May 1, 2020
Press Release

As of press time, there was a total of 107 cases of COVID-19 in the Lincoln Trail District. Additional cases were reported in Meade County. The total number of cases per county is as follows: Hardin--43, LaRue--5, Marion--17, Meade--14, Nelson--23, and Washington--5. Currently, 100 cases are on home isolation or have been released from monitoring—please refer to ltdhd.org for county level information.

As Kentucky begins taking steps to reopen the economy, one common theme that has emerged is the need for face coverings in public settings. Many people do not exhibit symptoms with COVID-19. Although it may seem strange and uncomfortable to wear a mask, they protect others from your respiratory secretions that could carry the virus. Masks also serve as a visible reminder to practice physical distancing.

Masks are now being required for all person-to-person contact outside the home—for now, this means when seeking healthcare or going out for necessary services. It is not necessary to wear a mask around immediate household members or when alone. After May 11, workers providing essential services must also wear masks. For this reason, people should plan to have several masks on hand. Cloth masks should be washed frequently. Always remove a mask using the earpieces to avoid touching the outside surface.

There are many types of masks available for purchase, but it is very easy to make a cloth mask using common household items. A sturdy cotton fabric is best—a bandana or pillowcase work well. Rubber bands, hair ties, or shoelaces are good options to attach the mask to the face. There are many patterns for every skill level available online to create masks. The directions for two no-sew options are available at ltdhd.org. Choose a design that comfortably covers both the nose and mouth of the user. Masks are not recommended for children under the age of two.

Finally, we must remember that masks do not take the place of physical distancing measures. Also, surgical masks and N95 masks need to be reserved for healthcare workers. There will not be a penalty for people who choose not to wear masks. However, it is a simple way to protect the ones around us, especially those who are at greater risk for COVID-19 due to health complications.