



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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December 9th Update - Yavapai County reports 126 COVID-19 Cases and 4 Deaths

Apache	6,039	Coconino	8,569	Cochise	4,747	Graham	2,438	Greenlee	304
Gila	3,422	La Paz	1,031	Maricopa	239,417	Mohave	7,743	Navajo	9,159
Pima	47,570	Pinal	19,649	Santa Cruz	4,605	Yavapai	7,251	Yuma	20,788

12,091 tests for COVID-19 were reported statewide since yesterday with **4,444** positive results and **108** deaths. Yavapai County has cumulatively tested **69,690** residents with **7,251** positive cases, **2,859** recovered, and **132** deaths. YRMC West has **52** COVID-19 patients and YRMC East is caring for **15** patients. The Verde Valley Medical Center reports **26** COVID-19 hospitalizations. The VA reports **8** COVID-19 patients.

New COVID-19 Cases since Yesterday									
Apache	+87	Coconino	+75	Cochise	+84	Graham	+19	Greenlee	+7
Gila	+57	La Paz	+35	Maricopa	+2,599	Mohave	+122	Navajo	+103
Pima	+721	Pinal	+70	Santa Cruz	+36	Yavapai	+126	Yuma	+298

What are the severe symptoms of COVID-19? In some people, COVID-19 causes more severe symptoms like high fever, severe cough, and shortness of breath, which often indicates pneumonia. People with COVID-19 are also experiencing neurological symptoms, gastrointestinal (GI) symptoms, or both. These may occur with or without respiratory symptoms.

What are the long-term effects of contracting COVID-19? COVID-19 symptoms can sometimes persist for months. The virus can damage the lungs, heart, and brain, which increases the risk of long-term health problems. Most people who have coronavirus disease 2019 (COVID-19) recover completely within a few weeks. But some people — even those who had mild versions of the disease — continue to experience symptoms after their initial recovery. These people sometimes describe themselves as "long haulers" and the condition has been called post-COVID-19 syndrome or "long COVID-19."

Older people and people with many serious medical conditions are the most likely to experience lingering COVID-19 symptoms, but even young, otherwise healthy people can feel unwell for weeks to months after infection. The most common signs and symptoms that linger over time include:

- Fatigue
- Shortness of breath
- Cough
- Joint pain
- Chest pain

Other long-term signs and symptoms may include:

- Muscle pain or headache
- Fast or pounding heartbeat
- Loss of smell or taste
- Memory, concentration, or sleep problems
- Rash or hair loss

Many long-term COVID-19 effects still unknown

Much is still unknown about how COVID-19 will affect people over time. However, researchers recommend that doctors closely monitor people who have had COVID-19 to see how their organs are functioning after recovery. Many large medical centers are opening specialized clinics to provide care for people who have persistent symptoms or related illnesses after they recover from COVID-19.

It's important to remember that most people who have COVID-19 recover quickly. But the potentially long-lasting problems from COVID-19 make it even more important to reduce the spread of the disease by following precautions such as wearing masks, avoiding crowds, and keeping hands clean.

Source: Mayo Clinic: <https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coronavirus-long-term-effects/art-20490351>

- ★ For a COVID-19 test at Community Health Center of Yavapai, call 583-1000. For a flu shot, call 771-3122.
- ★ Yavapai Emergency Phone Bank for COVID Info: 928-442-5103 - Monday-Thursday, 8:00– 5:00.
- ★ County COVID-19 Data, Testing Sites, School & Business Guidelines & Resources: www.yavapai.us/chs
- ★ New ADHS website for Healthy Kids, Open Schools: <https://azdhs.gov/healthyschools>
- ★ COVID-19 information en español: <https://www.azdhs.gov/preparedness/epidemiology-disease-control/infectious-disease-epidemiology/es/covid-19/>