March 9, 2020
Coronavirus Disease 2019 (COVID-19)

Currently, there are four cases of Coronavirus Disease 2019 (COVID-19) in the Commonwealth of Kentucky. Harrison County has two cases. Fayette and Jefferson counties each have one case. To date public health officials have monitored over 200 individuals, with only 21 requiring testing. None of these individuals reside within the Lincoln Trail District (Hardin, LaRue, Marion, Meade, Nelson, and Washington Counties). Local and state public health officials will continue to monitor and prepare to promptly respond to any potential cases should they occur.

There is no vaccine available to prevent coronavirus disease and the Centers for Disease Control states that wearing a facemask will not protect the public from COVID-19. The best way to prevent illness is to avoid exposure. Ways to reduce your risk of contracting COVID-19 include:

- 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.
- 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.
- 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.
Adults over 60 and people who have severe chronic medical conditions like heart, lung or kidney disease seem to be at higher risk for more serious COVID-19 illness. It is especially important for you to take the following actions to reduce your risk of exposure:

- Stay at home as much as possible to avoid crowds.
- Make sure you have access to several weeks of medications and supplies in case you need to stay home for prolonged periods of time.
- If you have to go out in public, keep away from others who are sick, limit close contact (6 feet away) and wash your hands often.

Lincoln Trail District Health Department is in constant contact with the Kentucky Department for Public Health (KYDPH) for any updates related to COVID-19. We are committed to working with and passing this information onto local providers, as well as the public. Please visit our agency web page at [www.ltdhd.org](http://www.ltdhd.org) for any health alerts, updated guidance documents, and links to additional information from the Centers for Disease Control (CDC). You may also visit the Kentucky Department for Public Health’s website at kycovid.ky.gov. The public may also call the state call hotline at 1-800-722-5725.

Lincoln Trail District Health Department has established procedures to prevent, identify, investigate, contain, and reduce negative impacts associated with all communicable diseases. “We will continue to monitor the situation and are prepared to respond should we have a case locally” stated Sara Jo Best, Public Health Director of Lincoln Trail District Health Department.