



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, November 05, 2020

For further information, contact: Terri Farneti, Public Health Coordinator

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November 5th Update - Yavapai County Community Health Services

Yavapai County reports 43 COVID-19 Cases

Apache	4,066	Coconino	5,606	Cochise	2,307	Graham	1,343	Greenlee	106
Gila	2,081	La Paz	635	Maricopa	162,958	Mohave	4,596	Navajo	6,665
Pima	29,456	Pinal	12,510	Santa Cruz	3,085	Yavapai	3,199	Yuma	14,219

2,149,395 Arizonans have been tested for COVID-19 with **252,768** positive results and **6,087** deaths. Yavapai County has tested **51,685** residents with **3,199** positive cases, **1,578** recovered, and **92** deaths. YRMC West is caring for **15** COVID-19 patients with **2** persons under investigation (PUI), East campus has **1** COVID-19 patient and **2** PUI. Verde Valley Medical Center reports **7** COVID-19 hospitalizations and **3** PUI. The VA reports **no** COVID-19 patients.

New COVID-19 Cases since Yesterday									
Apache	+12	Coconino	+108	Cochise	+35	Graham	+23	Greenlee	n/c
Gila	+34	La Paz	+2	Maricopa	+1,370	Mohave	+46	Navajo	+47
Pima	+165	Pinal	+149	Santa Cruz	+5	Yavapai	+43	Yuma	+118

Take care of yourself and your community - Taking care of your friends and your family can be a stress reliever, but it should be balanced with care for yourself. Helping others cope with their stress, such as by providing social support, can also make your community stronger. During times of increased social distancing, people can still maintain social connections and care for their mental health. Phone calls or video chats can help you and your loved ones feel socially connected, less lonely, or isolated.

Healthy ways to cope with stress:

- **Know what to do if you are sick and are concerned about COVID-19.** Contact a health professional before you start any self-treatment for COVID-19.
- **Know where and how to get treatment** and other support services and resources, including counseling or therapy (in person or through telehealth services).
- **Take care of your emotional health.** Taking care of your emotional health will help you think clearly and react to the urgent needs to protect yourself and your family.
- **Take breaks from watching, reading, or listening to news stories,** including those on social media. Hearing about the pandemic repeatedly can be upsetting.
- **Take care of your body.** Take deep breaths, stretch, or meditate, try to eat healthy, well-balanced meals, Exercise regularly, get plenty of sleep, Avoid excessive alcohol and drug use.
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.
- **Connect with your community- or faith-based organizations.** While social distancing measures are in place, consider connecting online, through social media, or by phone or mail.

Take the YCHS COVID-19 Vaccine Survey? <https://www.surveymonkey.com/r/YavapaiVaccine>.

- ★ **Yavapai Emergency Phone Bank for COVID Info:** 928-442-5103 - Monday-Thursday, 8:00– 5:00.
- ★ **Get a Flu Shot!** To schedule an appointment in YCHS clinics, call 771-3122.
- ★ **County COVID-19 Data, Testing Sites, School & Business Guidelines & Resources:** www.yavapai.us/chs
- ★ **COVID-19 information en español:** <https://www.azdhs.gov/preparedness/epidemiology-disease-control/infectious-disease-epidemiology/es/covid-19/>