

Humboldt County Health Board



November 2, 2020

FOR IMMEDIATE RELEASE

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HUMBOLDT COUNTY REPORTS 188 TOTAL CONFIRMATIONS, 38 ACTIVE CASES

WINNEMUCCA, Nev.— Humboldt County has been notified of seven more positive cases of coronavirus disease 2019 (COVID-19), raising the county's total to 188.

Overall, 146 of Humboldt County's cases were identified through Humboldt General Hospital, one was identified through community-based screening, nine were identified through the Golden Valley Medical Center, 15 were identified through testing at the Ridley's Pharmacy, and 17 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 108 total cases; 91 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 1,307 tests, 103 people have recovered, one person has died, and the tribe has four 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 188 – A woman in her 30s, whose case remains under investigation. She is self-isolating at home.
- Case 187 – A woman in her 40s, whose case remains under investigation. She is self-isolating at home.
- Case 186 – A man in his 40s, whose case remains under investigation. He is self-isolating at home.
- Case 185 – A male child, whose case remains under investigation. He is self-isolating at home.
- Case 184 – A woman in her 30s, whose case remains under investigation. She is self-isolating at home.
- Case 183 – A man in his 30s, whose case remains under investigation. He is self-isolating at home.
- Case 182 – A male child, whose case remains under investigation. He is self-isolating at home.

Of the previous 181 cases, 146 have recovered, 27 are self-isolating, four are hospitalized, and four have died; Humboldt County has 38 active cases.

With the number of COVID-19 cases on the rise, Humboldt County Health Officer Charles Stringham, MD, said it's critical for those identified as a "close contact" of an infected person to understand their role in not spreading the virus.

Per guidelines provided by the Centers for Disease Control and Prevention, a "close contact" is anyone who has been within 6 feet of an infected person for a combined total of 15 minutes over a 24-hour period—even if one or both people were wearing masks.

A person who has been in close contact with someone who has COVID-19 should be tested, even if they do not have symptoms. While waiting for their test results, close contacts should stay away from others (self-quarantine) and monitor their health for symptoms of COVID-19.

Those who test positive should continue to stay home and self-isolate from others while monitoring their health for 14 days from the date of testing.

Those who test negative and don't have symptoms should still continue to stay home and self-quarantine away from others for 14 days after their last exposure to COVID-19.

"This is important," said Dr. Stringham, "because symptoms can appear up to 14 days after you've been exposed and are infected. A negative result before the end of your quarantine period does not rule out possible infection."

Dr. Stringham added, "By self-quarantining for 14 days, close contacts can lower the chance of possibly exposing others to 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 5 p.m. Monday through Friday, the clinic offers drive-thru screening for asymptomatic and symptomatic persons. 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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