April 14, 2020
Press Release

At press time, there is a total of 59 cases of COVID-19 in the Lincoln Trail District. Additional cases were confirmed in Hardin and Marion Counties. The total number of cases per county is as follows: Hardin—26, LaRue--3, Marion--12, Meade--2, Nelson--13, and Washington--3. Currently, 51 cases are on home isolation or have been released from monitoring.

Kentucky has been diligently practicing social distancing for over a month. At this point, many may be wondering, how much longer will this last? Recent news reports have conveyed that the United States is reaching its peak and beginning to flatten the curve. However, this may be misleading.

First, the term “peak” does not mean the state has reached its highest number of COVID-19 cases. It instead refers to the state’s inability to no longer care for the critically ill, because it has exhausted its medical resources (e.g. healthcare workers, ICU beds, and ventilators).

Second, when a state reaches its maximum number of active COVID-19 cases will vary. Much of this depends on how soon the state implemented social distancing and public health recommendations.

In comparison to surrounding states, Governor Beshear’s early actions have saved lives and dramatically reduced the number of cases within Kentucky. Projections suggest the possibility for lifting social distancing restrictions in early May. According to the Governor, restrictions will not be lifted all at once. In addition, there must be a sustained downward trend in the number of new cases and a marked resiliency present in high-risk populations. A second spike in cases can occur if physical distancing restrictions are lifted too soon. Early reports from China indicating a resurgence in new cases are proof of this possibility. Kentuckians must maintain the mindset that this may be our new norm until May or longer. We will get through this; it may just take longer than any of us expected.