockdown, however a bell to enter is flagged by signage which will prompt a nurse to meet you at the door (similarly to after normal clinic hours). At that time, a nurse will administer a screening questionnaire to identify potential exposure and take additional measures such as masking, as needed.*

In the coming days, we will provide updated information as it becomes available. For the time being, please be sure you are continuing to do the following:

- Staying at home unless going into the public is absolutely necessary. Please try to avoid gatherings of 10 or more people.
- Maintaining good hand hygiene, washing your hands for 20 seconds with soap and water.
- Clean and disinfect frequently touched objects and surfaces using spray or disinfectant wipes (this includes door knobs, counters, remote controls, etc.).
- If you are feeling any symptoms of COVID-19, please be sure to practice self-isolation in your home.

Employers are encouraged to visit the CDC recommendations <https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html> in regards to employer strategies surrounding sick employees.

You may also refer to <https://www.trphd.org/> for the most recent statistics and information regarding COVID-19 in our area.

If you have traveled internationally or recently traveled to an affected area starting to experience these symptoms discussed, please visit <https://cip-dhhs.ne.gov/redcap/surveys/?s=JKHEPR4DPR> on the Two Rivers Public Health Department website and fill out the brief survey for potential testing and recommendations.



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