

# COVID-19 UPDATE

Versailles, Kentucky

County-wide Edition

The Woodford Sun  
Celebrating 151 years 1869-2020

April 15, 2020

# United we stand

VERSAILLES MAYOR  
BRIAN TRAUGOTT,  
MIDWAY MAYOR  
GRAYSON VANDEGRIFT AND  
WOODFORD COUNTY  
JUDGE/EXECUTIVE JAMES KAY

We are united as a community, shining our light during these dark times. When we took office, our goal was to bring Woodford County, Midway and Versailles working closer together than ever before. Our governments began to work as a team well before this year and our community has benefited. In these challenging times, we didn't have to set aside our differences and work together; we were united, prepared and ready to confront this crisis head on.

Our team was well ahead of most counties and local governments. Woodford County Emergency Management and the Health Department began meeting and preparing our response before a state of emergency existed. We spent weeks preparing, collaborating and communicating. In the first few days of the crisis we were proactive, joining forces to provide breakfast for Woodford County's children. All the while, we have found innovative ways to



Versailles Mayor  
Brian Traugott



Midway Mayor  
Grayson Vandegrift



Judge/Executive  
James Kay

keep government open and serve our community with transparency and accountability. Our effort has been to prepare for the worst while praying for the best.

We are working closely with our medical professionals, and we thank all our doctors, nurses and medical workers on the front lines. Our police, fire, 911 and EMS services are all operating uninterrupted to keep you safe. Please keep the health and safety of our first responders in mind if you need them. We appreciate all our essential employees who have to go to work. You can trust that

your city and county governments are still working for you.

We're proud of everyone working together in the best interests of our citizens. These past several weeks have been challenging and inconvenient for us all. There will be more hardship and sacrifice to come, but we truly believe, as Gov. Beshear says, "We will get through this together." In Woodford County, whether it be Versailles, Midway, Nonen-such, Millville or anywhere in between, we have seen the best of so many people. Our community's response has calmed

fears and worked to protect our most vulnerable citizens. Each of us has an important role to play, and we thank every citizen who has sacrificed and followed the guidance.

We are preparing and planning for the COVID-19 peak to near in the upcoming weeks. We have come this far together, and now is the time for us to do more. Please increase your social distancing, limit your personal contacts, wash your hands, and do your part. We encourage you to stay healthy and happy at home, taking time to be with your family and use

technology to connect with each other. We call on you to check on your loved ones in isolation, especially our older neighbors and those in need.

We will provide our citizens with transparent and up-to-date information, as will *The Woodford Sun*. Emergency Management has reported a surge in misinformation and disinformation that is intended to divide and frighten us. Woodford County will remain united and we will not be afraid. Our community is our strength. We have always been home to people and groups willing to step up and serve our neighbors. Stay strong Woodford County. Please continue your prayers for our cities, county, Commonwealth and country.

Our children look to us now to see how we're responding. Let us be great examples to them and to the rest of a weary nation. History will look back on these times of crisis and report that Woodford County was prepared, compassionate and united. Thank you for your sacrifice and for doing your part. Now is our time to shine our light and stand united.

## COVID-19 timeline in Woodford County

**Jan. 28:** Woodford Emergency Management (EM) and Woodford County Health Department (HD) officials begin discussions about updating the local pandemic plan.

**Feb. 5:** EM and HD meet to review pandemic plans and guidance.

**March 5:** Disaster and Emergency Services (DES) meets with Kentucky Department of Public Health (KDPH) to update county website with COVID-19 information ([woodfordcounty.ky.gov](http://woodfordcounty.ky.gov))

**March 6:** Gov. Andy Beshear visits Woodford County Courthouse and says while no Kentuckians have tested positive for COVID-19, that will change. (The first positive test for the disease, in Harrison County, comes later that day.) Beshear recommends frequent hand-washing and not going to work if you feel sick, and says he hopes private businesses without paid sick leave will change their policies until the pandemic has passed.

**March 9:** Teleconference with KDPH, local agencies, nursing homes, Bluegrass Community Hospital and other health care providers to pass on latest clinical guidance from the Centers for Disease Control and Prevention (CDC) about personal protective equipment (PPE).

**March 11:** HD issues recommendation to follow state and federal guidance regarding public events, social distancing and related matters.

