



Lincoln Trail District Health Department

108 NEW GLENDALE ROAD
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Press Release

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Lincoln Trail District Health Department (LTDHD) has received confirmation of a positive Coronavirus Disease 2019 (COVID-19) case in Hardin County.

“We have learned from LTDHD that a student in our district has tested positive for COVID-19. We are working closely with LTDHD and our actions will reflect its leadership and guidance. We know that this student exhibited no symptoms of the virus before we dismissed school Thursday. We will continue to do what is right to ensure the health and safety of our students and staff in the days and weeks to come” stated John Wright, Director of Public Relations Hardin County Schools.

Conducting contact investigations is a priority for LTDHD. The goals of a contact investigation are to successfully stop the transmission and prevent future cases of COVID-19. LTDHD will conduct an in-depth investigation of all contacts to the patient. These individuals will be notified as soon as they have been identified. **If you are not contacted by this office, then you are considered as having no more risk than the general public at this time.**

This is the first positive in Hardin County. However, due to the nature of COVID-19 more can be expected. You do not need the results of a COVID-19 test to tell you what you should do to protect others. If you have not been standing at least 6 feet or more from the person who is next to you and avoiding all gatherings and crowds, then you are not practicing good citizenship. To get through this it will take all of us doing our part. Social distancing is the most powerful tool we have to prevent further spread of COVID-19. We know that social distancing can make all the difference. Do it now! We must take care of each other.

The following steps really work. These simple but effective steps can help prevent further transmission of COVID-19 for all residents.

Personal Prevention Measures

- ❖ Avoid close contact and public gatherings. To avoid close contact, stay at least 6 feet away from others.
- ❖ Avoid touching your eyes, nose, and mouth.

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- ❖ Stay home when you are sick.
- ❖ Cover your cough or sneeze with a tissue, then throw the tissue in the trash. To avoid coughing into your hands, you can cough into your elbow.
- ❖ Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- ❖ Wash your hands often with soap and water for “at least 20 seconds”, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.
- ❖ If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 70% alcohol. Always wash hands with soap and water if hands are visibly dirty.

Community

- ❖ Practice social distancing (6 feet away). Do not attend or participate in any public activities.
- ❖ Inquire about work from home options with your employer. Conduct meetings via phone, web, or other methods that do not require meeting face to face.
- ❖ Implement environmental surface cleaning measures in homes, businesses, and other locations, including frequently touched surfaces and objects, i.e., tables, doorknobs, toys, desks, and computer keyboards. Use regular household cleaning spray or wipes as recommended by the Centers for Disease Control.

People at Higher Risk for COVID-19 Complications

Adults over 60 and people who have severe chronic medical conditions like heart, lung or kidney disease seem to be at higher risk for more serious COVID-19 illness. If you are at increased risk for COVID-19, it is especially important for you to take the following actions to reduce your risk of exposure:

- ❖ Stay at home as much as possible.
- ❖ Make sure you have access to several weeks of medications and supplies in case you need to stay home for prolonged periods of time.
- ❖ Do not go out unless absolutely necessary. If you have to go out in public, keep away from others, limit close contact (6 feet away) and wash your hands often.
- ❖ Avoid crowds.

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Do not seek medical care if you just want to be tested. That only taxes existing resources that should be used for those who are truly ill. Use the following guidance prior to seeking care:

Worried, but well

- ❖ Do not go to a hospital, ER or doctor’s office. Many practices are requiring calling ahead of any in person visits as well as offering telehealth visits. If you are worried-well, going to a hospital or doctor’s office just further overwhelms medical staff and adds to a higher concentration of people. If you are worried-well stay home.

Feeling ill, but otherwise would not have sought out medical care

- ❖ If you have a fever or cough and, if it were not for COVID-19, you would not have otherwise sought care, do not seek care at an ER, hospital or doctor’s office. If you want advice, call the state hotline (1.800.722.5725) or call your local health care provider. Telehealth options may be a possibility as well.
- ❖ A positive COVID-19 does not change the course of treatment if you are well enough to stay home. This includes over the counter fever reducers, cold/flu products, staying hydrated, getting plenty of rest, increased hygienic practices as described above, as well as isolating away from others including pets within your home.

If you are sick and feel you have an emergency

- ❖ Call your doctor or seek medical care. Please call ahead if you are able so that healthcare providers are prepared to receive you. The hospitals across the state stand ready to serve.

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