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Press Release

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At press time, there is a total of 63 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--28, LaRue--4, Marion--13, Meade--2, Nelson--13, and Washington--3. Currently, 55 cases are on home isolation or have been released from monitoring.

COVID-19 has produced untold job loss, physical isolation from family and friends, and a total disruption of daily routines. All of this can lead to overwhelming anxiety. Stress during this time may manifest as worry about the health of your loved ones, changes in sleep patterns, difficulty concentrating, worsening of existing health problems, or increased use of substances such as alcohol or tobacco. Some can manage stress effectively and recover quickly. However, others may be more vulnerable and suffer more from its consequences. These individuals include:

- Senior adults
- People who are at higher risk to COVID-19 due to chronic diseases
- Children and teens
- Healthcare workers and first responders
- People with mental health or substance use disorders

As we ride out this crisis, we need to find ways to bridge the social barrier while maintaining physical distance from others. Even though the physical locations where we typically congregate are now closed, we can find other ways to keep these activities in our daily lives. It is important to remember that home isolation does not mean social isolation. Families can still stay connected to their loved ones without technology by telephone or by talking through a closed window. Some families have chosen to stand on the porch and visit from 6 feet away. Many workplaces have created virtual workspaces to keep employees connected. Churches are offering online and televised services, as well as hosting digital small group classes. Even gyms are offering online or televised programs to help keep people in their normal routines.

In conclusion, we must remember to take care of ourselves, so that we are equipped to care for our family, friends, and neighbors. It is important to take breaks from watching or reading news stories about the outbreak. Make time to quiet your mind and unwind. Take care of your physical body through healthy eating and regular exercise. And finally, never hesitate to reach out to your physician or a mental health provider if you feel you are no longer able to cope alone.