**March 12:** After informing the mayors of Versailles and Midway of his intention, Judge-Executive James Kay issues emergency declaration for Woodford County. Kay says the declaration will allow agencies that expend funds on the pandemic to later seek federal reimbursements dating to that day and more quickly obtain needed items.

**March 13:** Versailles Mayor Brian Traugott and Midway Mayor Grayson Vandegrift issue emergency declarations for their cities. Woodford County Public Schools and other organizations announce closures or altered services.

**March 18:** EM receives the first order of personal protective equipment (PPE) from the Strategic National Stockpile.

**March 20:** EM receives hand sanitizer made by Brown-Forman.

**Mar. 24:** Local COVID-19 helpline (753-8228) established; Woodford Fiscal Court meets via web conference.

**March 26:** First COVID-19 case confirmed in a Woodford County resident.

**March 27:** Second and third positive cases reported.

**April 1:** During his daily address, Gov. Andy Beshear Gov. shares screenshot of Woodford Extension Service employees holding a web conference and says they're doing two important things. "Number one, they're wearing green. It's the color of compassion that we are wearing to honor those that we have lost. And number two, they are engaged in a virtual meeting. That's what we need to see, every meeting needs to look like this," Beshear says.

**April 2:** Woodford County schools announce extension of school closures through May 1 and continuing non-traditional instruction days.

**April 3:** CDC guidance for public use of cloth masks prompts several sewing initiatives across the county.

**April 4:** Public Health Director Cassie Prather issues order limiting one person per household at shopping establishments such as groceries.

**April 5:** Woodford County schools lunch program goes from daily to weekly pickup service.

**April 8:** Woodford County schools Superintendent Scott Hawkins announces move to four day-a-week classes.

**April 13:** After two more positive cases April 8 and two presumptive positives reported by Gov. Beshear Monday, the total number of Woodford County residents who've tested positive, counting the presumptive cases, is 15. The Woodford County Health Department reports that six have recovered, three are hospitalized (with one in critical condition and the other two listed as stable) and three are stable and isolating at home.

*Woodford Emergency Management contributed much of this material.*

## Protecting their patients, themselves against coronavirus

BY BOB VLACH  
WOODFORD SUN STAFF

When paramedics and emergency medical technicians (EMTs) respond to a medical emergency, they are wearing masks, gloves and other personal protective equipment to protect the patient who needs their help and themselves, Woodford County Emergency Medical Services Director Freeman Bailey said.

If it's a suspected COVID-19 case, a paramedic and/or EMT will wear a Tyvek suit for additional protection against the virus, Bailey said. Also, they're not going into a home if a suspected COVID-19 patient can walk out to them, he said.

Emergency services workers disinfect their ambulance and equipment after transporting the patient to a hospital. They also remove and place their uniforms in bags, take showers, and put on clean uniforms. The other uniforms are put in the wash so they're ready as backups, Bailey explained.

He said those procedures – before and after each COVID-19 call prevents cross-contamination whenever exposure to the coronavirus is a possibility.

"They realize every day they go out that door," Bailey said of his emergency services workers, "they're putting themselves at risk." However, he said they are maintaining an upbeat morale and doing what they need to do to keep everyone as safe as possible.

"The anxiety is definitely there," acknowledged paramedic Chad Ford. But wearing personal protective equipment (PPE) gives him some level of assurance that he'll not take the virus home to his wife and daughter, he said.

"I think it's always in the back of her mind," said Ford of his wife Amy, "that I could bring this home to her or to Baily or any of our loved ones. And I'm sure that's an anxiety for her. But she realizes the risks that I go through every day due to the career that I really love."



KENT BERRY, Woodford County Emergency Medical Services assistant director, wore a Tyvek protective suit during a training exercise for the Ebola outbreak of 2014-2015. Tyvek suits are now used by EMTs and paramedics when responding to COVID-19 cases. (Photo submitted)

And so she's just been really supportive during this difficult time.

In addition to disinfecting each ambulance two and three times a day, an outside company does a thorough cleaning and another will soon begin spraying the ambulances with a chemical coating that kills germs after someone touches the vehicle, Bailey said. "And it lasts for about 90 days. It's what they're using in the ORs (operating rooms) and hospitals. So we're doing everything possible to eliminate any risk for our patients," he added.

