

Information numbers and web sites

Metcalfe County Emergency Management Facebook Page

Barren River District Health Department Facebook Page

<https://www.barrenriverhealth.org/>

KY COVID-19 Hotline – 800-722-5725

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

Report price gouging-888-432-9257

KY Clinicians – 888-404-1539

Twitter - #TeamKentucky

#TogetherKY CDC- cdc.gov/coronavirus

Link to Governors You Tube Site: Governor Beshear's Youtube:

Metcalfe County Help Line: 270-404-3059 starting March 19, 2020 ((:00am -3:00pm)

When To Seek Care

TEAM KENTUCKY COVID-19 HEALTH TIPS

When To Seek Care

To ensure the sickest people receive care, help minimize the spread of infection and maintain resources, please follow the guidelines below when considering whether to seek medical care.

Stay home	Call for advice	Seek care
<p>If you are worried-well, please stay home.</p> <p>Going to a hospital or doctor's office adds to a higher concentration of people and further overwhelms medical staff.</p>	<p>If you are ill, but would not have sought care if not for COVID-19, do not seek care at an ER, hospital or doctor's office.</p> <p>If you want advice, call the Kentucky state hotline (1-800-722-5725) or call your local healthcare provider.</p>	<p>If you are sick and feel you have an emergency, please call your doctor or seek medical care.</p> <p>Hospitals and medical staff across the commonwealth stand ready to serve you.</p>

Please visit kycovid19.ky.gov for the latest updates on COVID-19 in Kentucky or call the Kentucky state hotline at 1-800-722-5725

TEAM KENTUCKY COVID-19 HEALTH TIPS

Mental Health & Relieving Anxiety

Stay informed with reliable sources such as kycovid19.ky.gov, cdc.gov, [@GovAndyBeshear](https://twitter.com/GovAndyBeshear) & [Facebook.com/GovAndyBeshear](https://www.facebook.com/GovAndyBeshear)

Maintain a healthy diet, engage in regular **exercise** and get enough **sleep**

Take advantage of **outdoor activities** while still maintaining **social distancing**

Do not isolate, connect with others through appropriate **social distancing** or **virtual opportunities**

Preserve daily routines as much as possible

Take a break from social media and news and don't overexpose yourself to too much information