April 22, 2020
Press Release

At press time, there is a total of 71 cases of COVID-19 in the Lincoln Trail District. Additional cases were confirmed in Hardin, Meade, and Nelson Counties. The total number of cases per county is as follows: Hardin—31, LaRue—4, Marion—13, Meade—5, Nelson—15, and Washington—3. Currently, 62 cases are on home isolation or have been released from monitoring.

Kentuckians are doing a great job in limiting the spread of COVID-19. The Commonwealth has far less documented cases than neighboring states. For example, Kentucky has 3,192 cases, while Illinois currently has 33,059, Indiana has 12,097, and Ohio has 13,250. Residents may be wondering when we will see an end to all the restrictions since we are doing so well. The answer: it depends.

There are several factors to consider when gauging how effective our social distancing measures have been. First, it is important to remember that many people do not exhibit symptoms with COVID-19. This makes physical distancing especially important. The virus is very contagious and is transmitted by coughing or sneezing respiratory droplets into the air. A single cough or sneeze can produce over 3000 droplets. If you are within six feet, these respiratory droplets can land in your eyes, nose, or mouth.

Second, it takes between two and fourteen days for people to develop symptoms when they are exposed to the virus. Once they become symptomatic and receive testing, it can take anywhere from one to ten days to get results depending on the lab where the test is sent. So, it can be three weeks before our numbers reflect any new positive results.

Third, due to a lack of testing resources, the number of people being tested in still small. Presently, testing has been reserved for healthcare workers, first responders, and those with severe symptoms. Testing capability is starting to increase due to partnerships with local hospitals as well as the drive-up testing facilities being rolled out in various parts of the state. It is reasonable to assume that the number of positive cases will continue to increase as more people are able to be tested.

Health officials agree with the guidance of local, state, and national leaders--lifting physical distancing requirements too early could cause a resurgence in COVID-19 cases. To protect the health of the most people, Kentuckians must be prepared to return to normal at a slow walk instead of a full out sprint.