Coronavirus screenings, including temperature checks, are completed on ambulance crews before each shift and when they go into hospitals or nursing homes, Bailey said. "So they may have their temperatures and (health) questionnaires

hit three, four, five times a day just depending on how many times they go into one of those facilities," he explained.

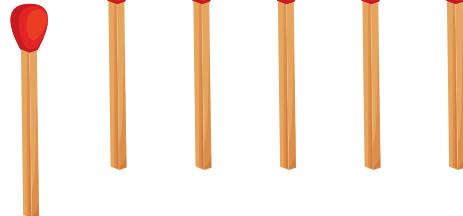
COVID-19 patients are taken into a special entrance at the hospital so they are not infecting other people, Bailey said. He said Woodford County EMS has transported COVID-19 patients to Baptist Health Hospital, St. Joseph Hospital and the UK Chandler Hospital in Lexington.

Bailey acknowledged that it's an extremely stressful time for his EMTs and paramedics because they've got families: wives or husbands, children, mothers and fathers, who may also have underlying health issues.

"In the back of my mind it's always there," Ford said,

**See PROTECTING p. 2**

## SOCIAL DISTANCING STOP THE SPREAD



# THE WOODFORD SUN

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## PROTECTING Continued from p. 1

"because (his 12-year-old daughter) Baily does have those preexisting medical conditions from her history of cancer and her current diagnosis of chronic kidney disease from her treatment." That's why Ford said he always makes sure he's wearing his personal protective equipment on the job so he won't expose his family to the coronavirus at home.

Fortunately, Woodford County EMS already received a stock of PPE prior to the COVID-19 pandemic, and has plenty of gloves, masks and face shields, according to Bailey. He said protective gowns are tough to get so he has purchased a bulk supply of rain ponchos that are used whenever EMTs and paramedics are not having a lot of patient contact.

Bailey credits "excellent leadership" in local government, including Public Health Director Cassie Prather, Woodford County Judge-Executive James Kay, Versailles Mayor Brian Traugott and Midway Mayor Grayson Vandegrift, as well as Gov. Andy Beshear, for their quick response to the COVID-19 pandemic and being proactive in terms of social distancing and other efforts to reduce the spread of the coronavirus.

If someone's having any sort of medical emergency during these uncertain times for everyone, Bailey said, "Call us. We want to come and help you. Don't wait too long. If you're sick, you're not feeling well, let us know. We'll come and assess you ... and take care of you ..."

## Woodford County Community Fund launches COVID-19 Response Fund

The Woodford County Community Fund Board of Advisors on April 7 announced the creation of the Woodford County COVID-19 Response Fund to provide critical support to vulnerable populations in Woodford County who are adversely affected by the coronavirus pandemic. This charitable fund will provide grants to nonprofit organizations in Woodford County with experience delivering services related to food, healthcare, childcare, transportation and the elderly.

The Woodford County Community Fund Board of Advisors will work with local public health, nonprofit, and government representatives to expand local capacity to provide essential services to members of our community experiencing hardship because of the outbreak and related closures and disruptions.

"The Woodford County Community Fund expresses our belief that in Woodford County we share resources to ensure that we come together to care for each other," said Lori Garkovich, Chair of the Woodford County Community Fund. "Now is the time for us to stand together for our friends and neighbors."

The local board of advisors has already funded three grants to increase resiliency in disproportionately affected communities in our county. As a result, there will be provision of more than 2,500 meals to families between March 16 and April 28, mentoring for

students during a time of nontraditional instruction, purchase of other essential household items (e.g., baby formula, diapers, medications), access to health services, and resources to secure continued housing.

To move resources quickly and not further burden organizations at the frontline of this outbreak, the Fund has dramatically simplified the application process for relief response grants. Grants will be distributed on a rolling basis as fundraising continues throughout the outbreak and recovery phases of the crisis, making it possible to move resources quickly and adapt to evolving needs. Nonprofit agencies seeking funding may download the grant application at [www.bgc.org/woodfordcounty](http://www.bgc.org/woodfordcounty).

"This is a community that comes together in times of crisis," said Judy Korby, a member of the Board of Advisors. "This is when we must act to insure that all of our families thrive and rise above this crisis."

