



# 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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## October 12<sup>th</sup> Update - Yavapai County Community Health Services Yavapai County reports 37 COVID-19 Cases since Thursday with 1 Death

Apache	3,706	Coconino	4,498	Cochise	1,965	Graham	942	Greenlee	62
Gila	1,525	La Paz	557	Maricopa	146,574	Mohave	4,089	Navajo	5,910
Pima	26,465	Pinal	11,076	Santa Cruz	2,895	Yavapai	2,709	Yuma	13,046

**1,876,432** Arizonans have been tested for COVID-19 with **226,050** positive results and **5,759** deaths. Yavapai County has tested **46,244** residents with **2,709** positive cases, **1,459** recovered, and **85** deaths. YRMC West is caring for **8** COVID-19 patients with **1** person under investigation (PUI), the East campus has **2** COVID-19 patients and **2** PUIs. Verde Valley Medical Center reports **no** COVID-19 hospitalizations and **2** PUI. The VA reports **no** COVID-19 patients.

New COVID-19 Cases since Thursday									
Apache	+52	Coconino	+113	Cochise	+28	Graham	+35	Greenlee	+2
Gila	+38	La Paz	+14	Maricopa	+1,707	Mohave	+10	Navajo	+39
Pima	+248	Pinal	+157	Santa Cruz	+20	Yavapai	+37	Yuma	+152

**Are the kids all right? Supporting your teen's mental health through Covid-19.** Since the pandemic began, thousands of Arizona teens have turned to Teen Lifeline, a crisis line with teen volunteers as peer counselors. In an average year, calls and texts to the hotline decrease between 30% and 40% over the summer. This year, summertime volume at the hotline went up by 6%, instead. A much higher proportion of the contacts have come in by text. Many teens are stuck at home, without enough privacy from their families to make a confidential phone call. Those numbers reflect a broader trend of elevated depression, anxiety, and post-traumatic stress disorder among teens as they cope with the Covid-19 pandemic.

Giving teens the opportunity to identify things they can control in their lives, such as self-care and planning for the future, helps build the skills of adapting to day-to-day challenges. Some of the things they can control include taking care of their bodies and minds by getting plenty of sleep, eating well and incorporating physical activity into each day. With the usual means of socializing off the table, teens can brainstorm novel ways to connect, whether they're virtual get-togethers or pandemic-safe outings.



And as scientists learn more about Covid-19, it's clear that teens and adults worried about getting sick can protect themselves by wearing masks and maintaining physical distance. Not only is it the safest choice, but it can bring with it a bonus psychological payoff, as well.

- ★ Spectrum Healthcare is now offering COVID-19 Rapid Tests with results in 15 minutes. 928-778-0330
- ★ Here's the community flu clinic schedule: [https://www.yavapai.us/Portals/39/List\\_of\\_flu\\_clinics2020.pdf](https://www.yavapai.us/Portals/39/List_of_flu_clinics2020.pdf).
- ★ To schedule an appointment in YCHS clinics, call 771-3122.
- ★ Yavapai Emergency Phone Bank: 928-442-5103 - Monday-Thursday, 8:00 a.m. – 5:00 p.m.
- ★ County COVID-19 Data, Testing Sites, School & Business Guidelines & Resources: [www.yavapai.us/chs](http://www.yavapai.us/chs)
- ★ Arizona 2-1-1: A resource for all the time, not just during COVID-19. <https://211arizona.org/>
- ★ #Yavapai Stronger Together - <https://justicementalhealth.com/resources-support/#covid19>
- ★ COVID-19 information en español: <https://www.azdhs.gov/preparedness/epidemiology-disease-control/infectious-disease-epidemiology/es/covid-19/>