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**FOR IMMEDIATE RELEASE**

### **ELKO COUNTY COVID-19 UPDATE: TWO NEW CASES**

The Nevada Division of Public and Behavioral Health is reporting two new positive COVID-19 cases for Elko County and one additional recovery. This brings the total number of confirmed cases to twenty, with thirteen recoveries, one death, and six cases remain active.

Upon notification, the local contact tracing team started the investigation process. In effort to protect the privacy of the patients, only limited information can be reported to the public.

#### **The new cases are:**

- Positive Case #19 – A male in his 40s who is self-isolating at home and is a close contact of another confirmed positive case.
- Positive Case #20 – A female in her 30s who is self-isolating at home. This case is believed to be a close contact of another confirmed case, but remains under investigation.

While the State has been approved for Phase 1 reopening, Elko County Health Officer, Dr. Bryce Putnam, encourages the public to help stop the spread of respiratory illnesses by taking personal accountability and practicing preventative measures such as:

- Avoiding close contact with people who are sick. When you are sick, keep your distance from others.
- If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness.
- Covering your mouth and nose with a tissue when coughing or sneezing. Serious respiratory illnesses are spread by cough, sneezing or unclean hands.
- Washing your hands with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing or sneezing. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Avoiding touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe. Remember to clean your cellphones.
- Avoid social gatherings in groups of more than 10 people.

People with COVID-19 have reported a wide range of symptoms – ranging from mild symptoms to severe illness.

Keep an eye out for symptoms that may appear 2-14 days after exposure to the virus. People with the following symptoms should reach out to their healthcare provider or call the COVID-19 hotline at (775) 777-2507 or text or email [covid19@elkocountynv.net](mailto:covid19@elkocountynv.net).

- Cough

- Shortness of breath or difficulty breathing

Or at least two of these symptoms:

- Fever
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

If you have any of these **emergency warning signs\*** for COVID-19 get **medical attention immediately**:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

\*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.

**Call 911 if you have a medical emergency:** Notify the operator that you have, or think you might have, COVID-19. If possible, put on a cloth face covering before medical help arrives.

Mental Health services are available in Nevada at this time. Rural Clinics Immediate Mental Health CARE Team can be reached at 1-877-283-2437 and are available to support adults in Rural Nevada who need immediate mental health assistance. The Rural Mobile Crisis Response Team can be reached at 1-702-486-7865 and are available to support children and families for those under the age of 18. The National Suicide Prevention Lifeline can be reached at 1-800-273-TALK (2855).

Stay informed; for more information on COVID-19 visit [www.elkocountynv.net](http://www.elkocountynv.net) or like us on Facebook at <https://www.facebook.com/ElkoCOVID19/>.

Nevadans can visit <https://nvhealthresponse.nv.gov/> for up to date information in regards to COVID-19 in Nevada. Additional information is available from the Centers for Disease Control at <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>.

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