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Two New COVID-19 Cases Reported in Jessamine County *Public risk exposure remains low*

Jessamine County Health Department (JCHD) has been notified that two more Jessamine County residents tested positive through a commercial lab for novel coronavirus (COVID-19). This brings Jessamine County's reported cases to three. Both individuals are cooperating with isolation orders in their homes. JCHD is tracking individuals who have had close contact with these new cases and are at risk of infection. Those individuals will be instructed on proper quarantine measures and monitored to safeguard their own and the public's health. **Individuals not contacted by JCHD are considered as having no more risk than the general public at this time.**

"It has been reported that 80 percent of people infected with this illness will only develop mild symptoms," said Randy Gooch, Executive Director of JCHD.

However, specific populations including adults over 60 and people with serious health conditions (i.e., diabetes, lung and heart disease) are at higher risk of getting very sick from this illness.

"Individuals of these populations plus their loved ones or caretakers, must make special efforts to adhere to recommended preventive measures," Gooch added.

Residents do not need to panic but must take the necessary precautions to protect themselves and others from the spread of this disease. JCHD urges the community to stay informed of the latest updates, comply with the Governor's most recent restrictions and recommendations, engage in routine prevention activities and participate in healthy activities regarding diet, exercise, mental health and sleep.

The Centers for Disease Control and Prevention and the Kentucky Department for Public Health state everyone in the general public can protect themselves and other community members by practicing every day preventive measures:

- Stay home from work, school and community engagement when you are sick (*social distancing*).
- Avoid close contact with people who are sick (*social distancing*).
- Avoid large gatherings (*social distancing*).
- If you are experiencing symptoms of fever, cough or shortness of breath you need to call your doctor for medical advice before visiting in-person. If it is an emergency, call your doctor or seek medical care.
- Wash your hands frequently with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose, and mouth.
- Cover your cough or sneeze with a tissue or your elbow, not with your hands.
- Clean and disinfect frequently touched objects and surfaces using a household cleaning spray or wipe.

Call the 1-800-722-5725 hotline number if you have general COVID-19 questions.

Stay informed on the latest COVID-19 updates by visiting www.kycovid19.ky.gov or www.jessaminehealth.org.