November 16, 2020
Press Release

Lincoln Trail District Health Department (LTDHD) resources are strained due to the overwhelming number of cases of COVID-19 within the jurisdiction. We have reached a point where we must prioritize contact tracing.

Rapidly identifying and isolating confirmed cases remains a top priority for our agency to mitigate the virus's unrestrained spread. However, LTDHD will no longer be conducting contact tracing and issuing quarantine orders on all individuals exposed to COVID-19. During an epidemic, contact tracing can be useful as a mitigation strategy to reduce the overall burden of disease. When disease incidence is too high, however, it exceeds public health system capacity and must be adapted to prioritize efforts. LTDHD will enlist the participation of new cases to notify all family, friends, coworkers, and others who may meet exposure criteria to self-quarantine for 14 days. Only confirmed cases and their contacts at higher risk for converting to COVID-19 (e.g., household contacts, vulnerable populations) would receive a phone call. This change in process does not eliminate the fact that all other individuals exposed to COVID-19 must still quarantine.

There will be a delay between the time a person is notified of a positive result and notification by LTDHD. Individuals should not wait on a call from the health department to begin isolating or quarantining at home. Steps you can take to protect yourself and others include:

- Stay home for 10 days if you are a case or 14 days if you are a close contact
- Stay away from people you live with – use a separate bathroom if possible
- Do not go to work or school
- Ask friends or family to bring grocery, medicines, or supplies

Additional guidance on how to safely isolate or quarantine at home can be found at [www.ltdhd.org](http://www.ltdhd.org). If you need support or help call your healthcare provider or Lincoln Trail District Health Department at 270-769-1601.

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