

COUNTY OF HUMBOLDT  
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FOR IMMEDIATE RELEASE  
Nov. 17, 2020



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## Local COVID-19 Travel Advisory Issued

A local travel advisory issued today strongly discourages all non-essential travel and recommends residents self-quarantine after returning from high-risk travel out of the county.

Public Health strongly recommends that anyone who travels outside of the county self-quarantine for 14 days upon return if, while traveling, a person engages in activities that increase risk of getting COVID-19. These higher risk activities include:

- Spending time within 6 feet of people you do not normally live with, while you or anyone around you was not wearing a face mask – especially if you were indoors.
- Traveling on planes, buses, trains, public transportation, or other shared vehicles, if face masks were not worn at all times by both you and the other people in the vehicle, especially in situations without adequate air exchange or air flow.

The local travel advisory notes that COVID-19 transmission is increasing across the state and country, and travel increases a person's risk of contracting the virus. This follows a similar advisory issued by the California Department of Public Health (CDPH) on Friday, which advised self-quarantine for any travel out of the state.

Humboldt County Health Officer Dr. Teresa Frankovich said, "All travel is risky. That's been the case for quite some time, but especially now as we see case rates climbing all over the state and country. Self-quarantining is an important way to keep infections from spreading, but the safest thing to do for our community's long-term health is to cancel or postpone travel that's not essential."

The recommendation to self-quarantine does not apply to people who regularly commute across county lines for work or school or to "essential travel," which CDPH defines as travel for "work and study, critical infrastructure support, economic services and supply chains, health, immediate medical care, and safety and security." Essential workers should adhere to their employer's policies regarding working after travel, and all employees are encouraged to check with their place of work for any policies related to travel.

To read the advisory in full, go to [humboldt.gov/DocumentCenter/View/90805](https://humboldt.gov/DocumentCenter/View/90805). To view CDPH's travel advisory, visit [cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Travel-Advisory.aspx](https://cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Travel-Advisory.aspx).

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](mailto: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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