

Lincoln Coronavirus Update as of March 16, 2020

As of 3/16/20, there are no reported positive or presumptive positive cases of Coronavirus (COVID19) in the Town of Lincoln. I will update this site if/when cases are identified. Until then, it is important for everyone to understand some of the terms related to Coronavirus which are flooding our newsfeeds.

Presumptive positive case: A COVID19 test has been performed and sent into the State lab for analysis. If that test result comes back as “presumptive positive”, it is then sent to the CDC for confirmation.

Positive case: A positive COVID19 test is confirmed by the CDC after initial testing from the State lab. If that test comes back positive, the person should follow the isolation guidelines as indicated for a positive case of COVID19.

Quarantine: Separating and restricting the movement of people who are exposed to a contagious disease to see if they become sick. Quarantine refers to healthy individuals who are not showing symptoms of illness.

Isolation: The practice of sick people staying away from healthy people to prevent the spread of disease. Isolation→sick. Quarantine→healthy.

Incubation Period: The time between the time of exposure to an infection and the appearance of symptoms. Most estimates suggest that COVID19 has an incubation period of 2-14 days, with symptoms most commonly showing about 5 days after exposure which include and are not limited to fever, cough, and shortness of breath.

Social Distancing: The practice of staying away from large public gatherings, avoiding public transportation including buses, taxis and ride shares like Uber and Lyft and keeping a distance of 6 feet between people to prevent droplet transmission of the virus through a cough or sneeze. Coronavirus is spread through large droplets, that can travel up to 6ft following a cough or sneeze.

Community Transmission: Also called community spread, is when public health professionals cannot specify an origin for an infection, such as tracing it to specific travel or contact with a specific individual.

What about college students returning home after time abroad? I have had many questions recently about the recommendations for these students who are sadly returning home after a shortened semester abroad. Please read this link as it clearly outlines guidelines for what students and anyone traveling back to the US from one of these high-risk countries should be following:

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html>

This will be a very difficult time for your student as their high anticipated study abroad trip has come to an abrupt end. They are disappointed that their semester was cut short and now to add insult to injury, they must practice social distancing. Plan for mood swings (kids AND caregivers) as it will be a very difficult transition for everyone in household. Show empathy and encourage them to vent their feelings of frustration and sadness. College students who are returning from their US campuses also face the same disappointments. There are many online resources for dealing with stress and anxiety related to the coronavirus disrupting our lives. Here is one of them:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

This situation will not be forever, but it will seem like it. Seek comfort in your friends and family (from afar), take a walk outside, do those projects you have put off in and around your home so when we get to the other side of this health crisis, we can enjoy the spring and summer months knowing the basement is clean and the flower beds are ready for planting.