



Lassen COVID-19: Incident Command



DAILY UPDATE FOR IMMEDIATE RELEASE

DATE: 4/24/20

RELEASE #: 1 of 1

TIME: 6:00 PM

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

0 - Known cases
108 - Negative
5 - Pending
113 - Total Tests

The spring weather has reached Lassen County and this is the perfect time to enjoy the outdoors while maintaining social distancing. Although travel to other communities isn't recommended, there are many areas close to home to enjoy. The following are some suggestions for getting fresh air this weekend:

- Participate in Lassen Family Services online event **Walk-A-Mile in Their Shoes** on **Saturday, April 25**, where you can enjoy a virtual scavenger hunt and other online activities. For more information and to register visit <https://lassenfamilyservices.org/wam2020/>.
- Take a bike ride or walk on the Bizz Johnson Trail.
- Enjoy the trails at Susanville Ranch Park (take some pictures of the wildflowers).
- Go for a drive through the country.
- Have a picnic – inside or outside.
- Call a friend, family member, or neighbors to check on them.
- Have a dance party in your living room.
- Try a new recipe that uses ingredients that you have at home.
- Throw a virtual party with some friends, pick a theme and dress up.
- Go outside and take your dog for a walk.
- Ride a bike or take a hike.
- Participate in the #WhyIStayHome social media challenge by making a sign of what you are staying home right now during the pandemic.
- Participate in the #LCMaskUp challenge and post picture showing when you are wearing your mask to keep the public safe

For additional ideas, check out the Lassen Can Do Challenge posted on www.lassencares.org under “Children and Family Activities” in the resources tab. Don't forget to take a picture and post it on the LassenCares Facebook page and share your adventures #lassencandochallenge #lassencares.

For additional information and updates, please visit our website at 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.

