

**COUNTY OF HUMBOLDT
JOINT INFORMATION CENTER**
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FOR IMMEDIATE RELEASE
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20 New Cases Reported Today

A total of 3,180 Humboldt County residents have tested positive for COVID-19 after 20 additional cases were reported today.

Updated Youth and Adult Sports Guidance Takes Effect Today

The California Department of Public Health has released updated guidance to allow youth and recreational adult sports to resume practice and competition in all tiers of the state's "Blueprint for a Safer Economy" when certain conditions are met.

Beginning today, the state will allow competitions of high- and low-contact sports to resume regardless of indoor or outdoor setting if a county's case rate is 14 or lower. Spectators are not allowed for any sport, but the state does allow age-appropriate supervision of youth sports by immediate family members. All school- and community-based teams and organizations are expected to follow the state's guidance.

General guidance for all sports includes the following:

- All coaches and players are strongly encouraged to get tested for COVID-19 on a weekly basis.
- Players must wear face coverings when not actively participating in the sport.
- Coaches, support staff and observers must wear face coverings at all times.
- Drinks and other personal items or equipment should not be shared.
- Mixing between households prior to or after any practice or competition must follow the state's gathering guidance.
- Capacity limits for indoor sports activities should follow Gyms and Fitness Centers, which is currently 10% under the Red tier.
- Indoor activities such as team dinners or film study sessions are prohibited.
- Out-of-state games and tournaments are not allowed.
- Hygiene and sanitation should be encouraged at all times.
- Physical distance during play should be implemented to the greatest extent possible.

When a county's case rate is 7-14 per 100,000 residents, the state additionally requires all coaches and players age 13 and over in the high-contact sports of football, rugby and water polo to be tested weekly. When competing in these sports, testing should be performed with results made available within 24 hours of play. For a list of no-cost testing options, go to

humboldt.gov/COVIDTestRegistration.

Read the guidance in full at cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx.

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

Local COVID-19 vaccine information: humboldt.gov/vaccineinfo

Humboldt County COVID-19 Data Dashboard: humboldt.gov/dashboard

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