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."

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Information About Flu and COVID-19

National levels of flu-like illness decreased but remain high and severity indicators continue to show children have been hit hard by flu this season. CDC estimates that so far this season, there have been at least 34 million flu illnesses, 350,000 hospitalizations and 20,000 deaths from flu.

Arizona is in the midst of a busy flu season already, and it is important people stay informed about how to keep both the flu and COVID-19 from spreading. That means regular hand-washing, getting a flu shot and staying home from work or school when sick. There have been 27,785 confirmed cases of the flu in Arizona, and 492 confirmed cases in Yavapai County, which experienced a spike from weeks prior.

As flu activity remains high, remember it's not too late to get vaccinated if you haven't been this flu season. Check with your doctor or Yavapai County Community Health Services at 771-3122 for an appointment.

The best ways to prevent the spread of respiratory viruses are to:

● Avoid close contact with people who are sick.
● Avoid touching your eyes, nose, and mouth.
● Stay home when you are sick.
● Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
● Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
● Wash your hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer.

There have now been five cases on COVID-19 identified in Arizona, and with an increase in testing, more cases are probable. Out of 56 people tested in AZ, 44 have been ruled out, 7 cases are pending, 3 presumptive positive cases, and 2 confirmed. There are no cases in Yavapai County at this point.

Anyone who has had close contact with someone **confirmed** to have coronavirus should ask a health care provider about getting tested, according to the US Centers for Disease Control and Prevention. Anyone who recently traveled to a part of the world where coronavirus is widespread should do the same.

Patients who do end up going to a doctor's office or urgent care for a visit, make sure to call ahead so they can prepare for you, White said. Many local clinics have protocol in place for people with potentially infectious illnesses, and they want to avoid exposing other patients at the facility. The same is true for anyone who does go to the emergency room and is showing COVID-19 symptoms. Make sure to call ahead. You don't want to spread illness to people in the waiting room, and you also don't want to contract any illnesses from them either.

Commercial COVID-19 testing is currently live at LabCorp and should be available shortly at Quest. Additionally, something to note about the testing is that the specimens need to be collected by a provider. They cannot send patients to a LabCorp or Quest facility for specimen collection. The labs will send the results to the Arizona Lab.

For the latest information about COVID-19, visit www.azhealth.gov/COVID19.

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For more information about this event or any of the Yavapai County Community Health Services, please contact Terri Farneti at 928-442-5596 or email Terri.Farneti@yavapai.us

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