

SANTA CRUZ COUNTY
Health Services



2150 N. Congress Drive, Suite 209
Nogales, Arizona 85621

March 13, 2020

Santa Cruz County has no confirmed or suspect cases at this time.

Arizona level of community COVID-19 spread – Minimal

Arizona Community Risk -Low with some areas of heightened risk.

COVID-19 spreads through the air when an infected person coughs or sneezes. Symptoms are thought to appear within 2 to 14 days after exposure and consist of fever, cough, runny nose, or difficulty breathing. Those considered at highest risk for contracting the virus are individuals with travel to an area where the virus is spreading, or individuals in close contact with a person who is diagnosed as having COVID-19. Public health officials are working with anybody who may have been exposed.

Public health officials are advising residents that flu and other respiratory diseases are circulating in the community, and are recommending everyone get a flu shot and follow basic prevention guidelines.

If you have recently traveled to an area where COVID-19 is circulating, and have developed fever with cough or shortness of breath within 14 days of your travel, or have had contact with someone who is suspected to have 2019 novel coronavirus, please stay home. Most people with COVID-19 develop mild symptoms. If you have mild symptoms, please do not seek medical care, but do stay home and practice social distancing from others in the household where possible. If you do have shortness of breath or more severe symptoms, please call your health care provider to get instructions before arriving.

Public Health Recommendations

- No recommendation to cancel mass gatherings or sporting events at this time.
- No recommendations to close schools at this time.
- No current changes to your current business activities, telework or other alternatives can be considered.
- Stay home when you are sick.
- Implement visitor screening for congregate gatherings.

The best ways to prevent the spread of respiratory viruses, including COVID-19, are to:

- 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 containing at least 60% alcohol.
- 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.

To stay up to date with the most current and accurate information please visit.

<https://www.azdhs.gov/preparedness/epidemiology-disease-control/infectious-disease-epidemiology/index.php#novel-coronavirus-home>

<https://www.santacruzcountyaz.gov/154/Emergency-Preparedness>

<https://www.azed.gov/>