Lincoln Trail District Health Department (LTDHD) has received confirmation of a second positive case of Coronavirus Disease 2019 (COVID-19) in Nelson County, bringing the total of confirmed cases for Nelson to two. That makes the total for the Lincoln Trail District four with the remaining two in Hardin County. All four cases are currently isolated at home.

The healthiest place you can be right now is at home. While testing does help public officials track the spread of the disease, we will have many people within our community that may never be tested. Currently we have limited testing availability, as well as limited supplies of personal protective equipment for healthcare providers that need it to conduct tests. Most individuals will have mild symptoms, and some may have no symptoms at all. We must assume that additional cases are within our community. We need to take the public health recommendations of social distancing and limiting our movement within the community more seriously, as well as complying with the Governor’s Executive Orders. Please ask yourself each time you travel anywhere, is it worth it? Is it worth it if I get sick? Is it worth it if I cause others to get sick? Is it worth it if that illness takes a life? When we think that these orders do not apply to us, we undermine the sacrifices that others are making to protect the health of our most vulnerable citizens.

For those with mild symptoms, a positive test will not currently change the course of treatment. Those with mild symptoms that are well enough to stay home, should do so. Treatment for such individuals includes over-the-counter fever reducers, cold and flu medicines, staying hydrated, and getting plenty of rest. Please self-isolate to reduce the spread of your illness to others living within your home.

If you are well but nervous, please stay home. If you are well enough to stay home but choose to visit a physician practice or emergency department, you could be potentially exposing yourself, your family member, healthcare providers, or other very ill people. If you are ill but would not have sought care if not for COVID-19, do not seek in-person care now. Call your healthcare provider or the Kentucky State hotline at 1-800-722-5725 and follow their instructions. And finally, if you are sick and feel you have an emergency, call your doctor or seek emergency medical care.
The criteria for individuals who are considered high risk for COVID-19 complications has been updated by the Centers for Disease Control. Those considered at highest risk include individuals 65 and older; people with chronic medical conditions; people who have a weakened immune system; individuals who live in a nursing home or long-term care facility, or those who are severely obese.