

## **NEWS ALERTS AND UPDATES**

**3.19.20**

### **NATIONAL:**

Different parts of the country are seeing different levels of COVID-19 activity. The United States nationally is currently in the initiation phases, but states where community spread is occurring are in the acceleration phase. The duration and severity of each phase can vary depending on the characteristics of the virus and the public health response.

- CDC and state and local public health laboratories are testing for the virus that causes COVID-19. View [CDC's Public Health Laboratory Testing map](#).
- All 50 states have reported cases of COVID-19 to CDC.
- U.S. COVID-19 cases include:
  - Imported cases in travelers
  - Cases among close contacts of a known case
  - Community-acquired cases where the source of the infection is unknown.
- Three U.S. states are experiencing sustained community spread.
- View [latest case counts, deaths, and a map of states with reported cases](#)

### **STATE:**

#### **COVID-19 Numbers Update:**

- California Dept of Public Health: As of 3.19.20 12:47p.m.:
  - 675 Positive COVID-19 Cases in California
  - 24 Federal Repatriation Flight Cases
  - 651 Cases Not Related to Repatriation Flights
    - 97 Travel Associated
    - 92 Person-to-person
    - 181 Community Acquired
    - 281 Under Investigation
- 16 deaths: 15 California residents, 1 non-California resident

<https://cdph.ca.gov/Programs/OPA/Pages/NR20-027.aspx>

#### **Governor Updates:**

- Today, Governor Newsom Issues Executive Order to Suspend Standardized Testing for Students in Response to COVID-19 Outbreak read the PR [here](#)
- The Governor's full executive order can be found [here](#)

**CDE:**

- A recording of yesterday's COVID-19 webinar is archived [here](#). If you want to skip ahead, the introductory niceties end around the 16:30 minute mark. CDE mostly highlighted the [guidance resource](#) that was released on Tuesday.
- Updated guidance docs will be released every Friday

**LOCAL:**

**SHELTER IN PLACE ANNOUNCED:**

**The Humboldt County Health Officer will make an announcement today at 2 p.m. announcing an order directing residents to shelter in place beginning at midnight. The announcement will be broadcast Access Humboldt's television Channel 10 and its YouTube channel <https://www.youtube.com/user/accesshumboldt/videos>.**

**March 18, 2020 - Public Health Lab Report**

\*Numbers below do not reflect testing by commercial laboratories.

People whose tests were run by the Public Health Laboratory:

- Tested by the Centers for Disease Control and Prevention or California Department of Public Health: 6
- People whose tests were run by the Public Health Laboratory: 39

Results Summary to date:

- 45 total patients tested
  - o 1 positive, cleared
  - o 1 inconclusive, cleared
  - o 43 negative

Current test capacity:

- Public Health currently has a total capacity of approximately 250 tests after receiving additional reagents today. It can process 20 samples a day with an approximate turnaround time of 48 hours.

Local Health Officials Provide Information on [Social Distancing](#)

**WELLNESS TIP:**

To foster your emotional health:

- Avoid excessive exposure to media coverage of COVID-19.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Tend to your emotional health. Know that others are experiencing emotional reactions as well. Seek counseling as needed.
- Make time to unwind and remind yourself that strong feelings will fade. Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly.
- Try to do some other activities you enjoy to return to your normal routine.
- Connect with others. Share your concerns and how you are feeling with a friend or family member. Maintain healthy relationships.
- Maintain a sense of hope and positive thinking.