



NEWS RELEASE

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Arizona Public Health Officials Report Widespread Community Transmission of COVID-19 *Take precautions and practice social distancing to protect you and your family*

PHOENIX -- The Arizona Department of Health Services (ADHS) has updated the community transmission level of COVID-19 in Arizona to widespread. Widespread transmission indicates that cases have been confirmed in twelve or more counties throughout the state. As of today, Arizona has confirmed 508 cases in 13 counties. There have been 8 deaths reported due to COVID-19.

"Given widespread transmission, all Arizonans should expect that COVID-19 is circulating in their community," said Dr. Cara Christ, ADHS Director. "COVID-19 is a serious disease that is highly contagious and can be fatal in anyone, especially our elderly population and people with underlying health conditions. Protecting those at highest risk of complications and ensuring that our healthcare system is prepared to deal with a surge in cases is our highest priority. It is imperative that **everyone** takes precautions to protect themselves and their family from this disease."

The best ways to prevent the spread of COVID-19:

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

COVID-19 spreads through the air when an infected person coughs or sneezes. Symptoms are thought to appear within two to 14 days after exposure and consist of fever, cough, runny nose, and difficulty breathing. For people with mild illness, individuals are asked to stay home, drink plenty of fluids, and get rest. For people with more severe symptoms, such as shortness of breath, individuals are advised to seek healthcare.

ADHS activated its Health Emergency Operations Center on January 27th after the first case of travel-associated COVID-19 was confirmed in Arizona. The Health Emergency Operations Center remains open to coordinate the State's response to the COVID-19 outbreak. For more information about the COVID-19 response in Arizona, go online to azhealth.gov/COVID19.

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