Recent changes in Lincoln Trail District Health Department (LTDHD) processes and the constant change in COVID-19 information has resulted in a tremendous amount of misinformation. We want to correct the most common myths to ensure you stay safe and informed about COVID-19.

**Myth:** Providers are not required to report positive COVID-19 cases to the health department

**Fact:** Kentucky statute - KRS 214.010 – requires all healthcare providers to notify the local health department of the existence of diseases and conditions designated by the cabinet's administrative regulation.

**Myth:** Lincoln Trail District Health Department (LTDHD) no longer does contact tracing

**Fact:** LTDHD continues to complete contact investigations on all confirmed cases and their contacts at higher risk for converting to COVID-19 (e.g., household contacts, vulnerable populations). Individuals infected with COVID-19 will receive written and/or verbal education related to exposure criteria. We will enlist their participation in notifying all family, friends, coworkers, and others who meet the exposure criteria to self-quarantine for 14 days.

**Myth:** The shortened quarantine periods recommended by the CDC applies to everyone

**Fact:** Individuals who are exposed to a confirmed case of COVID-19 and develop symptoms must still quarantine for 14 days. **The new recommendations apply only to individuals exposed to a confirmed case of COVID-19 and develop NO symptoms. These individuals should:**

- Quarantine for 10 days if they have NO symptoms
- Quarantine 7 days if they have a negative COVID-19 test on or after Day 5 and have NO symptoms.

Even if you are asymptomatic, it is highly recommended that you quarantine for 14 days, especially if you will be around people who are high-risk for the virus: elderly, people with comorbidities, and/or immunocompromised. It still takes up to 14 days before COVID-19 develops; therefore, individuals should continue to watch for symptoms until 14 days after exposure. If symptoms do develop, immediately self-isolate and contact your local public health authority or healthcare provider.

**Myth:** Young people do not have to worry about getting COVID-19

**Fact:** COVID-19 cases are increasing in children right along with adults within the LTDHD service area. Since September 1st to date, there has been a 219% increase in COVID-19 infections among ages 0-17, with the average age being 10.7 years. The most common symptoms were cough, fever, feeling feverish, and runny nose.