



# Lassen COVID-19: Incident Command

## Daily Update FOR IMMEDIATE RELEASE

DATE: 3/30/20  
RELEASE #: 2 of 2

**SUBJECT:** Travel guidelines from CDC

To date, the Lassen County COVID-19 (novel coronavirus) total tests are as follows:

0 – Positive  
29 - Negative  
8 - Pending  
37 – Total Tests

According to the Centers for Disease Control and Prevention (CDC), some areas are experiencing spread of COVID-19 (novel coronavirus) because of travel and crowded travel settings. At this time, daily travel, including interstate travel, is not prohibited. The CDC provides the following considerations be taken before traveling outside your home.

- Is COVID-19 (novel coronavirus) spreading in the area you are going?
- Will you or your traveling companions be in close contact with others during your travel?
- If you contract COVID-19 (novel coronavirus), are you considered a high risk individual (over the age of 65 or someone with a severe chronic medical condition)?
- If exposed, can you self-isolate at home for 14 days?
- Do you live with someone that is considered high risk (over the age of 65 or individuals with a severe chronic medical condition)?
- If you contract COVID-19 (novel coronavirus), could you expose others on your travel?

Individuals are encouraged to adhere to the guidelines set forth in Governor Newsom's stay at home order. For additional information regarding travel, please refer to the CDC

USE THIS QR CODE FOR THE LOCAL INCIDENT ACTION PLAN (IAP):

**LASSEN COVID-19**



FOR THE MOST UP-TO-DATE INFORMATION, PLEASE VISIT OUR WEBSITE: [LASSENCARES.ORG](http://LASSENCARES.ORG)



online information regarding travel at <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>.

For additional information and updates, please visit our website at [www.lassencares.org](http://www.lassencares.org) and the LassenCares Facebook page. If you have any questions regarding COVID-19, please call the Lassen County COVID-19 call center at (530) 251-8100 Monday through Friday 8:00 am to 5:00 pm.

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