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Press Release

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At press time, there is a total of 74 cases of COVID-19 in the Lincoln Trail District. Additional cases were confirmed in Larue, Nelson, and Washington Counties. The total number of cases per county is as follows: Hardin—31, LaRue—5, Marion—13, Meade—5, Nelson—16, and Washington—4. Currently, 70 cases are on home isolation or have been released from monitoring.

Teens may have been hit especially hard by the ripple effects of COVID-19. The abrupt closing of school means teens are missing in-person learning, socialization, and needed routine, but it also means losing milestones like proms, graduations, and college visits. We may have assumed that kids would take all the lifestyle changes associated with COVID-19 in stride. But they are mourning the loss of interaction with their peers, school events and sports seasons. There is also a lot of boredom as teens are largely left alone to entertain themselves due to their age.

Many teens express hope that this experience will be temporary. However, when asked about their current mood the common themes are “frustrated” and “disconnected.” Teens may wrongfully believe that they will not get the virus because they are young or that they will recover without difficulty. It can be challenging to get them to comply to social distancing, because they often do not see the harm in hanging out with friends who are also young and healthy. What they fail to consider is that while young people often do have an easier time recovering from this virus, they could pass it along to vulnerable family members such as grandparents or other relatives with chronic health issues.

It is important for parents and caregivers to have conversations about COVID-19 with their teens in a way they can understand. Teens may respond strongly to stress in a crisis and react partly by how the adults in their life are behaving. It is crucial to validate their feelings of disappointment and sadness. Reassure them that they are safe and let them know it is OK to feel upset. Watch for changes in their behavior such as excessive worry, unhealthy eating or sleep habits, “acting out” behaviors, avoidance of favorite activities, or experimentation with alcohol, tobacco, or other drugs. Finally, for the sake of their mental health, the whole family needs to take breaks from watching or listening to news stories (including on social media) about the pandemic. Teens experiencing a mental health crisis can text HOME to 741741 to connect with a crisis counselor.