# Cumberland Valley District Health Department

FOR IMMEDIATE RELEASE
Date: March 31, 2020
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## Two New COVID-19 Cases Reported for Rockcastle County
## On Tuesday, March 31st

Cumberland Valley District Health Department is reporting two new confirmed cases of COVID-19 in Rockcastle County, bringing the total number of confirmed cases to three this week. The individuals, a 73-year-old man and a 54-year-old woman, are currently self-isolating and monitoring symptoms at home.

Nurses from Rockcastle County Health Department are working with the individuals and their families to identify people that may have come in contact with them while they were infectious. The nurses will help the people who are contacts to take precautions, including self-quarantine for 14 days and monitoring themselves for fever or other symptoms.

If an individual who tests positive has had few contacts, health department nurses will get in touch with them individually. In cases where a larger number of people may have been exposed, the health department can release information to the public to help inform them of the risk. As healthcare providers in the county are able to test more people, the number of positive cases may increase. It is important now for everyone to take as much care as possible to use social distancing, handwashing, and sanitizing in order to slow the spread of COVID-19 in our community.

This is a rapidly unfolding situation. Based on data from COVID-19 cases worldwide, roughly 80% of individuals who test positive for COVID-19 do not need to be hospitalized. They may have mild symptoms, or even no symptoms at all. Roughly 20% of people who test positive become sick enough to need hospitalization. This can affect people of any age. However, people with serious health conditions, such as lung disease, heart disease, or diabetes, and people over age 60 are at high risk for more severe symptoms.

If you have questions about the coronavirus pandemic, here are some resources that can be helpful: The KY COVID-19 hotline can answer general questions about the coronavirus at (800)722-5725. For local information, call Rockcastle County Health Department at 606-256-2242. For general information visit trusted websites such as: www.cdc.gov/coronavirus; www.kycovid-19.ky.gov; www.cvdhealthdept.com. You can also see our updates on the Cumberland Valley District Health Department Facebook page.

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*and Safety*