

Barren River

DISTRICT HEALTH DEPARTMENT

Barren, Butler, Edmonson, Hart, Logan,
Metcalfe, Simpson, and Warren Counties



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Topic: COVID-19 GUIDANCE FOR COMMUNITY
FOR IMMEDIATE RELEASE
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COVID-19 AND SOCIAL DISTANCING

The Barren River District Health Department is investigating ten cases of COVID-19 in the Barren River District. Warren County has six cases; Simpson County has three; Logan County has one. The news of positive cases has understandably raised concern for many community members. We should all prepare for the number of positive cases to continue to increase in the coming days. It is important that we continue to follow social distancing guidelines in order to slow the spread of the virus in our community. Social distancing means staying away from large crowds of any size and maintaining a distance of approximately 6 feet (or 2 meters) from other people.

Social distancing tips:

- Talk openly and honestly with your kids about COVID-19, what social distancing means, and why it's important
- Cancel any current travel plans, international and out-of-state
- Create a plan for elderly or high-risk family members
- FaceTime, call, and text your friends and often
- Keep a daily routine
- Participate in activities, remotely, such as virtual workouts or book clubs
- Get outdoors and stay active while maintaining a 6-foot distance from others
- Consider using drive-through, curbside pick-up, or delivery services for things like groceries and food

To report a business or organization who is not taking social distancing measures or following executive orders from Governor Andy Beshear, call Kentucky's COVID-19 Reporting Hotline at 1-833-597-2337. For questions about COVID-19, call the State hotline at (800) 722-5725 or visit www.barrenriverhealth.org/covid-19-information or <https://govstatus.egov.com/kycovid19>.

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