



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."



For Immediate Release
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August 18th Update - Yavapai County Community Health Services Yavapai County reports 9 COVID-19 Cases Today

Apache	3,257	Coconino	3,196	Cochise	1,772	Graham	614	Greenlee	57
Gila	1,016	La Paz	492	Maricopa	129,958	Mohave	3,383	Navajo	5,468
Pima	19,976	Pinal	8,935	Santa Cruz	2,708	Yavapai	2,176	Yuma	11,908

1,355,757 Arizonans have been tested for COVID-19 with **194,920** positive results and **4,529** deaths. Yavapai County has tested **33,612** residents with 180 new tests reported, **2,176** positive cases, **869** recovered, and **73** deaths. YRMC West is caring for **9** COVID-19 patients, the East campus has **2** and there are **6** persons under investigation (PUI). Verde Valley Medical Center reports **1** COVID-19 hospitalizations and **4** PUIs. The VA has **3** COVID-19 patients with no PUI.

New COVID-19 Cases since Friday									
Apache	+16	Coconino	+8	Cochise	+10	Graham	+5	Greenlee	n/c
Gila	+14	La Paz	+2	Maricopa	+396	Mohave	+15	Navajo	+13
Pima	+233	Pinal	+158	Santa Cruz	+3	Yavapai	+9	Yuma	+22

Burning out on COVID-19? Be honest: have you found yourself feeling extra negative lately, and lashed out at your kid or a coworker? Do you find it harder and harder to be productive? Or maybe you've had a solid eight hours of sleep but still feel exhausted?

These are all red flags that something's off, and you're approaching burnout.

Consistent focus on the harsh realities of the pandemic can often overshadow the bright side, such as patient recovery, reductions in new COVID-19 cases and hospitalizations on a given day.

Here are some tips to alleviate stress:

- Prioritize your basic needs – food, water, exercise and sleep.
- Take brief breaks to rest your mind and reset throughout the day.
- Be intentional in taking time to engage your senses - listen to music, visualize places where you feel at peace, imagine your favorite aromas food.
- Talk to your colleagues and share your feelings, experiences and accomplishments each day. Be sure to talk about the positive things occurring within your facility and personally during this crisis.

★ County COVID-19 Data, Testing Sites, School & Business Guidelines &

Resources: www.yavapai.us/chs

★ Yavapai Emergency Phone Bank: 928-442-5103 - Monday-Thursday, 8:00 a.m. – 5:00 p.m.

★ Arizona 2-1-1: A resource for all the time, not just during COVID-19. <https://211arizona.org/>

★ COVID-19 information en español: <https://azhealth.gov/covid-19>

★ #Yavapai Stronger Together - <https://justicementalhealth.com/resources-support/#covid19>