April 7, 2020
Press Release

There is a total of 41 cases of COVID-19 in the Lincoln Trail District. Additional cases in Hardin, Marion and Meade Counties were confirmed today. The total number of cases per county is as follows: Hardin--18, LaRue--2, Marion--9, Meade--3, Nelson--6, and Washington--3.

Your specific actions today will dictate how many people will be ill and need care in the next two weeks. For example, COVID-19 can be spread by symptomatic and asymptomatic individuals when they speak, cough, or sneeze into the air. A single cough can produce over 3000 droplets. If you are not 6 to 10 feet away these respiratory droplets can land in your eyes, nose, or mouth and settle on surfaces. The virus lives on non-porous surfaces such as doorknobs, light switches, phones, computers and remote controls. It can live for up to 72 hours on plastics, 48 hours on stainless steel, and 24 hours on cardboard. It also lives on soft porous surfaces, such as carpeted floors, drapes and rugs.

Every time a person touches a surface with COVID-19 and then touches their eyes, mouth, or nose they increase the potential for infection. Bottomline: COVID-19 is highly contagious. The possibility of catching and spreading the disease is widespread. Your actions two weeks ago--who you encountered, what surfaces you touched--will determine if you then became infected and potentially infected others.

Physical distancing must be your new normal if you must leave your home. Avoid all gatherings and crowds. We cannot relax our hygiene practices at this time. Stay diligent in washing your hands for 20 seconds with warm soap and water. Use a hand-based sanitizer with 60% alcohol only if soap and water is not available. Increase routine cleaning of frequently touched surfaces. For soft porous surfaces, remove visible contamination, and wash with cleansers that are suitable for the surface. If possible, launder items using the warmest water setting that is appropriate, and dry items completely.