April 6, 2020
Press Release

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There is a total of 35 cases of COVID-19 in the Lincoln Trail District. Additional cases in Hardin, Marion, Nelson, and Washington Counties were confirmed today. The total number of cases per county is as follows: Hardin--14, LaRue--2, Marion--7, Meade--2, Nelson--6, and Washington--4.

What is known about the spread of COVID-19 changes rapidly. Recent studies reveal that many individuals will lack symptoms but can still transmit the virus to others. The virus can spread between people interacting in close proximity (less than 6 feet) when speaking, coughing, or sneezing. In light of this new evidence, the CDC recommends wearing cloth face masks in public settings. However, use of a cloth face mask does not replace the need to physically distance ourselves from others when we are able to do so. Using a mask in addition to physical separation of 6 feet or more is best. Cloth face masks free up valuable resources such as N95 and surgical masks for the very ill and medical personnel who truly need them.

Wearing a cloth mask is not a guarantee that you will be fully protected from COVID-19. It is vital that we practice frequent hand washing and continue with all other preventive actions to reduce the spread, as we do not know exactly how long the virus can live on surfaces. The virus can also be transmitted through the eyes, and respiratory droplets can enter cloth masks. A cloth face covering is not intended to protect the wearer, but it may prevent the spread of virus from the wearer to others. This is especially important if someone is infected but does not have symptoms. To make your own cloth mask, see the example below or research the many patterns available online.

[Image of a cloth mask making diagram]

1. Use a square fabric that is 9x9
2. Fold 2 sides into the middle
3. Fold again lengthwise
4. Fold each outside 3” into the center
5. Put a hair tie on each end to create ties
6. Tuck in loose end into the other

Place the tacked end side against the face and hook the hair ties around your ears.

Source: How to make a face mask out of fabric, United States Agency for Global Health

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580 Westport Road
Elizabethtown, Kentucky 42701
270-765-6196 Clinic Phone
270-763-0937 Clinic Fax
270-769-0312 Environmental Phone
270-769-0471 Environmental Fax

LaRue County Health Center
215 East Main Street
Hodgenville, Kentucky 42748
270-358-3844 Clinic Phone
270-358-8665 Environmental Phone
270-358-5816 Fax

Marion County Health Center
516 North Spalding Avenue
Lebanon, Kentucky 40033
270-692-3393 Clinic Phone
270-692-0045 Clinic Fax
270-692-0200 Environmental Phone
270-692-0238 Environmental Fax

Meade County Health Center
520 Hillcrest Drive
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270-422-3988 Clinic Phone
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270-422-5699 Fax

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325 South Third Street
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