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FOR IMMEDIATE RELEASE

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### First COVID-19 Case Reported in Jessamine County

*Public risk exposure still considered low*

Jessamine County Health Department (JCHD) has been notified that a Jessamine County resident tested positive through a commercial lab for novel coronavirus (COVID-19). This is Jessamine County's first reported case. The twenty-five-year old male is cooperating with isolation orders at his home. JCHD's Epidemiology Rapid Response Team is collaborating with the Kentucky Department for Public Health (DPH) to track individuals who have had close contact with this new case 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.**

"Protecting the public's health and wellness is the Health Department's main priority," said Randy Gooch, Executive Director of JCHD. The JCHD is collaborating with local and state partners to implement the latest Centers for Disease Control and Prevention (CDC) and DPH recommended guidelines to control the disease's spread throughout Jessamine County and to help keep the community's risk exposure level low.

"Based on what we currently know, COVID-19 risk exposure to the general public remains relatively low," Gooch said. Therefore, this notice is intended to create more caution within our community instead of additional anxiety because reports indicate 80 percent of people infected will develop only mild symptoms. 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 the preventive measures outlined below.

There is currently no vaccine for COVID-19 but CDC and DPH health officials 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.

Adapting to social distancing practices can be a challenge for most, especially when planning for disruption at work, school or home but everyone should do their part to slow the spread of this disease. During this time, residents need 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. Call the 1-800-722-5725 hotline if you have general COVID-19 questions.

"To those individuals who live, work, eat, pray and play in Jessamine County, I assure you that JCHD is doing everything in our power to keep the public protected from this disease, and we appreciate the support from our community, partners, and state and local leaders regarding these efforts," Gooch added.

Stay informed on the latest COVID-19 updates by visiting [www.kycovid19.ky.gov](http://www.kycovid19.ky.gov) or [www.jessaminehealth.org](http://www.jessaminehealth.org).

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