



# 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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## COVID-19 Long Term Symptoms – or “Long Haulers”

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 COVID-19 recover completely within a few weeks. 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. People sometimes describe themselves as "long haulers" and the condition has been called post-COVID-19 syndrome or "long COVID-19." 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.

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. It's important to remember that most people who have COVID-19 recover quickly.

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.

**Vaccine Administration** - Arizona has administered over 1.5 million doses of vaccine, with 15.5% of the state's population vaccinated with the first dose. Yavapai County has administered close to 52,000 doses of the Moderna vaccine to date, with 45,871 first doses, and 7,456 second doses.

## Spectrum Healthcare's Vaccine Stations and YRMC's Point of Dispensing (PODs) Operating at Full Capacity

- Appointments canceled last week for both Spectrum and YRMC PODs have been rebooked as listed on the YCCHS Vaccine Information page: <https://www.yavapai.us/chs/Home/COVID-19/Vaccine>. Spectrum now has a call center at 928-414-8884. Most appointments this week and next are for 2<sup>nd</sup> doses with the possibility of appointments opening as more vaccine is delivered, so check the website.

**Yavapai County reports 25 COVID-19 Cases since Yesterday** - The county has tested **101,139** residents for COVID-19 with **17,422** positive cases, **7,606** recovered, and **449** deaths. YCCHS is continuing to cross reference cases for duplicates. YRMC is caring for **25** COVID-19 patients, 17 on the West campus, and 8 on the East campus. Verde Valley Medical Center reports **4** COVID patients and the VA has **no** COVID patients.

COVID-19 Cases by County									
Apache	10,357	Coconino	16,360	Cochise	11,100	Graham	5,280	Greenlee	557
Gila	6,366	La Paz	2,383	Maricopa	507,480	Mohave	20,992	Navajo	15,513
Pima	108,772	Pinal	45,865	Santa Cruz	7,611	Yavapai	17,422	Yuma	36,356
New Cases Since Yesterday									
Apache	+29	Coconino	+62	Cochise	+33	Graham	+8	Greenlee	+5
Gila	+9	La Paz	+1	Maricopa	+818	Mohave	+31	Navajo	+18
Pima	+142	Pinal	+111	Santa Cruz	+0	Yavapai	+25	Yuma	+8

- ★ **For COVID-19 Vaccine Info and Appointment Availability:** <https://www.yavapai.us/chs/Home/COVID-19/Vaccine>
- ★ Yavapai Emergency Phone Bank for COVID-19 Info: 928-442-5103 - Monday-Friday, 8:00– 5:00.
- ★ County COVID-19 Data, Testing Sites, Guidelines & Resources: [www.yavapai.us/chs](http://www.yavapai.us/chs)
- ★ COVID-19 information en español: <https://www.azdhs.gov/preparedness/epidemiology-disease-control/infectious-disease-epidemiology/es/COVID-19-19/>