May 5, 2020
Press Release

At press time, there is a total of 119 cases of COVID-19 in the Lincoln Trail District. Additional cases were confirmed today in Hardin and Meade Counties. The total number of cases per county is as follows: Hardin--52, LaRue--5, Marion--17, Meade--16, Nelson--24, and Washington--5. Currently, 107 cases are on home isolation or have been released from monitoring. County-level information can be found on the COVID-19 Latest Updates tab at ltbd.org.

As Governor Beshear takes steps to reopen the economy, Kentuckians must remember that COVID-19 has not disappeared from our communities. There is still much that is unknown about the virus, making its future course highly unpredictable. This should not create fear, but instead serve as a gentle reminder of what we must continue to do to reduce the spread of the virus.

Allowing history to guide our actions may help prevent a potential surge in future COVID-19 cases. Globally, there have been eight influenza pandemics since the 1700s. There are significant similarities between historical influenza pandemics and COVID-19. First, these viruses were new in a world population that had little pre-existing immunity. Second, individuals were infected via respiratory droplets, and many remained asymptomatic. The most important similarity may be the lessons learned in how to reduce future spikes in cases. History teaches us that we must continue to avoid large crowds, use healthy at home measures, and practice social distancing. These same public health measures were instrumental in preventing a surge in historical cases and have helped to reduce the number of cases Kentucky has experienced thus far.

The number of new cases in Kentucky may have reached a plateau, but that does not mean that cases of COVID-19 are declining. We must implement what we have learned from history as Kentucky begins to reopen. It is critical that these public health measures are not abandoned too soon. We must continue to wear cloth masks in public, wash our hands frequently, cover our coughs and sneezes, and clean and disinfect frequently touched surfaces. These are simple but effective steps that can slow the transmission of COVID-19 and assist in preventing a future spike in cases.