To make an online donation to the Woodford County COVID-19 Response Fund, visit <https://bgcf.givingfuel.com/woodford-covid19>. To donate by check, make checks payable to Blue Grass Community Foundation and indicate that your gift should be directed to the Woodford County COVID-19 Response Fund. Mail checks to: Blue Grass Community Foundation, Attn: Woodford County COVID-19 Response Fund, 499 E. High Street #112, Lexington, Ky. 40507.

## COVID-19 survivors sought for plasma donations

BY ELIZABETH CHAPIN  
[@UKY.EDU](mailto:@UKY.EDU)

If you were previously diagnosed with COVID-19 and have recovered, your plasma may contain antibodies that could help other critically ill COVID-19 patients.

UK HealthCare physicians may start administering convalescent plasma from recovered COVID-19 patients to those with severe COVID-19 infections. The FDA recently released guidelines allowing the investigative therapy, which may show promise in helping COVID-19 patients recover faster by offering passive immunity.

UK HealthCare and Baptist Health have partnered with the Kentucky Blood Center to collect donations from COVID-19 survivors and maintain a plasma bank to use for serious or immediately life-threatening infections.

Kentucky has one of the smaller populations of COVID-19 patients in the U.S., so it's even more important that recovered patients step up and donate plasma if they can, says Dr. Dennis Williams, associate professor of Pathology & Laboratory Medicine in University of Kentucky's College of Medicine and medical director of the Kentucky Blood Center.

It is possible that convalescent plasma that contains antibodies to SARS-CoV-2 (the virus that causes COVID-19) might be effective against the infection. Use of convalescent plasma has been studied in outbreaks of other respiratory infections, including the 2009-2010 H1N1 influenza virus pandemic, 2003 SARS-CoV-1

## Editor's note

Once a year, usually in the fall, we mail a free copy of *The Woodford Sun* to every home in Woodford County — approximately 13,000 in all. It's a way to remind folks who don't subscribe or pick up a *Sun* at a newsstand of the value of one of the last independently-owned newspapers in Kentucky.

Also, we manage to sell a few advertisements for that edition, which helps, as they say, keep the lights on.

What you're looking at is different. In this COVID-19 edition of the *Sun*, there are no ads, and the governments of Woodford County, Versailles and Midway are paying the printing and mailing costs. In turn, the *Sun* is donating the time of its salaried employees (Bob Vlach, Hope Selby and myself) to gather and present information we hope our readers will consider valuable.

I'd like to say I came up with the idea, but much of the credit for that must go to Woodford Judge-Executive James Kay, who knew of the *Cynthiana News-Democrat* publication sent to every Harrison County address after that county had the first diagnosed case of COVID-19 in Kentucky. Kay told me weeks ago that he would support helping to finance this endeavor and believed the two other governments would as well.

While we wish the *Sun* was read by everyone in Woodford County, and beyond, we know it's not (though hope springs eternal, even these days). Our goal with this publication is to reach every household in the county — especially those who aren't on the Internet — with important material they'll keep around for awhile.

In this issue: contact information for local, state and federal government agencies that can offer advice, answers and assistance during this unprecedented time; a timeline of local developments regarding COVID-19; stories about how Woodford EMS workers are carrying out their duties these days and how a local woman is showing support for the victims of COVID-19; and a letter jointly written by Kay, Versailles Mayor Brian Traugott and Midway Mayor Grayson Vandegrift. (As as I joked to them, how often can you get three people to agree on anything? Kudos to them for doing so, and quickly.)

These are very hard times for many local businesses. Some are closed by order of Gov. Beshear, while others, like the *Sun*, have seen revenue streams dry to a near trickle. Our goal is to continue to inform and entertain while we all get through this together — with, as they say, staying a safe distance apart.

Thank you — and be safe out there, folks.

Sincerely,

John McGary

P.S. We need letters to the editor about your experiences during COVID-19. Please send them to [john@woodfordsun.com](mailto:john@woodfordsun.com) or to Editor, The Woodford Sun, P.O. Box 29, Versailles, 40383. Make sure to leave a name and number — and be safe out there, folks.

