



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
Thursday, July 30, 2020

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July 30th Update - Yavapai County Community Health Services Yavapai County reports 1,719 COVID-19 Cases, 3 Deaths confirmed

Apache	2,969	Coconino	2,933	Cochise	1,467	Graham	435	Greenlee	54
Gila	778	La Paz	468	Maricopa	114,852	Mohave	2,865	Navajo	5,182
Pima	15,884	Pinal	7,875	Santa Cruz	2,577	Yavapai	1,719	Yuma	10,761

1,139,572 Arizonans have been tested for COVID-19 with **170,798** positive results, an increase in 2,525 cases, and **3,626** deaths. Yavapai County has tested **28,188** residents with **1,719** positive cases, **609** recovered, and **59** deaths. These additional deaths have been confirmed by ADHS via death certificate matching. Yavapai Regional Medical Center is caring for **13** COVID-19 patients on the West Campus and **4** on the East Campus with **no** persons under investigation (PUI). Verde Valley Medical Center reports **8** COVID-19 hospitalizations and **1** PUI. The VA has **2** COVID-19 patients and **no** PUI today.

New COVID-19 Cases since Yesterday									
Apache	+19	Coconino	+30	Cochise	+25	Graham	-7	Greenlee	+2
Gila	+48	La Paz	+2	Maricopa	+1,704	Mohave	+37	Navajo	+52
Pima	+283	Pinal	+155	Santa Cruz	+34	Yavapai	+38	Yuma	+104

Tips for Coping during COVID-19:

Stay physically safe from the virus. Safety behaviors (physical distancing and hand washing) which decrease transmission of the COVID-19 virus, are also an integral part of anxiety management. Stay home when you can. When outside the home, wash your hands thoroughly and frequently.

Limit media to reduce anxiety - Watching or scrolling through the media makes us even more anxious. An excess of news and visual images about a traumatic event can create symptoms of post-traumatic stress disorder and poor health years later.

Get and provide warm, comforting, social support by video, phone, or text. This is critical! Taking time to share your feelings and to listen and support others will go a long way. Talking with others who have our best interests at heart makes us feel safe. Use phone, video, text, or email.

Find ways of expressing kindness, patience, and compassion. Be extra kind to yourself. This is a hard time for everyone. Humans across the world are sharing this experience with you. We are all in this together and we may all emerge with a renewed appreciation for our interconnectedness. Helping others in need is both critical to get through this and creates more purpose to our days and well-being.

Create new routines and keep practicing health behaviors. Routine and ritual are restorative to us. Our brain wants predictable activity so we can relax our vigilant nervous system. Go to bed early and go outside each day to be active.

Eat Well. Good nutrition helps our mood. Stress makes us seek comfort foods, and in turn high carbs and sugars impact our mood. Many population-based studies show that a Mediterranean diet has been linked

to better mental health and stress resilience, whereas a junk food western diet is linked to depression and anxiety. Try to fill your home with fresh produce, frozen vegetables, and whole foods when possible.

For more on Emotional Well-Being and Coping: <https://psychiatry.ucsf.edu/coronavirus/coping#a>

Testing Blitz in Yavapai County! Spectrum Healthcare to Conduct a Testing Blitz each Saturday in August 8:00 a.m. – Noon. Pre-Register @ www.spectrumhealthcare-group.org. Testing is free; however they will accept insurance. Locations: 990 Willow Creek Road in Prescott and 651 Mingus Avenue in Cottonwood. The tests offered are the PCR test – the nasal swab.

- ★ Food Sharing in Prescott Valley – Thursdays 5-7:00 p.m. at the former Albertson's.
- ★ 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.
- ★ COVID-19 information en español: <https://azhealth.gov/covid-19>
- ★ #Yavapai Stronger Together - <https://justicementalhealth.com/resources-support/#covid19>