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Dr. Charles Stringham

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Humboldt County Health Board

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FOR IMMEDIATE RELEASE

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HUMBOLDT COUNTY NOW AT 99 TOTAL COVID-19 CONFIRMATIONS

WINNEMUCCA, Nev.— Humboldt County has been notified of three more positive cases of coronavirus disease 2019 (COVID-19), raising the county's total to 99.

Eighty-eight of Humboldt County's cases were identified through Humboldt General Hospital, one was identified through community-based screening, and 10 were confirmed out of area.

In all, Humboldt General Hospital has completed 1,548 tests; 92 results are pending.

In addition, the Office of the Humboldt County Community Health Nurse has completed 46 tests; 44 tests have been negative and two results are pending. Any positives through the Community Health Nurse will be reported as part of Humboldt County's total number of cases.

Since Humboldt County's last case on July 31, the Fort McDermitt Paiute Shoshone Tribe has been notified of 21 more cases, raising the tribe's total to 66. Thirteen of those cases were confirmed through the Fort McDermitt Wellness Center, and eight were confirmed through the National Guard community-based testing on July 26. In all, Fort McDermitt has completed 325 tests, 11 people have recovered, and the tribe has 55 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 99 – A man in his 30s, whose case remains under investigation. He is self-isolating at home.
- Case 98 – A woman in her 60s, whose case remains under investigation. She is self-isolating at home.
- Case 97 – A man in his 20s, whose case remains under investigation. He is self-isolating at home.

Of the previous 96 cases, 85 have recovered, seven are self-isolating and four have died; Humboldt County has 10 active cases.

Statewide, COVID-19 totals are nearing 53,000. The good news is this week, Nevada recorded its lowest single-day increase of new cases in nearly a month at 649; the bad news is this week also saw the state's largest one-day gain of deaths at 28.

Humboldt County Health Officer Charles Stringham, MD, acknowledged that watching national, state and county numbers go down and then up again can feel exhilarating and then defeating.

"It's kind of like watching the stock market," he said. "If you tried to plan for your future based on day-to-day activity on Wall Street, you'd feel the gains and losses on a very acute level."

However, the doctor said just like long-term investing, local residents need to "invest" in doing the right things.

"This isn't a win one day and lose the next proposition," he said. "We will see fluctuations here and there, but the important thing is to have faith in the long term: If we do the right things, we will eventually see this virus diminish and go away."

Dr. Stringham said the three most important things local residents can do is maintain an acceptable social distance between themselves and non-household members, both inside and outside; wear a mask at all times when in public; and maintain excellent hand hygiene.

"While I can't say when we will be free from this virus or when we can return to whatever normal might look like, I do know that as long as we seriously incorporate these three preventative measures, we can keep ourselves, our families and our community safe."

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

- Stay home to limit exposure, and wear a mask 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 continues to test both symptomatic and asymptomatic residents from 8 a.m. to 5 p.m. Monday through Friday. The clinic may be accessed from the ramp entrance on Mizpah Street. Residents should call (775) 623-5222, ext. 1379, to alert staff and then wait for assistance.

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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