## Important contact information

### City of Midway

City Hall (for questions about all city services): 846-4413

City website: [www.meetmeinmidway.com](http://www.meetmeinmidway.com)

Midway Christian Church help hotline: 846-4102

Mayor Grayson Vandegrift cell: 361-6320, email: [mayorgrayson@gmail.com](mailto:mayorgrayson@gmail.com)

### City of Versailles

City Hall (for questions about all city services): 873-5436

City website: [versaillesky.org](http://versaillesky.org)

Mayor Brian Traugott (cell): 806-7743, email: [btraugott@versaillesky.com](mailto:btraugott@versaillesky.com)

Police Department: 873-3126

Fire Department: 873-5829

### Woodford County

Health Department (lead agency guiding COVID-19 activities): 873-4541

County website: [woodfordcounty.ky.gov](http://woodfordcounty.ky.gov) (The county's website has a wide variety of links to local, state and federal websites with information about COVID-19 and the programs available to assist those affected by the pandemic)

Help line (for all basic needs): 753-8228

Judge-Executive James Kay: 873-4139, Cell: 753-8162, email: [JudgeKay@woodfordcountyky.gov](mailto:JudgeKay@woodfordcountyky.gov)

EMS/Ambulance non-emergency: 873-8161

Fire department: 873-5481

Sheriff: 873-3119

County Clerk: 873-321

PVA: 873-4101

County Attorney: 873-5001

Road department: 873-4231

Emergency Management: 873-3170

Circuit Clerk: 873-3711

Detention Center: 873-3196

County Treasurer/Tax Administrator: 873-5701

Coroner: 879-9530

Animal Control: 879-0598

Planning and Zoning: 873-8611

Recycling/Solid Waste: 873-0660

Senior Citizens Center: 83-7290

### State

COVID-19 website: [kycovid19.ky.gov](http://kycovid19.ky.gov)

### COVID-19 Hotline: (800) 722-5725

Medicaid enrollment: [healthbenefitexchange.ky.gov](http://healthbenefitexchange.ky.gov) or (855) 459-6328

Public assistance benefits: [benefit.ky.gov](http://benefit.ky.gov) (855) 306-8959

To report price gouging: (888) 432-9257

To determine if a business is essential: (833) 597-2337 or [kysafer.ky.gov](http://kysafer.ky.gov)

Team Kentucky Fund donations: [kentucky.gov/formservices/PPC/KYCOVID-19Donate](http://kentucky.gov/formservices/PPC/KYCOVID-19Donate)

Unemployment: (502) 875-0442, [kewes.ky.gov](http://kewes.ky.gov)

### Federal

Centers for Disease Control and Prevention: [cdc.gov/coronavirus](http://cdc.gov/coronavirus)

Small Business Disaster Assistance: [sba.gov/disaster](http://sba.gov/disaster) or (800) 659-2955, TTY: (800) 877-8339

FEMA Disaster Distress Helpline: Call (800) 985-5990, text "TalkWithUs" to 66746, or visit [disasterdistress.samhsa.gov](http://disasterdistress.samhsa.gov)

National Domestic Violence Hotline: (800) 770-7223

### Other

Food Pantry for Woodford County: 879-6371, [woodfordfoodpantry.org](http://woodfordfoodpantry.org)

Bluegrass Community Hospital: 873-3711, [bluegrasscommunityhospital.com](http://bluegrasscommunityhospital.com)

Bluegrass Community Action Partnership: [bluegrasscommunityaction.org](http://bluegrasscommunityaction.org)

Health benefit assessors: 963-6162 or [Beckie.trent@bgcap.org](mailto:Beckie.trent@bgcap.org)

Free shopping and deliveries for senior citizens: (800) 456-6588

epidemic, and the 2012 MERS-CoV epidemic.

Williams says the Kentucky Blood Center is ready to start collecting from donors who have had the appropriate COVID-19 testing completed and meet all other eligibility criteria.

Those who have received a positive test result, have recovered from the virus and are eligible to give blood are urged to contact the center for further information on how to donate plasma here: <https://kybloodcenter.org/convalescent-plasma-donation/>.

*Sip. Dine. Shop.*

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**RUGGLES SIGN COMPANY** was contracted to produce 120 sneeze guards for DHL, the world's second-largest shipping company, owner Tim Cambron said. The see-through, plastic guards are mounted to countertops and provide a barrier between DHL employees and customers. (Photo submitted)



# Ringing bells to lift the spirits of her neighbors



LILLIE COX said she rings a school bell on her front porch every morning at 10 to remind "my neighbors that ... we're all in this (battle against the coronavirus) together." (Photo by Bob Vlach)

BY BOB VLACH  
WOODFORD SUN STAFF

Residents of Stout Avenue and nearby neighborhoods are probably accustomed to hearing the sound of Lillie Cox's dinner bell every morning at 10. She started ringing the large iron bell on her back patio after Gov. Andy Beshear urged churches to ring their bells at 10 each morning to lift the spirits of Kentuckians during the COVID-19 pandemic.

