At press time, there is a total of 208 cases of COVID-19 in the Lincoln Trail District. Additional cases were confirmed today in Hardin, Marion, and Nelson Counties. The total number of cases per county is as follows: Hardin--104, LaRue--9, Marion--25, Meade--22, Nelson--42, and Washington--6. Currently, 197 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.

As the COVID-19 infection rate continues to surge around the U.S., there is emerging evidence regarding the impact of this virus on people who smoke or vape, as well as those who are exposed to secondhand smoke or aerosol. COVID-19 attacks the lungs. Chemicals in tobacco smoke can damage and weaken lung tissue compromising the body’s ability to fight infection. As a result, smokers have a higher risk of experiencing life-threatening symptoms if they contract the virus. The CDC has found that 78% of people requiring intensive care for COVID-19 had the underlying health status as a current or former smoker.

Research suggests that e-cigarettes also impair the lungs’ ability to fight infection, and that those who vape have delays in recovery when they have respiratory infections. This makes both smoking and vaping a potential risk for severe complications with COVID-19. Now is a vital time for people to stay “healthy at home” by decreasing exposure to tobacco smoke and e-cigarette aerosol. If you smoke or vape, it is a great time to quit. If you choose to use tobacco, keep the air clear in your home by smoking or vaping outside at least 20 feet from entryways, windows, and vents. To avoid the spread of COVID-19, do not share personal devices like e-cigarettes. For more information on tobacco or cessation, visit quitnowkentucky.org.