April 13, 2020
Press Release

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At press time, there is a total of 57 cases of COVID-19 in the Lincoln Trail District. Additional cases were confirmed in Hardin, Larue, and Marion Counties. The total number of cases per county is as follows: Hardin—25, LaRue—3, Marion—11, Meade—2, Nelson—13, and Washington—3. Currently, 49 cases are on home isolation or have been released from monitoring.

As the number of COVID-19 cases continue to rise, Kentuckians are doing everything possible to reduce their chances of contracting the virus. Not only are toilet paper, disinfecting wipes, and paper towels flying off the shelves, but hand sanitizer, gloves, and masks are too. Public health officials have made social distancing the new norm—wearing gloves and face masks are following the same trend with the general public. Individuals have been spotted wearing masks and gloves while walking, driving, or exercising by themselves. This raises a good question—when is the correct time to wear face masks and gloves?

The CDC recommends using cloth face masks in public settings where other social distancing measures are difficult to maintain. For example, navigating narrow isles in grocery stores or pharmacies. Cloth masks are also recommended in areas that have significant community-based transmission. The purpose of masks is to catch respiratory droplets when an individual coughs or sneezes. This will prevent them from landing on other people and surfaces. It does not protect you from getting the virus.

It is important to remember that you risk infection each time you touch a surface and touch your mask, or when you pull your mask down to eat or drink. You should keep more than one mask available for use. Also, you should wash your mask after each outing. When removing your mask, begin with the bands behind your ears. Do not touch the parts that cover your nose or mouth.

Use of gloves could be worse than bare hands at spreading the virus. COVID-19 does not enter the body through the hands, so you do not need a barrier device. The virus may adhere to the vinyl or latex surface of your gloves better than to your own skin when you touch surfaces. At this time, the only known way to contract the virus through touch is by touching a contaminated surface and then touching your eyes, nose, or mouth. The only time the CDC advises using gloves in relation to COVID-19 is when you are cleaning your home or if you are a healthcare worker.

Bottom line: Save gloves and other valuable personal protective equipment for our essential healthcare workers. They serve on our front lines and need all our resources to care for those who have contracted COVID-19.