Yavapai County

Our Mission: "Yavapai County will serve and protect its citizens through efficient management of all its resources to enhance the lives of those we serve."

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COVID-19 Update from Yavapai County Community Health Services

There are currently 18 confirmed cases of COVID-19 in Arizona:

- **8 in Maricopa, 4 in Pima, 5 in Pinal, 1 in Graham**
- **No Cases in Yavapai County**

Current Public Health Recommendations:

- Cancel or postpose mass gatherings with 10 or more people.
- State-wide closures of AZ schools from Monday, March 16 – Friday, March 27, 2020.
- Implement telework and other alternatives when available.
- Increase hand hygiene.
- Stay home when you are sick.
- Implement visitor screening or limit visitors for healthcare facilities and congregate areas.

Questions about COVID-19? Call the hotline: 1-844-542-8201

What do I do if COVID-19 starts spreading in my community?

- Pay attention to recommendations from your local health department.

- Stay informed about local COVID-19 activity through the Yavapai County Health Services website: www.yavapai.us/chs and be aware of any signs that people in your community are getting sick.

- Avoid contact with people who are sick. Cover your coughs and sneezes with a tissue and wash your hands often with soap or water. Don't share personal items and clean frequently touched surfaces with soap and water.

- If you are sick, stay home. When seeking medical care, wear a facemask and keep your distance from others. If someone in your house is sick, stay home to avoid unknowingly spreading the virus to others.

- Do not attend large events, such as sporting events, conferences, or other community events if you are sick, do not feel well, or someone in your home is sick. If you aren't sick, consider your risk of getting COVID-19 at the event before you go.

- Watch your children for symptoms of COVID-19. If your child shows symptoms of COVID-19, separate them from others immediately. Notify your children's child care facility or school if they are sick and get any classroom assignments or activities they can do from home.

- Set up a separate room for sick household members. Clean the room regularly and make sure they have clean disposable facemasks to use.

- Check in with family and friends who live alone—especially those with chronic diseases. If you live alone, ask your friends and family to check in with you if you become sick.

How can I prevent the spread of COVID-19?

- Symptoms of COVID-19 primarily include fever, cough, and shortness of breath. These symptoms appear 2 to 14 days after exposure.

- COVID-19 spreads between people who are in close contact with one another (within about 6 feet) via coughs or sneezes. It may also spread by touching a surface or object with the virus on it.

- People are thought to be most contagious when they are the sickest, though some spread is possible before people show symptoms.

- Prevention starts with practicing good personal health habits: stay home when you're sick, cover your coughs and sneezes with a tissue, wash your hands often with soap and water, and clean frequently touched surfaces and objects.

- Getting plenty of rest, drinking fluids, eating healthy foods, and managing your stress may help you prevent getting COVID-19 and recover from it if you do.

How can I plan ahead for COVID-19?

- Make an emergency plan of action with your household members, relatives, and friends. Visit [Preventing COVID-19 Spread in Communities Resources for Households](#) (on the CDC website) for more information.

- Make plans for alternative arrangements for your child or yourself in the case of a school or university dismissal or shutdown. Also make plans for your elders and your pets, as needed.

- Check in with your work about your sick leave and telework options should you need to stay home to care for a household member.

- Make a list of your emergency contacts—family, friends, neighbors, carpool drivers, health care providers, teachers, employers, local public health department, and community resources.

What can I do to help?

Everyone can do their part to help us respond to this emerging public health threat:

- We should all do our part not to make assumptions by discriminating, spreading misinformation, or harassing individuals, families and communities that have made Yavapai County their home. Although the disease originated in a certain area of the world, it is now spreading globally and is not tied to one racial or ethnic group.

- It's currently flu and respiratory disease season and health officials recommend getting a flu vaccine if you haven't done so yet, taking everyday preventive actions to help stop the spread of germs (staying away from others when sick, washing hands frequently, avoiding touching your face, mouth or eyes), and taking flu antivirals if prescribed.

- If you are a healthcare provider caring for a COVID-19 patient, please take care of yourself and follow recommended infection control procedures.

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