



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

Wednesday, August 05, 2020

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August 5th Update - Yavapai County Community Health Services Yavapai County reports 1,926 COVID-19 Cases

Apache	3,119	Coconino	3,033	Cochise	1,560	Graham	511	Greenlee	57
Gila	871	La Paz	476	Maricopa	123,082	Mohave	3,073	Navajo	5,309
Pima	16,964	Pinal	8,297	Santa Cruz	2,633	Yavapai	1,926	Yuma	11,314

1,218,017 Arizonans have been tested for COVID-19 with **182,203** positive results and **3,932** deaths. Yavapai County has tested **30,420** residents with 318 new tests reported most likely from the Spectrum Healthcare testing blitz, **1,926** positive cases, **660** recovered, and **66** deaths. Yavapai Regional Medical Center West Campus is caring for **14** COVID-19 patients; East Campus **4**, with **3** persons under investigation (PUI). Verde Valley Medical Center reports **5** COVID-19 hospitalizations and **2** PUI. The VA has **2** COVID-19 patients and **no** PUI.

New COVID-19 Cases since Yesterday									
Apache	+21	Coconino	+20	Cochise	+6	Graham	+19	Greenlee	n/c
Gila	+25	La Paz	n/c	Maricopa	+1,698	Mohave	+25	Navajo	+8
Pima	+155	Pinal	-7	Santa Cruz	+15	Yavapai	+28	Yuma	+97

Keep Children & Youth Healthy during the COVID-19 Outbreak

During any rapidly changing situation, loss of daily routine, isolation and uncertainty can lead to anxiety, fear, depression and loneliness. Information overload, rumors and misinformation can make you feel out of control and make it unclear what to do. When you feel this way, your kids may feel it too — and they often sense the way you're feeling. Talking to them about what's going on can be challenging.

Caring for yourself during this time is important. Pay attention to your feelings and rely on loved ones or talk to a mental health professional. Get enough sleep, eat a healthy diet and stay active. This will enable you to care for your kids and serve as a role model for how to cope.

Be sure to discuss how your kids can stay safe:

- **Take practical steps.** Encourage frequent and proper hand-washing — especially when coming home, before meals, and after blowing the nose, coughing or sneezing. Show them how to sneeze or cough into a tissue and throw it in the trash or cough into a bent elbow. Clean and disinfect frequently touched items and surfaces around the house.
- **Demonstrate effective handwashing.** Show your kids how to create tiny soap bubbles by rubbing their hands together and how to get the soap between fingers and all the way to the ends of their fingers, including their thumbs. Encourage your kids to sing the entire "Happy Birthday" song twice (about 20 seconds) so they spend the time they need to get their hands clean.
- **Stay home more.** As school and events are canceled and the family is staying home more, explain to your kids how this can help prevent the spread of the coronavirus. Let them know that when the risks

of COVID-19 become much lower or go away, they can look forward to being back in their normal routine.

- **Practice social distancing.** Avoid close contact with people outside of home, even if they don't appear to be sick. Pretend there's a bike between you and the person you're standing near, keeping about 6 feet apart from each other. Instead of giving high fives, fist bumps or hugs to people outside your family, give smiles and waves to say hello.
- **Don't forget ways to stay healthy.** Healthy habits include eating a well-balanced diet, getting regular physical activity and getting a good night's sleep.

Watch for signs of stress or behavior changes. Not all children and teens respond to stress in the same way. Some common changes to watch for include:

- Excessive worry or sadness
- Unhealthy eating habits
- Unhealthy sleeping habits
- Difficulty with attention and concentration

Parents can usually help children manage stress and anxiety, but some children may have an anxiety disorder and can benefit from professional help. See the #Yavapai StrongerTogether link below for resources.

- ★ For Yavapai County COVID-19 Data, Testing Sites and 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>