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10 Jessamine County COVID-19 Cases Reported in One Week

JCHD reiterates social distance compliance

NICHOLASVILLE, Ky. – On Saturday, March 21, the Jessamine County Health Department (JCHD) announced the County's first reported case of novel coronavirus (COVID-19). By Friday, March 27, that number grew to ten. "We believe cases are beginning to increase due to community spread since not all of them can be linked to previous cases or through travel," said Randy Gooch, Executive Director of JCHD. "Because of this, and with more laboratory testing being performed, we expect to see a continued rise in cases over the next few weeks."

To help lessen the burden of cases in Jessamine County, the Health Department reiterates the importance of everyone's adherence to recommended social distancing practices. In order for these practices to be most effective, all members of the public need to comply.

What is Social Distancing?

Social distancing means staying away from large crowds of any size and maintaining distance (approximately 6 feet or 2 meters) from others. These efforts should be followed both indoors and outdoors.

Why is Social Distancing Critical During this Time?

Governor Andy Beshear's aggressive social distancing restrictions are necessary to help control the spread of this disease throughout the Commonwealth and to help the medical care system remain at the capacity to provide quality care to those that require hospitalization. While eighty percent (80%) of people infected with this illness will only develop mild symptoms, there are specific populations including adults over 60 and people with serious health conditions (i.e., diabetes, lung and heart disease) that are at higher risk of getting very sick from this illness. Contrary to popular belief, younger generations can be infected with the disease as well and can be carriers of the disease and pass it on to others. Since no individual is immune to this disease at this time, everyone in the community must do their part to help protect our most vulnerable populations from COVID-19.

Social Distancing and Outdoor Activities

To help combat the spread of COVID-19 in the community, Nicholasville-Jessamine County Parks and Recreation (NJCPR) announced earlier this week their difficult decision to close Nicholasville's city parks playgrounds, basketball courts, and baseball/softball fields. Like many outdoor activities, the activities performed in the parks typically involve interactions that are less than 6 feet apart, plus, it is extremely hard to keep park equipment sanitized regularly. While the County's parks are closed until further notice, NJCPR, JCHD and local leaders encourage those with cabin fever to take advantage of other social distance approved outdoor activities, such as taking a stroll in your neighborhood, driving around town with the windows down, riding your bike or visiting one of the many trails (*excluding Jessamine Creek Gorge*) listed on the www.jessaminetrails.com website.

Routine Preventive Measures Are a Must

Practicing every day routine preventive measures will help control the community spread of this disease:

- Stay home as much as possible and if you must go outside, social distance yourself from others.
- Wash your hands frequently with soap and water for at least 20 seconds.
- Clean and disinfect frequently touched objects and surfaces using a household cleaning spray or wipe.

Keep informed on the latest COVID-19 updates by visiting www.kycovid19.ky.gov, www.jessaminehealth.org or call the 1-800-722-5725 hotline number if you have general COVID-19 questions.

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"Promote, Protect, and Improve the Health and Wellness of Our Community"