Yavapai County

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Protecting your Immune System

Your immune system is your body's defense system. When a harmful invader — like a cold or flu virus, or the coronavirus that causes COVID-19 — gets into your body, your immune system mounts an attack. Known as an immune response, this attack is a sequence of events that involves various cells and unfolds over time. Following general health guidelines is the best step you can take toward keeping your immune system strong and healthy. Every part of your body, including your immune system, functions better when protected from environmental assaults and bolstered by healthy-living strategies such as these:

- Don't smoke or vape.
- Eat a diet high in fruits, vegetables, and whole grains.
- Take a multivitamin if you suspect that you may not be getting all the nutrients you need through your diet.
- Exercise regularly.
- Maintain a healthy weight.
- Control your stress level.
- Control your blood pressure.
- If you drink alcohol, drink only in moderation (no more than one to two drinks a day for men, no more than one a day for women).
- Get enough sleep.
- Take steps to avoid infection, such as washing your hands frequently and trying not to touch your hands to your face, since harmful germs can enter through your eyes, nose, and mouth.

The best way to prevent illness is to avoid being exposed to the COVID-19 virus. Vaccines have been very effective, even against the Delta variant, in protecting against severe infection, hospitalization, and death. However, the Delta variant has led to a number of breakthrough infections in people who are fully vaccinated, and masks provide another layer of protection. The vaccines are safe, effective, and free. Appointments can be made through www.yavapaiaz.gov/chs or www.vaccine.gov.

Yavapai County reports 284 COVID-19 Cases and 6 Deaths since Tuesday, September 7th. The county has tested 140,110 residents for COVID-19 and there have been **24,603** positive cases and **602** deaths since the beginning of the pandemic. Yavapai Regional Medical Center reports **51** COVID-19 patients, VVMC reports **16**, and the VA has **6** COVID-19 patients.

If you are experiencing symptoms of COVID-19 or what seems to be a bad cold, please get tested for COVID-19. **Testing sites:** https://yavapaiaz.gov/Portals/39/COVID-19/TestingSitesinYavapaiCounty.pdf.