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PRESS RELEASE – March 21, 2020

**Apache County Coronavirus Update**

Apache County has now joined the list of areas in Arizona affected by the Coronavirus 2019 commonly referred to as COVID-19. To date the virus has infected 104 persons within the State of Arizona with 4 cases in the northern portion of Apache County.

COVID-19 is primarily spread through the respiratory droplets created when someone coughs or sneezes. It is also possible to catch the virus from touching contaminated surfaces and then touching your mouth, nose, or possibly your eyes.

Symptoms of COVID-19 are similar to those of a common cold or flu, including fever, cough, runny nose, and shortness of breath. These symptoms may occur within 2 to 14 days of exposure and may have different levels of severity.

The Apache County Public Health Services District recommends the following actions:

- To avoid spreading respiratory illness, stay home when you are sick.
- To avoid contaminating family members, cough or sneeze into a tissue or your sleeve.
- Regularly wash your hands with soap and water.
- Clean and disinfect frequently touched objects and surfaces such as cellphones and computers.

The COVID-19 virus is spread from person to person so it is important not to participate in large group activities where people are in close contact (within about 6 feet).

By observing these simple actions, we can decrease the likelihood of getting COVID-19 virus and other virus related illness.

The Arizona Department of Health Services, the Navajo Nation, and the Apache County Health Services District have consolidated their efforts and resources to help combat the spread of COVID-19, and to provide the best services available to the people of Apache County.

Further information on the Coronavirus disease may be found at [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19).