

Healthcare providers, laboratories, and local public health professionals, visit the [COVID-19 Healthcare Providers and Laboratory Services site](#) for the most current guidance.

[Gov. Andy Beshear's Communications Office](#) (news releases, other advisories)

[Gov. Andy Beshear's YouTube Channel](#) - all posted news conference videos. You can view livestream events here.

[KDPH YouTube Channel](#) - all KDPH-produced video


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**
If you are worried-well, **please stay home.**
Going to a hospital or doctor's office adds to a higher concentration of people and further overwhelms medical staff.
- Call for advice**
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.
If you want advice, **call the Kentucky state hotline (1-800-722-5725)** or call your **local healthcare provider.**
- Seek care**
If you are **sick and feel you have an emergency**, please call your doctor or **seek medical care.**
Hospitals and medical staff across the commonwealth stand ready to serve you.

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**

If you have developed a fever or respiratory symptoms and believe you have had exposure to a known case or traveled to an area with community spread, isolate yourself from others in your home and contact your healthcare provider or [local health department](#)  to describe your symptoms and any recent travel before you go to the healthcare facility.

Mental Health & Relieving Anxiety

Uncertainty leads to anxiety. Follow these tips to maintain your mental health & reduce anxiety. Please seek professional help if needed. For more information, visit the CDC guidance for [managing anxiety and stress](#).

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**
- Take a break** from social media and news and don't overexpose yourself to too much information
- Preserve daily routines** as much as possible

TEAM KENTUCKY

Community Guidance

Social distancing is key to keeping Kentuckian's safe. It is essential that Kentuckian's participate in the following social distancing activities:

- It is advised that all community gatherings be cancelled
- All 172 school districts, the Kentucky School for the Blind and Kentucky School for the Deaf will close
- Avoid all non-essential travel. Do not fly. Do not participate in cruise travel.
- Recommend the temporary closure of senior centers to help halt the spread of the virus for those most vulnerable
- All state prisons are closed to visitors
- Recommend businesses to utilize telecommuting and allow employees to work from home if possible
- State boards and commissions have canceled any scheduled in-person meetings and instead will use video teleconference technology
- Hospitals are asked to cease elective procedures

This guidance will continue to change as circumstances warrant.

KDPH Updates

**Current as of March 16, 2020 at
4 p.m. Eastern time**

Kentucky Coronavirus Monitoring

Number Tested: 317

Positive: 22


Note: These figures are updated daily at 4 p.m. Eastern time and reflect all cases reported to KDPH as of that time.

Kentucky's Response to COVID-19

[Order- Restaurant Closures](#) 

[Guidance for Limiting In-person Services at Family Support Offices](#) 

[Recommendations for Kentucky Senior Centers](#) 

[Guidance for Kentucky Community- and Faith- Based Organizations](#) 

[Novel Coronavirus \(COVID-19\) Guidance for Kentucky Residents](#) 

[Coronavirus \(COVID-19\) Guidance for Correctional Facilities](#) 

[Coronavirus \(COVID-19\) Visitation Guidance for Long-Term Care Facilities](#) 

[Self Isolation and Home Quarantine Guidance](#) 

[Social Distancing for COVID-19](#) 

[KY State Employees - Protocols for coronavirus \(COVID-19\)](#) 

[Kentucky Department of Education COVID-19](#)

Contact Information



© 2017 Commonwealth of Kentucky. All rights reserved.

Kentucky.gov