Press Release
March 13, 2020

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Currently, there are eleven cases of Coronavirus Disease 2019 (COVID-19) in the Commonwealth of Kentucky. Harrison County has six cases. Fayette has three cases and Jefferson county remains at two. Local and state public health officials will continue to monitor and prepare to promptly respond to any potential cases should they occur.

New guidance from Governor Beshear recommends the following:

- All public and private schools should utilize online learning starting Monday, March 16th.
- All Kentuckians should avoid large crowds and practice social distancing (6 feet apart)
- Faith based services should be canceled.
- All state prisons are no longer allowing visitors. Local jailers have received the recommendation to follow the same guidance.
- Long term care facilities should continue to restrict visitors only to those patients receiving end of life care after being screened.
- Senior Centers should stop in person gatherings/fellowship meals. We encourage other options of providing meals to seniors that comply with social distancing.
- Funeral homes should limit the number of people allowed to attend services.
- Teleconference instead of in person meetings.

Utilization of the steps recommended above will significantly prevent the spread of COVID-19. This graph demonstrates what happens when preventive measures such as these are instituted.
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The tall, skinny curve illustrates how many people will get sick at once, in a short period of time if we don’t take enough steps to prevent COVID-19 from spreading in our communities. The dotted line illustrates the capacity at which our health care system is able to effectively care for the sick. By prioritizing preventive measures, we can flatten the curve and keep the number of people who become sick within a manageable range, which allows for more effective care.

Lincoln Trail District Health Department will aggressively promote the Governor’s recommendations. In addition, we also recommend these organizations follow the Governor’s guidance regarding school closures: Head Starts, Childcare Centers, Family Child Care Centers, Parks and Recreations, and Youth Leagues. For soup kitchens, church fish fry’s, and other events or large gatherings we encourage exploring alternative ways to serve patrons that promotes social distancing (6 feet apart) such as to go boxes or delivery.

We are all responsible for reducing the spread of COVID-19. It is imperative that as a community we practice good citizenship. This means ensuring you consistently follow through on the personal prevention methods listen below. These steps will have a huge impact on reducing the transmission of COVID-19 to loved ones, friends, neighbors, and the community.

- Avoid close contact with people who are sick with fever, coughing, sneezing, and difficulty breathing. To avoid close contact, stay at least 6 feet away from others.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
• Wash your hands often with soap and water for “at least 20 seconds”, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
• If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
• Avoid shaking hands.
• Community agencies such as (e.g. businesses, faith-organizations) should practice non-contact methods for greeting and other activities that create the opportunity to share germs.
• Stay home when you are sick. Cover your cough or sneeze with a tissue, then throw the tissue in the trash. To avoid coughing into your hands, you can cough into your elbow.

As the situation continues to progress, the public must continue to be very selective in where they obtain reliable information on COVID-19. Recommended sources are:
• The Centers for Disease control website located at https://www.cdc.gov/coronavirus/2019-ncov/index.html
• The KY Cabinet for Health and Family Services http://kycovid19.ky.gov
• Lincoln Trail District Health Department www.ltdhd.org

The public may also utilize Kentucky’s public hotline at 1-800-722-5725. To report price gouging call 1-888-432-9257.

If you must seek care use the following guidance to make the best decision regarding your health.

Worried, but well
Do not go to a hospital, ER or doctor’s office. If you are worried-well, going to a hospital or doctor’s office just further overwhms medical staff and adds to a higher concentration of people. If you are worried-well stay home.

Feeling ill, but otherwise would not have sought out medical care
If you have a fever or cough and, if it were not for COVID-19, you would not have otherwise sought care, do not seek care at an ER, hospital or doctor’s office. If you want advice, call the state hotline (1.800.722.5725) or your local health care provider.

If you are sick and feel you have an emergency
Call your doctor or seek medical care. The hospitals across the state stand ready to serve.