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**Recommendation Regarding Physical Distancing
Including Meetings of Legislative Bodies
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Humboldt County Public Health continues to recommend that physical distancing strategies be practiced in our county to the extent possible at [gatherings and events](#), which includes meetings of legislative bodies of local agencies. This is in line with [current CDC guidance](#). Humboldt County continues to experience [high transmission of COVID-19](#) locally. Physical distancing is an effective measure to reduce the spread of COVID-19, especially when combined with use of face coverings, frequent hand washing, staying home when ill, testing, and vaccination. Virtual gatherings and events, including meetings, are an alternative to in person and do the most to reduce COVID-19 risk.

Virtual meetings of legislative bodies allow for physical distancing recommendations and the virtual participation of agency staff, presenters, and community members in safer environments, with less risk of exposure to COVID-19.

Humboldt County Public Health will continue to monitor local metrics of COVID-19 (cases, hospitalizations, deaths) and the necessity of this recommendation.

Reference:

<https://humboldt.gov/DocumentCenter/View/98811/Gathering---events-PDF>
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/outdoor-activities.html>
<https://covid.cdc.gov/covid-data-tracker/#datatracker-home>



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