

COUNTY OF HUMBOLDT  
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FOR IMMEDIATE RELEASE  
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## Routine, Elective and Preventive Health Care To Resume in Humboldt County

Humboldt County Public Health, the Office of the Governor, the California Department of Public Health and Centers for Medicare & Medicaid Services have recommended that health care systems resume deferred routine, elective and preventive health care.

Humboldt County Health Officer Dr. Teresa Frankovich said, "As we all know, good health is about more than just COVID-19 prevention. In these times, it is still critically important to manage diabetes, hypertension and a myriad of other concerns. If you have worrisome symptoms for health-related emergencies such as heart attack or stroke, please do not delay seeking care due to COVID concerns."

In line with local and state recommendations, routine care and screening procedures for chronic disease management and prevention were deferred, and most surgical procedures were delayed when the COVID-19 outbreak began. Chronic disease management, periodic screening and routine patient health care, such as regular breast, cervical and colon cancer screening, immunizations and other health care services, continue to be important to the overall health of the community.

Humboldt County's hospitals and outpatient care systems have been preparing to address COVID-19 cases and the pandemic overall by developing policies and procedures designed to make provision of care as safe as possible for staff and the public. "These measures, together with routine masking, social distancing for the general public and low case numbers, make this an opportune time to access the care you need to stay healthy while we have this window of opportunity in Humboldt County," Dr. Frankovich said.

Contact your health care provider to discuss what care is recommended for you and your family.

For the most recent information about COVID-19, visit [CDC.gov](https://www.cdc.gov) or [CDPH.ca.gov](https://www.cdph.ca.gov). For local information, visit [humboldt.gov.org](https://www.humboldt.gov.org), call 707-441-5000 or email [covidinfo@co.humboldt.ca.us](mailto:covidinfo@co.humboldt.ca.us).

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