

Chair & County Health Officer,

Dr. Charles Stringham

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Mike Bell, County Commissioner

Mike Allen, Humboldt County Sheriff

Humboldt County Health Board

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FOR IMMEDIATE RELEASE

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HUMBOLDT COUNTY REPORTS 169 TOTAL CONFIRMATIONS, 28 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 169.

Overall, 134 of Humboldt County's cases were identified through Humboldt General Hospital, one was identified through community-based screening, eight were identified through the Golden Valley Medical Center, 10 were identified through testing at the Ridley's Pharmacy, and 16 were confirmed out of area.

In addition, the Office of the Humboldt County Community Health Nurse has completed 60 tests, with 58 negative and two results 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 is reporting 107 total cases; 90 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 1,160 tests, 100 people have recovered, one person has died, and the tribe has six 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 cases follows:

- Case 169 – A man in his 30s, whose case remains under investigation. He is self-isolating at home.
- Case 168 – A person (no gender/age provided), whose case remains under investigation. He/she is self-isolating at home.
- Case 167 – A woman in her 40s, whose case remains under investigation. She is self-isolating at home.

Of the previous 166 cases, 137 have recovered, 21 are self-isolating, four are hospitalized, and four have died; Humboldt County has 28 active cases.

Tuesday, October 20, Governor Steve Sisolak addressed the state, calling on Nevada residents to avoid "COVID-19 fatigue."

The governor said he understands that no one expected the pandemic to last this long and everyone wants the world to go back to normal. But he warned against growing apathetic about coronavirus precautions.

“Fatigue can lead to riskier behavior and complacency,” he said. “Unfortunately, the virus doesn’t get fatigued. It’s alive and well. It’s that simple. We can’t get tired when the virus isn’t tired.”

Humboldt County Health Officer Charles Stringham, MD, said “COVID fatigue” may account for some of the increase in cases that Humboldt County is seeing.

“We may become so comfortable with the disease that we let our guard down,” he said. “We aren’t as careful as we should be, and that’s when the disease spreads.”

Dr. Stringham said one of the antidotes for COVID fatigue is to refocus on why we use the precautions we do. “I hear people say all the time that one of their greatest fears is inadvertently spreading the virus to someone who is very vulnerable—especially someone they love.”

He continued, “I think if we remind ourselves that these precautions are to protect others and to keep them safe, then our precautions have deeper purpose and it’s easier to remember to do the right things.”

Dr. Stringham added, “I know I don’t feel as fatigued when I think of how much I love my family and how much I want to protect them.”

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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