



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
Monday, December 20, 2021**

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Holiday Health and Safety Tips

Yavapai County Community Health Services wishes to remind residents and visitors to stay safe and healthy over the holidays. The holidays are a time to celebrate, give thanks, and reflect. They are also a time to pay special attention to your health. Give the gift of health and safety to yourself and others by following these holiday tips. 1) Wash your hands often. Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water for at least 20 seconds. 2) If you are sick or have symptoms don't host or attend gatherings. 3) Manage stress. The holidays don't need to take a toll on your health. Keep check on over-commitment and over-spending. Balance work, home, and play. Get support from family and friends. Practice time management. Keep stress under control by doing the activities you enjoy, such as reading, meditation, and getting enough sun with outdoor activities. 4) Travel Safely. Whether you are across town or across country, help ensure your trip is safe. Don't drink and drive, and don't let someone else drink and drive. Wear a seat belt every time you drive or ride in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat, or seat belt according to his/her height, weight, and age. 5) Be smoke-free. Avoid smoking and secondhand smoke. 6) Get enough sleep. Not getting enough sleep is linked with many chronic diseases and conditions such as type 2 diabetes, heart disease, obesity, and depression. 6) Prepare food safely. Remember three simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate food promptly. 7) Eat healthy and be active. With balance and moderation, you can enjoy the holidays the healthy way. Fill up on fruits, vegetables, whole grains, and lean proteins. Limit fats, salt, and sugary foods and drinks. Staying active can help you keep a healthy weight during the holiday season. Go for a stroll after a family meal.

We can all help preserve hospital capacity by:

- Getting a flu shot: azhealth.gov/Flu
- Masking up, maintaining physical distance, keeping hands washed, staying home if sick, and following other prevention steps: azhealth.gov/COVID-19
- Getting tested if you have symptoms or five to seven days after being exposed to someone who has or who you believe may have COVID-19: azhealth.gov/Testing
- If you or a loved one contracts COVID-19, looking into monoclonal antibody treatments that can reduce the severity of illness and reduce the chances of hospitalization: azhealth.gov/mAbs

Yavapai County reports 218 COVID-19 Cases and 2 Deaths since Friday, December 17, 2021. The county has tested 112,117 residents for COVID-19 in the past 6 months, and there have been 35,457 positive cases and **908** deaths since the beginning of the pandemic. Yavapai Regional Medical Center reports **83** COVID-patients, VVMC reports **28** patients, and the VA reports **3** patients. The County is still experiencing high transmission of COVID-19 with a **20.6%** positivity rate and 371 cases per 100,000 residents for the week ending December 5, 2021. If you are experiencing symptoms of COVID-19 or what seems to be a bad cold, please get tested for COVID-19 and/or Flu. **ADHS COVID-19 Hotline – (844) 542-8201** (select Option number Eight) – help in English and Spanish from 8 a.m. to 5 p.m. seven days a week, except for major holiday.

**Yavapai County Stats on Vaccinated vs. Unvaccinated COVID-19 Cases since
May 1, 2021, thru December 17, 2021**

Vaccination Status	Number	Percent
Vaccinated	2308	15.4%
Unvaccinated	12658	84.6%
Total	14966	100.0%

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Age	Vaccinated	Unvaccinated	% Vacc.
13 to 17	29	1007	2.8%
18 to 24	108	1317	7.6%
25 to 34	164	1956	7.7%
35 to 44	257	1900	11.9%
45 to 54	271	1679	13.9%
55 to 64	483	2011	19.4%
65 to 74	562	1736	24.5%
75 to 84	328	811	28.8%
85 and older	106	241	30.6%