Dr. Charles Stringham

Humboldt County Health Board

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HUMBOLDT COUNTY REPORTS 781 TOTAL CONFIRMATIONS, 304 ACTIVE CASES

WINNEMUCCA, Nev.— Humboldt County has been notified of 13 more positive cases of coronavirus disease 2019 (COVID-19), raising the county's total to 781.

The Fort McDermitt Paiute Shoshone Tribe reports 175 positive cases. In all, Fort McDermitt has completed 2,522 tests, 163 people have recovered, one person has died, and the tribe has 11 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 #	Gender	Age Range	Contact	Status
781	Woman	60s	Investigation in progress	Self-isolating
780	Man	50s	Investigation in progress	Hospitalized
779	Woman	20s	Investigation in progress	Self-isolating
778	Man	70s	Investigation in progress	Hospitalized
777	Female	Teen	Investigation in progress	Self-isolating
776	Woman	30s	Investigation in progress	Self-isolating
775	Man	70s	Investigation in progress	Hospitalized
774	Woman	30s	Investigation in progress	Self-isolating
773	Female	Child	Investigation in progress	Self-isolating
772	Woman	80s	Investigation in progress	Self-isolating
771	Woman	30s	Investigation in progress	Self-isolating
770	Man	20s	Investigation in progress	Self-isolating
769	Woman	60s	Investigation in progress	Self-isolating

Of the previous 768 cases, 467 have recovered, 284 are self-isolating, seven are hospitalized locally, and 10 have died; Humboldt County has 304 active cases.

With the recent increase in COVID-19 cases in Humboldt County, Humboldt County Health Officer Charles Stringham, MD, is reminding all residents to wear a mask anytime they are in contact with persons not of their immediate household.

"COVID-19 spreads mainly from person to person through respiratory droplets," said Dr. Stringham. "Respiratory droplets travel into the air when you cough, sneeze, talk, shout, or sing. These droplets can then land in the mouths or noses of people who are near you or they may breathe these droplets in."

Dr. Stringham said masks are a simple barrier to help prevent respiratory droplets from reaching others. Studies show that masks reduce the spray of droplets when worn over the nose and the mouth. Protection is significantly reduced when masks are worn only over the mouth.

Please review the following additional considerations with regard to masks:

- People age 2 and older should wear masks in public settings and when around people who don't live in their household.
- When you wear a mask, you protect others as well as yourself. Masks work best when everyone wears one.
- A mask is NOT a substitute for social distancing. Masks should still be worn in addition to staying at least 6 feet apart, especially when indoors around people who don't live in your household.
- Wash your hands with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol after touching or removing your mask.
- Masks may not be necessary when you are outside by yourself away from others, or with other people who live in your household.
- CDC continues to study the effectiveness of different types of masks and update our recommendations as new scientific evidence becomes available. The most recent scientific brief is available here: <u>Scientific Brief: Community Use of Cloth Masks to Control the Spread of SARS-CoV-2 | CDC</u>

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) <u>website</u>.

COVID-19 testing locations in Humboldt County include:

• **Humboldt General Hospital Screening Clinic** - Offers drive-thru screening for asymptomatic persons from 8 a.m. to 5 p.m. Monday through Friday (closed from noon to 1 p.m. for lunch), and byappointment screening with a provider for symptomatic persons from 8 a.m. to 5 p.m. Monday

- through Friday (closed from noon to 1 p.m. for lunch; call 775-623-5222, ext. 1379 to schedule an appointment). Located at 51 E. Haskell Street, across from Humboldt General Hospital.
- **Golden Valley Medical Center** Private clinic owned by Nevada Gold offers screening for asymptomatic and symptomatic persons. Call (775) 625-4653 for an appointment.
- **Ridley's Pharmacy** Offers in-vehicle, self-administered asymptomatic and symptomatic testing. Go here and follow the prompts to schedule an appointment.
- **HGH Emergency Department** Those who experience severe COVID-like symptoms should go directly to the HGH Emergency Department, which is open 24 hours a day, or call 9-1-1 for emergency assistance.

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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