At press time, there is a total of 188 cases of COVID-19 in the Lincoln Trail District. Additional cases were confirmed today in Hardin and Nelson Counties. The total number of cases per county is as follows: Hardin--96, LaRue--8, Marion--20, Meade--21, Nelson--37, and Washington--6. Currently, 180 cases are on home isolation or have been released from monitoring. County-level information can be found on the “COVID-19 Latest Updates” tab at ltdhd.org.

Contact tracing is the heart of any disease investigation. It is a public health measure used by local health departments many decades before COVID-19. As a result, health departments have had ample opportunity to refine this skill over the years. Components of contact tracing include:

- Locating individuals who have been identified as a laboratory confirmed case of COVID-19
- Locating patients and contacts who may be difficult to reach or reluctant to engage in conversation
- Helping patients to recall information that could be crucial in preventing the further spread of disease
- Conducting interviews without violating patient confidentiality
- Reaching out to those individuals identified as close contacts as rapidly and sensitively as possible
- Educating the patient and close contacts on their risks, what they should do to prevent further spread of the virus, how to monitor themselves for illness, and requirements for self-quarantine
- Assuring support to the patient and close contacts during the 14-day self-quarantine

Contact tracing also contains a human element. Each person that tests positive for COVID-19 is more than a case number. Every individual has unique characteristics and has experienced a different medical journey. The staff of Lincoln Trail District Health Department (LTDHD) gets to know each patient. Because of home isolation procedures, sometimes we get to know multiple members of a family. We celebrate each small step on their road to recovery. LTDHD will continue to monitor public health outbreaks and to educate the public to prevent the spread of disease. COVID-19 did not catch the public health system by surprise—LTDHD has been conducting communicable disease investigation and containment for over 39 years.