



January 7, 2021

For immediate release

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Ask a question. Save a life. Inspire hope. Register for an upcoming QPR training today

You've likely heard of CPR but what about QPR? QPR, like CPR, can be a lifesaver. Question, persuade, refer (QPR) are three steps anyone can learn to help prevent suicide. Sometimes life can feel heavy and you never know who you could impact by empowering all people, regardless of their background, to make a positive difference in the life of someone you know.

An upcoming QPR virtual training is being offered on **January 12 @ Noon MT**. You can become trained in QPR today, register here: <https://forms.gle/tn3Y21roesPUj1UaA>.

The last year has been difficult. More people are feeling isolated than ever before, and so many things are changing in our lives that are out of our individual control. The signs of crisis are all around us.

Suicidal thoughts are common. Suicide threats and attempts are less common, but much more frequent than most people realize. Suicide is the most common psychiatric emergency and a leading cause of death in America and around the world. This means that the need for QPR knowledge also is common.

You probably know someone who has made a suicide attempt. You may even know someone who died by suicide, and it is very likely you know someone who has thought, or is thinking, about suicide. If you are a professional caregiver, veteran, police officer, fireman, minister, priest, rabbi, school nurse, coach, teacher, youth leader, paramedic, high school counselor, case manager, volunteer, or businessperson, you very likely have had firsthand contact with suicidal people.

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Vaccine reminder: Anyone 75 and older and interested in getting a COVID vaccine, please call 308-262-5764 or 308-633-2866 ext. 101 and leave a message with your name, date of birth, county, and phone number. The form can also be completed at <https://tinyurl.com/ycpxzr5d>.

Over 2,000 people 75+ have signed up so far! Be sure to help your elderly family, friends, and neighbors get signed up! This will put them on the list, and they will be called when vaccines are available. It may be several weeks.

To date, 3,310 people in the eligible populations have received the COVID vaccine in the Panhandle. This number will continue to increase with each weekly distribution to the eligible populations at the corresponding times.

Sixteen additional COVID-related deaths in the Panhandle are being reported. This brings the total deaths in the Panhandle to 136. The deaths are being announced as follows:

Scotts Bluff County

- Six females
 - One in her 70s, one in her 80s, four in their 90s
- Ten males
 - One in his 70s, four in their 80s, five in their 90s

“We share our sincerest sympathies with the friends and loved ones in the loss of our fellow Panhandle residents and wish you peace and comfort,” said Kim Engel, Panhandle Public Health District Director.

Unified Command confirms 142 more cases of COVID in the Panhandle since last reporting on Monday, January 4. The investigations are underway, all close contacts will be quarantined.

All Ages: 142	
County	Cases
Banner	0
Box Butte	22
Cheyenne	22
Dawes	11
Deuel	3
Garden	4
Grant	0
Kimball	2
Morrill	9
Scotts Bluff	49
Sheridan	19
Sioux	1
Under investigation	0

Exposure Type	
Community	44%
Close Contact	46%
Travel	0%

Under Investigation **9%**

March 2, 2020-January 7, 2021

- **Total Tests Conducted: 30,875**
- **Positive: 7,882**
- **Last 14 days (active) cases: 389**
- **Last week's cases: 211**
- **Last week's positivity rate: 27.5%**
- **Deaths: 136**
- **Active Hospitalizations: 17**
- **Total Cumulative Hospitalizations: 476**
- **Doubling time (November 9, 2020-January 6, 2021): 58 days**

Avoid the Three Cs:

- **Avoid Crowded Places** – Avoid gathering in groups where you cannot maintain 6-feet of distance from others
- **Avoid Close Contact** – Wear a mask over your nose and mouth or maintain 6-foot distance when you are spending more than 15 total minutes with people you don't live with
- **Avoid Confined Spaces** – Avoid enclosed spaces with poor ventilation

Current COVID testing access can be found at www.pphd.org.

The Panhandle COVID dashboard is updated weekdays at 4:30 pm MT and available at www.pphd.org. For the most up to date information from the CDC, visit <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

Panhandle Public Health District, Region 21, 22, and 23 Emergency Management, and Scotts Bluff County Health Department are working as a unified command on this evolving situation. Essential updates will be regularly communicated to the public and community partners.

Panhandle Public Health District is working together to improve the health, safety, and quality of life for all who live, learn, work, and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle Community. Visit our website www.pphd.org.