

COUNTY OF HUMBOLDT
JOINT INFORMATION CENTER
Telephone (707) 441-5000

FOR IMMEDIATE RELEASE
Oct. 16, 2020



For more information, contact:
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(707) 441-5000
covidinfo@co.humboldt.ca.us

Zero Cases Reported Today

No additional cases of COVID-19 were reported today, marking the first day in October with zero cases. The last day with zero positive tests reported was Sept. 18. Humboldt County's total confirmed case count remains 544.

Humboldt County Health Officer Dr. Teresa Frankovich said that residents should continue to focus on COVID-19 prevention measures while emphasizing that activity and exercise are also an important part of public health.

"This is a great time to get outside and take advantage of warmer weather," Dr. Frankovich said. "Getting outdoors regularly to walk, bike, hike or engage in other low-risk activities can boost energy levels and improve both your mental and physical health. We're so incredibly lucky to live here in beautiful Humboldt where we can enjoy being active outdoors while easily distancing and following all COVID-19 safety precautions."

For the most recent COVID-19 information, visit [cdc.gov](https://www.cdc.gov) or [cdph.ca.gov](https://www.cdph.ca.gov). Local information is available at [humboldt.gov](https://www.humboldt.gov) or during business hours by contacting covidinfo@co.humboldt.ca.us or calling 707-441-5000.

Humboldt County COVID-19 Data Dashboard: [humboldt.gov/dashboard](https://www.humboldt.gov/dashboard),
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