Since his initial call to churches last month, Gov. Beshear asked any Kentuckian who has a school bell, cow bell or any kind of bell to join the chorus, Cox said.

"Every morning, I have not missed a one," said Cox when asked if she's followed Beshear's call for bell ringers.

Cox said she rings a dinner bell that was originally on her family's Huntertown Road farm. When she and husband Benny moved to McDonald Drive and then to Stout Avenue, they brought the bell with them. It's the bell she rang to call son Marvin home for dinner, she added.

After ringing the dinner bell for a few minutes each morning to lift the spirits of those living around her, Cox, 82, walks to her front porch and rings a much smaller school bell that she said was used by Benny's



AN IRON DINNER BELL in Lillie Cox's backyard, which she rings every morning at 10 to lift the spirits of her neighbors during the COVID-19 pandemic, was originally on her family's Huntertown Road farm. (Photo by Bob Vlach)

grandmother, who taught in a one room schoolhouse in Millville.

Cox said ringing the bells at 10 each morning shows respect for what Gov. Beshear is doing for Kentuckians. "He's asked us to do this ... (and I'm) reminding my neighbors that ... we're all in this together. We need to all stay in (our homes) and do the things he's asking us to." Last Thursday



THE BIG SPRING PARK pavilion was taped off last Friday, April 3 after Versailles-Woodford Parks and Recreation Executive Director Rich Pictor spoke to Judge-Executive James Kay and Versailles Mayor Brian Traugott about social distancing violations there and at other parks' facilities. The department also closed the tennis courts and disc golf course at the county park that day. (Photo by John McGary)



JERALD BRILLHART stands behind the front counter at CVS Pharmacy, where customers make purchases at a social distance of 6 feet. He and other clerks at the Lexington Street pharmacy also wear gloves and protective masks, which are additional recommendations by the Centers for Disease Control and Prevention to slow the spread of the coronavirus. (Photo by Bob Vlach)



5 SEASONS GIFT GALLERY in downtown Versailles has signs on its storefront window informing customers how they can still make purchases with personal appointments or curbside service. Its owners also encouraged everyone to stay safe and happy during a COVID-19 pandemic that led to an order for non-essential businesses to close their doors to in-person customers. (Photo by Bob Vlach)



FALLING SPRINGS ARTS AND RECREATION CENTER is closed due to the COVID-19 pandemic, but the folks who work there haven't lost their sense of humor — or their desire to spread a message designed to keep the virus from spreading. (Photo by Rich Pictor)

Please thoroughly wash your hands to keep us healthy!

# Signs of the times



DON JOCKEY, other restaurants in downtown Midway as well as eateries in Versailles have closed their dining rooms because of the coronavirus outbreak. Curbside service and home delivery allow customers to order takeout meals. Gov. Andy Beshear's order closing in-restaurant dining and his social distancing recommendations for essential businesses like grocery stores were implemented to slow the spread and "flatten the curve" of COVID-19 cases in Kentucky. (Photo by Bob Vlach)



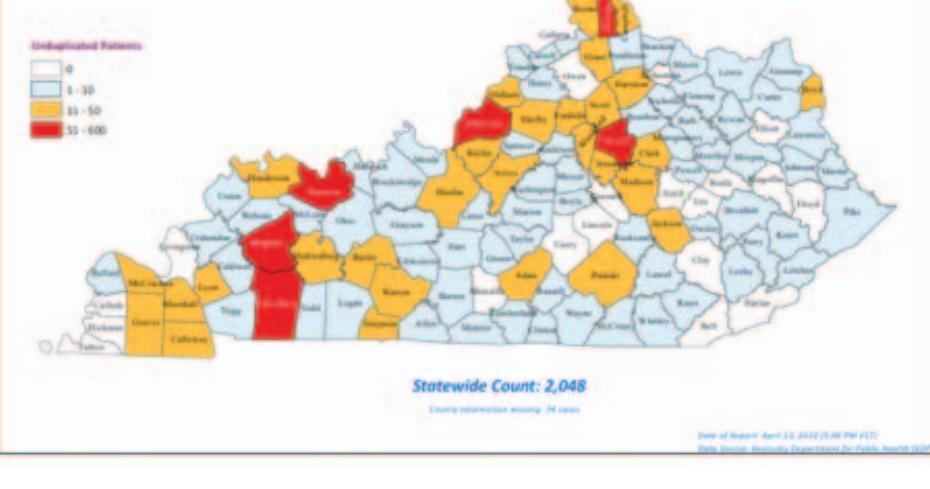
AN ENCOURAGING WORD was displayed in Northridge subdivision during Midway's Yard Art Day Saturday, April 4. (Photo by Vanessa Seitz)

