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Press Release
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Lincoln Trail District Health Department (LTDHD) has received confirmation of a third positive case of Coronavirus Disease 2019 (COVID-19) in Hardin County. We also have received a report of our first case in LaRue County. This brings the total number of cases in the Lincoln Trail District to six, with the remaining two in Nelson County. One Nelson County case was released from isolation today and the other remains isolated at home. All Hardin County cases remain isolated at home. The LaRue County case is isolated in a hospital. All are doing well.

**The healthiest place you can be right now is at home.** We expect to continue to see additional cases across Kentucky as the situation continues and testing increases. However, due to the public’s efforts to adhere to social distancing, Kentucky saw fewer new cases yesterday than the previous day. To continue this trend, it is critical that we all reduce our contacts by 75 percent to see the biggest impact on the reduction of new cases. The next two to three weeks will be critical.

We must practice social distancing and minimize our travel through public places. We ask that you evaluate your behavior and weigh the benefits versus the risks. 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? The good news is, according to scientific projections we can keep the number infected to 1 percent of the population if we adhere to strict social distancing for the duration. In addition, the estimated death rates would be less than 1,000 depending on population demographics.

It is important to also remember that seeking testing when you are not symptomatic has consequences. Taking well or mildly ill family members to acute care facilities or to our emergency departments will increase the risk of exposure for yourself, your family member, our healthcare providers, or other very ill people. Currently we have limited testing availability, as well as limited supplies of personal protective equipment for healthcare providers that need it to conduct tests. Additionally, it can take up to two weeks for some labs to have results. If you have been using the “Healthy at Home” guidelines, then test results should not change your behavior if you are otherwise healthy and do not have a chronic condition.