May 8, 2020
Press Release

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At press time, there is a total of 133 cases of COVID-19 in the Lincoln Trail District. An additional case was confirmed today in Nelson County. The total number of cases per county is as follows: Hardin--58, LaRue--6, Marion--17, Meade--17, Nelson--30, and Washington--5. Currently, 120 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 ltphd.org.

According to the CDC, a wide range of symptoms have been reported with COVID-19, spanning from mild symptoms to severe illness. Symptoms may appear 2-14 after exposure to the virus--therefore the CDC uses the 14-day isolation period for suspected or confirmed cases. While not an inclusive list, some common symptoms include:

- Cough
- Shortness of breath
- Fever
- Chills
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell

At the local level, patients have also reported symptoms such as diarrhea and fatigue. Symptoms may appear mild in the beginning and some people have minimal or no symptoms at all. During the recovery period, people with the virus may experience recurring symptoms and alternating periods of feeling better that can last for days or even weeks. It is important to remember that type and severity of symptoms can vary from person to person. A delay in seeking care can worsen the health outcome for any disease. If you are experiencing COVID-19 symptoms, contact your health care provider for guidance.

COVID-19 symptoms are similar in children and are generally mild and rarely require treatment in the hospital. However, in a few cases, very young babies became ill with pneumonia due to COVID-19 infection. A very rare condition, similar to Kawasaki Disease, has affected children in parts of the U.S., and includes symptoms such as rash, conjunctivitis, and swollen hands or feet. If parents are worried about unusual symptoms in their children, they should contact their pediatrician.

Older adults are considered a high-risk group, but they may not exhibit the typical symptoms with COVID-19. In many cases, senior adults may just seem “off,” or not acting like themselves. In this population, the disease may manifest as a change in eating or sleeping habits, confusion, dizziness or falling. It is important to consider that some older adults may not be able to communicate their symptoms.