

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



FOR IMMEDIATE RELEASE
Oct. 21, 2020

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

Two New Cases Reported Today

Two new cases of COVID-19 were reported today, bringing to 560 the total number of county residents who have tested positive for the virus.

Humboldt County saw its first case of COVID-19 eight months ago yesterday. Living through any crisis for that length of time can have long-term impacts on mental and physical wellness, said Humboldt County Health Officer Dr. Teresa Frankovich, who noted that addressing these impacts can be as important as virus prevention measures.

“We’ve all been living through this pandemic for quite a while, and that can take a toll,” the doctor said. “Maintaining relationships with our loved ones, getting adequate exercise and taking time to unwind are just a few healthy coping strategies that can be enjoyed while following COVID safety precautions.”

Humboldt County Department of Health & Human Services Behavioral Health Director Emi Botzler-Rodgers added, “It is so important to continue to connect with other people in ways that are safe. It is also critical to care for ourselves with healthy eating, rest and exercise.”

Learn more about coping with the long-term effects of a pandemic at humboldtgov.org/CivicAlerts.aspx?AID=3367.

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 humboldtgov.org or during business hours by contacting covidinfo@co.humboldt.ca.us or calling 707-441-5000.

Humboldt County COVID-19 Data Dashboard: humboldtgov.org/dashboard,
Follow us on Facebook: [@HumCoCOVID19](https://www.facebook.com/HumCoCOVID19),
Instagram: [@HumCoCOVID19](https://www.instagram.com/HumCoCOVID19),
Twitter: [@HumCoCOVID19](https://twitter.com/HumCoCOVID19), and
Humboldt Health Alert: humboldtgov.org/HumboldtHealthAlert

###