



Pete Ricketts, Governor

DATE: February 28, 2020  
TO: NDCS Staff, visitors and inmate population  
FROM: Dr. Harbans Deol, Medical Director, Health Services  
RE: Virus Precautions *H. Deol*

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The Nebraska Department of Correctional Services (NDCS) has noted a recent uptick in the number of flu cases recurring in select facilities. Viruses come in many forms, and the best offense is taking precautions that will prevent the transmission of communicable diseases.

**Precautions include:**

- Regular hand-washing
- Use of hand sanitizer when regular washing is not possible
- Cough or sneeze into a sleeve or tissue. Dispose of tissues immediately after use
- Avoid touching the eyes, nose or mouth
- Keep three-to-six feet distance between yourself and others, when it is possible
- Engage in "environmental cleaning," especially of high-touch surfaces such as door knobs, keys, hand rails, telephones, keyboards, elevator and intercom buttons, cell bars, etc.
- Refrain from working or visiting if you are ill
- Identify any individuals who are sick and implement all necessary precautions

Scott R. Frakes, Director

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