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Press Release

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Currently, there are sixteen cases of Coronavirus Disease 2019 (COVID-19) in the Commonwealth of Kentucky. Harrison County has six cases. Jefferson County has four. However, one of these results is pending. Fayette County has three. Bourbon, Montgomery, and Nelson Counties all have one case.

Lincoln Trail District Health Department (LTDHD) is working to identify all close contacts of the Nelson County case. Close contact is defined as contact less than 6 feet for an extended period of time. An example may include a household member or caretaker. If agencies/individuals do not receive contact from a LTDHD employee, it means you have not been identified as a potential contact of the primary case. “We believe the risk to the public is low, and as this situation evolves, we will continue to communicate updates to the people of Nelson County” said Sara Jo Best, Director of LTDTD.

It is imperative that the public continues to follow community and personal preventive measures such as social distancing (6 feet apart) and limiting participation in all large gatherings. Implement environmental surface cleaning measures at home and work. Ensure that frequently touched surfaces and objects (e.g. doorknobs, toys, desks, computer keys) are wiped down often with a household cleaner. Avoid contact with individuals who are sick or stay home if you are sick. 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 is not available, use an alcohol-based hand sanitizer with at least 60% alcohol. Do not shake hands.

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.
- 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.
- Make sure you have access to several weeks of medications and supplies in case you need to stay home for prolonged periods of time.
We encourage the public to continue to use the following guidance when seeking care.

**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 overwheels 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.

As the situation continues to evolve please consider the sources below as your go to for the most reliable information.

- Lincoln Trail District Health Department [www.ltdhd.org](http://www.ltdhd.org)

The public may also utilize Kentucky’s public hotline at 1-800-722-5725.