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Dr. Charles Stringham

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Mike Bell, County Commissioner

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Humboldt County Health Board

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FOR IMMEDIATE RELEASE

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HUMBOLDT COUNTY REPORTS 136 TOTAL CONFIRMATIONS, 14 ACTIVE CASES

WINNEMUCCA, Nev.— Humboldt County has been notified of three more positive cases of coronavirus disease 2019 (COVID-19), raising the county's total to 136.

Overall, 113 of Humboldt County's cases were identified through Humboldt General Hospital, one was identified through community-based screening, seven were identified through the Golden Valley Medical Center, three were identified through testing at the Ridley's Pharmacy, and 12 were confirmed out of area.

In addition, the Office of the Humboldt County Community Health Nurse has completed 58 tests, with 57 negative and one result pending. Any positives through the Community Health Nurse are reported as part of Humboldt County's total number of cases.

The Fort McDermitt Paiute Shoshone Tribe reports 95 total cases; 78 were confirmed through the Fort McDermitt Wellness Center, eight were tested out of area, while eight were tested through the National Guard community-based testing on July 26. In all, Fort McDermitt has completed 845 tests, 90 people have recovered, one person has died, and the tribe has five active cases.

Based on available information, close contacts of the newest Humboldt County cases are being identified or have been notified and are following self-isolation procedures to prevent community spread of the virus.

Brief summary information of Humboldt County's latest case follows:

- Case 136 – A man in his 50s, whose case remains under investigation. He is self-isolating at home.
- Case 135 – A man in his 40s, whose case remains under investigation. He is self-isolating at home.
- Case 134 – A woman in her 40s, whose case remains under investigation. She is self-isolating at home.

Of the previous 133 cases, 118 have recovered, nine are self-isolating, two are hospitalized and four have died; Humboldt County has 14 active cases.

Humboldt County Health Officer Charles Stringham, MD, said local residents have been living with the

new coronavirus for months and it's understandable that some people are getting tired of taking COVID-19 precautions.

"Coronavirus 'safety fatigue' or 'burnout' is real," said Dr. Stringham. "I get it: people want to protect themselves, their families and others from COVID-19, but they also want to be done with this virus."

The doctor said the issue—and it's a big one—is that in Nevada and in many areas around the U.S. and the world, the pandemic not only wears on, it's ramping up, so continuing to adhere to recommended safety precautions can be draining.

"Trying to adhere to anything new is always a challenge," said Dr. Stringham. "You can add extra steps to your routine for a few days, but sustained behavior change is hard."

Plus, Dr. Stringham said it's normal for people to feel removed from the consequences of getting COVID-19, especially if they don't personally know anyone who has the virus.

"But we need to stick with what we know," advised Dr. Stringham, "and those are the good habits that will keep us safe."

The doctor suggested practicing precautions until they become habits, like placing masks and hand sanitizer in easy-to-access places, and consciously maintaining social distances until it becomes second nature.

"The most important thing is not to give up," said Dr. Stringham. "The pandemic isn't going away anytime soon. But adapting to life with the coronavirus is possible. Accepting this new reality and staying committed to good habits can prevent COVID-19."

To prevent the spread of COVID-19 in Humboldt County:

- Stay home to limit exposure, and wear a facial covering if going out in public is necessary.
- Maintain 6 feet of distance from other people at all times.
- Wash hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid visiting sick people or those who are self-isolating.
- Avoid touching eyes, nose, and mouth.
- Cover coughs and sneezes with a tissue, and throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- Self-isolate if they have had a known exposure, or if they are awaiting COVID-19 test results.
- Stay informed. The COVID-19 situation is changing frequently. Up-to-date information is available on the Centers for Disease Control and Prevention (CDC) [website](#).

The Humboldt General Hospital Screening Clinic has moved to the HGH West Campus, located at 51 E. Haskell Street. From 8 a.m. to 4:30 p.m. Monday through Friday, the clinic offers drive-thru screening for asymptomatic and symptomatic persons with a doctor's order only. Those who are experiencing severe COVID-like symptoms should go directly to the HGH Emergency Department.

The Office of the Humboldt County Community Health Nurse also is offering testing to asymptomatic

persons with no known exposure. For more information or to make an appointment, residents may call the clinic at (775) 623-6575.

Free cloth masks are available to community members at the Olsen's and Ridley's pharmacies, courtesy of the Mucca Mask Makers, or by messaging the group on Facebook @Mucca Mask Makers.

Local COVID-19 information is available in Spanish @CovidEspanol. Humboldt County COVID-19 updates and information are available in English at @HumboldtCountyNV and @StopHumboldtCoronavirus.

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