A BEAR HUNT, organized by the Woodford County Public Library, was an opportunity for children and their families to practice safe social distancing while searching for stuffed bears in the windows of homes and business. A post on the library's Facebook page says, "Don't forget to wave at the Library's teddy bears ... They miss children very much and hope to see you again very soon!" The library and its staff continue offering virtual programs for children, teens and adults on Facebook Live while its doors remained closed to slow the spread of the coronavirus. (Photos by Bob Vlach)



## Need-to-Know Info

**TEAM KENTUCKY**



- Stay Healthy at Home**  
Leave only for essential items such as groceries once a week.
- Avoid Crowds & Gatherings**  
Avoid crowds of any size, including home visits, recreational areas or crowded shopping.
- Practice Social Distancing**  
Maintain 6 feet between you and others at all times.
- Know When to Seek Care**  
Follow the 'When to Seek Care' guidelines available at KYCOVID19.KY.GOV.
- KYCOVID19.KY.GOV**  
Stay up-to-date through reliable sources such as KYCOVID19.KY.GOV.
- Wash Hands & Surfaces**  
Use soap and warm water and wash hands for 20+ seconds. Frequently disinfect regularly used surfaces.
- 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 routine. Other practices can be found at KYCOVID19.KY.GOV.
- Do Not Travel**  
The safest place for you and others is at home. Do not travel by car or plane.
- Report Non-Compliance**  
If you see individuals or businesses not complying with COVID-19 guidelines, report to the KYSAFER hotline at 1-833-KYSAFER.

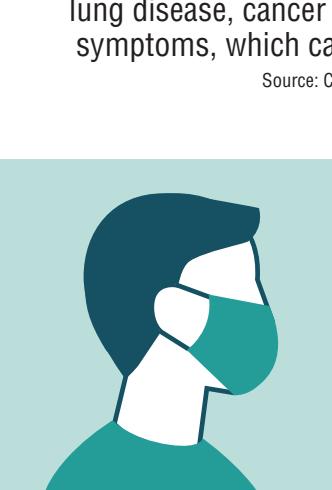
## COVID-19 Signs & Symptoms



### Fever • Cough • Shortness of Breath

Symptoms can range from mild to severe. Senior citizens and those with underlying medical conditions like cardiovascular disease, lung disease, cancer or diabetes are at increased risk for severe symptoms, which can lead to viral pneumonia and even death.

Source: Centers for Disease Control & Prevention (CDC)



### Face Mask FAQ

Should I be wearing a face mask?

**YES**

- ✓ Anyone who is well
- ✓ Health workers
- ✓ Anyone with COVID-19
- ✓ Caretakers of someone infected with COVID-19 or symptoms

Source: Centers for Disease Control & Prevention (CDC)

### HOW TO WASH YOUR HANDS

PROTECT YOURSELF AND OTHERS AGAINST INFECTIONS

- 1 WET HANDS
- 2 APPLY SOAP
- 3 RUB HANDS PALM TO PALM
- 4 LATHER THE BACKS OF YOUR HANDS
- 5 SCRUB BETWEEN YOUR FINGERS
- 6 RUB THE BACKS OF FINGERS ON THE OPPOSING PALMS
- 7 CLEAN THUMBS
- 8 WASH FINGERNAILS AND FINGERTIPS
- 9 RINSE HANDS
- 10 DRY WITH A SINGLE USE TOWEL
- 11 USE THE TOWEL TO TURN OFF THE FAUCET
- 12 YOUR HANDS ARE CLEAN