June 22, 2020
Press Release
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At press time, there is a total of 293 cases of COVID-19 in the Lincoln Trail District. Additional cases were confirmed today in Marion, Meade, Nelson, and Washington Counties. The total number of cases per county is as follows: Hardin--130, LaRue--15, Marion--46, Meade--25, Nelson--59, and Washington--18. Currently, 279 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 Kentuckians began to venture out more and more, it is important that we continue to protect ourselves by practicing everyday preventive measures. In general, the longer you interact with someone the greater your chances of becoming infected with COVID-19. Keeping hand sanitizer, a face mask, and tissues readily available plus maintaining a physical distance of at least 6 feet are still a must. Although there is no way to ensure zero risk of infection, the graphic below provides insight on things you should consider before leaving your home. Additional guidance for using restaurants, gyms, nail salons, libraries, parks, or attending cookouts can be found on the Centers for Disease Control website at https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/personal-social-activities.html

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**COVID-19: Things to Consider Before Going Out**

As communities reopen, you may be looking for ways to resume some daily activities. Here are some prevention tips to protect yourself and help reduce the spread of COVID-19.

- **How many people will you interact with?**
- **Can you keep 6 feet between yourself and others?**
- **How long will you be interacting with people?**

1. **Interacting with more people increases your risk for COVID-19.**
2. **Being in a group that is not social distancing or wearing cloth masks also increases your risk.**
3. **Some people have the virus and don't have any symptoms.**
4. **The closer you are to other people, the greater your risk of getting sick.**
5. **Keeping distance is especially important if you are at higher risk for severe illness.**
6. **Indoor spaces are more risky than outdoor spaces.**
7. **Spending more time with people increases your risk of becoming infected.**
8. **It also increases their risk of becoming infected if there is a chance that you may already have the virus.**

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**Source:** Centers for Disease Control