



Press Release 4/14/2020 5:00 pm

New Information: Currently there have been **1452** confirmed cases of Covid-19 in Kentucky. The BRADD area

confirms 136 cases with 3 deaths. Good news is 31 of the 136 people have fully recovered.

Metcalfe County Covid-19 status: No confirmed positive test results for Metcalfe County.

Information Phone Numbers and Websites:

Metcalfe County Help Line – (270) 404-3059 (9:00 am – 3:00 pm)

Report Non-Compliance 1-833-597-2337

https://secure.kentucky.gov/formservices/Labor/KYSAFER

KY COVID-19 Hotline - (800) 722-5725

KY COVID-19 Website – www.kycovid19.ky.gov

To report price gouging – (888) 432-9257 Twitter - #TeamKentucky #TogetherKY

CDC - www.cdc.gov/coronavirus

Link to Governor Beshear's daily YouTube message:

https://www.youtube.com/channel/UChRbM-FLeKV4tKUwlMf6XNg

Link to DPHs KY COVID summary: COVID-19 Dashboard

Link to Medicaid enrollment: www.healthbenefitexchange.ky.gov (855) 459-6328 Link for Public Assistance Benefits: www.benefind.ky.gov (855) 306-8959 Link for Small Business Disaster Assistance: www.SBA.gov or (800) 659-2955

Apply for unemployment at www.kcc.ky.gov or call (502)-875-0442

Current Mandates: See Governor Beshear's webpage for previously issued press releases.

https://governor.ky.gov/news

Latest from Barren River District Health: (NEW TODAY) Daily Life and Coping

Learn how you can plan, prepare, and cope with stress before and during a COVID-19 outbreak.

- Plan and make decisions in advance of an illness.
- Know how to protect and support the children in your care.
- Find ways to cope with stress that will make you, your loved ones, and your community stronger.
- Below are some links for additional information:

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/checklist-household-ready.html

 $\underline{https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html}$

 $\underline{https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html}$

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html

- > Stay healthy at home. Leave only for essential items such as groceries once a week.
- Avoid crowds and gatherings. Avoid crowds of any size, including home visits, recreational areas, or crowded shopping locations.
- Practice social distancing. Maintain six feet between yourself and others at all times.
- > Know when to seek care. Follow the "When to Seek Care" guidelines available at https://govstatus.egov.com/kycovid19
- Stay up-to-date through reliable resources such as KYCOVID19.KY.GOV and barrenriverhealth.org.
- Wash hands and surfaces frequently. Use warm water and soap and wash hands for at least 20 seconds. Disinfect regularly used surfaces multiple times a day.
- Apply for benefits. Kentucky has expanded unemployment benefits. If you have not applied, visit KCC.KY.GOV.
- Prioritize mental health. Seek out virtual social opportunities and maintain a daily routine.
- > Only travel for essential items. Avoid carpooling and public transit. The safest place for you and others is at home.
- Report non-compliance. If you see individuals or businesses not complying with COVID-19 guidelines, report to the KYSAFER hotline at 1-833-597-2337 or online at https://secure.kentucky.gov/formservices/Labor/KYSAFER.