

Barren River

DISTRICT HEALTH DEPARTMENT

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



Press Release Contact: Ashli McCarty, Kim Flora
Phone: (270)781-8039 Ext. 146 (Ashli) Ext. 117 (Kim)
**Topic: COVID-19 GUIDANCE FOR COMMUNITY
FOR IMMEDIATE RELEASE**
4/6/2020-4/6/2020

DISTRICT COVID-19 UPDATES AND USE OF CLOTH FACE COVERINGS TO PREVENT THE SPREAD OF COVID-19

The Barren River District Health Department has confirmed 52 cases of COVID-19 in the Barren River District, 14 of which have recovered. Barren County has two, Butler County has two, Edmonson County has five, Logan County has four, Simpson County has 13, and Warren County has 26. Our district has one death reported from COVID-19. We stand in solidarity with those affected during these difficult times.

In order to slow the spread of COVID-19, we must continue to follow recommendations provided by the CDC, the state, and Governor Andy Beshear. Practicing social distancing is the most important method for staying healthy. We urge Barren River residents to stay at home, and leave only for essential items such as groceries and medications. When possible, choose online ordering, delivery, and curbside pickup services. If you do have to leave the house for essential items, the CDC has updated recommendations on the use of cloth face coverings to prevent the spread of the virus. The use of face coverings is not a substitute for social distancing. Face coverings are to be used when social distancing measures cannot be followed, such as in grocery stores or pharmacies. Recommendations from the CDC are provided below.

Cloth face coverings should...

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a face covering.

How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing.



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1109 State St. • P.O. Box 1157 • Bowling Green, KY 42102
Phone: (270) 781-8039 • Fax: (270) 796-8946



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CDC on homemade cloth face coverings

The CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission. The CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance. The cloth face coverings recommended are **not surgical masks or N-95 respirators**. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

For more information on cloth face coverings and sewing instructions, visit <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>.

To report non-compliance, call Kentucky's Non-Compliance Reporting Hotline at 1-833-597-2337, report online at <https://secure.kentucky.gov/formservices/Labor/KYSAFER>, or call BRDHD's COVID-19 Information Line at 270-781-8039.

For questions about COVID-19, call Kentucky's COVID-19 Hotline at (800) 722-5725, BRDHD's COVID-19 Information Line at 270-781-8039, visit www.barrenriverhealth.org/covid-19-information, or <https://govstatus.egov.com/kycovid19>.

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