



Find additional resources at: www.211Arizona.org

COVID-19 in Pima County

Coronavirus, also called COVID-19, is an illness that is spread when an infected person coughs or sneezes into the air. Those coughs and sneezes contain drops of moisture and when another person breathes in the drops, they can become infected too.

It may be also be possible that a person can get sick by touching something that has the virus on it and then touching their own mouth, nose, or eyes, but this is not the main way it's spread.

SYMPTOMS INCLUDE:

- Fever
- Cough
- Shortness of breath

TREATMENT:

If you have any of these symptoms or if you think you may have been exposed to someone who has the coronavirus, call your doctor.

If you don't already have a primary care doctor, click this link to find a clinic in the 2-1-1 Arizona database: [Community Clinics](#).

GET THE FACTS:

Be aware that there may be rumors during a crisis, especially on social media.

- A COVID-19 hotline has been set up to answer any questions testing, symptoms, and anything else about the virus at 1-844-542-8201.
- The CDC (Centers for Disease Control and Prevention) has information: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

PREVENTION:

- Wash your hands often with soap and water for at least 20 seconds (or the time it takes to sing Happy Birthday twice) especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

- Practice social distancing. Keep between 3-6 feet between yourself and other people.

SELF-QUARANTINE:

This means to voluntarily stay home unless there is an urgent reason to go out. It helps to protect the public by preventing exposure to infected people.

Local and state governments have already announced the closing of all dine-in services at restaurants, bars, food courts, gyms, libraries, and other venues where people congregate.

- **State of Arizona:**
<https://azgovernor.gov/governor/news/2020/03/governor-ducey-announces-latest-covid-19-actions>
- **Pima County:**
<https://webcms.pima.gov/cms/One.aspx?portalId=169&pageId=537002>
- **Green Valley:**
 - not yet formally announced: <http://www.gvcouncil.org>
 - local news: https://www.gvnews.com/news/green-valley-sahuarita-cancellations-and-closures/article_e330d198-660c-11ea-aafe-ff130c87172b.html
- **Marana:**
<https://www.maranaaz.gov/news/2020/3/16/town-of-marana-declares-emergency>
- **Oro Valley:**
https://orovalleyaz.gov/sites/default/files/media/docs/2020/emergency-proclamation-3-17-2020.pdf#_ga=2.230982300.260462682.1584667558-687305877.1584667558
- **Pascua Yaqui Tribe:**
<https://www.pascuayaqui-nsn.gov/index.php/covid-19>
- **Sahuarita:**
<https://sahuaritaaz.gov/DocumentCenter/View/5155/COVID-19---New-CDC-Guidelines-and-how-they-affect-Sahuarita>
- **South Tucson:**
https://www.southtucsonaz.gov/sites/default/files/fileattachments/community/page/3071/press_release_031820.pdf
- **Tohono O'odham Nation:**
<http://www.tonhc.org/coronavirus-officeclosures/>
- **Tucson:**
<https://www.tucsonaz.gov/files/PROCLAMATION.pdf>

Numerous events and other social gatherings have also been canceled.

BUS SERVICE:

At this time, Sun Tran buses are still running their regular routes:

<https://www.suntran.com/hottopic.php?TopicID=336>

ALTERNATIVES:

- Many businesses, restaurants, and pharmacies are offering drive-thru, pickup, or delivery options.
- Various meetings and support groups are connecting online and by phone. Call or visit their website for more information.

DIFFICULT TIMES:

Fear and anxiety about the virus can be overwhelming and it is normal for adults and children to have strong emotions. This can include:

- Worry about your own health and the health of your loved ones
- Feelings of numbness, disbelief, or fear
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

TRY TO STAY CALM:

- From the Pima County Health Department website, “The current risk for exposure to COVID-19 in Pima County remains low.”
- Take precautions as listed on page 1.
- Keep busy.

MANAGE STRESS:

- Take breaks from watching, reading, or listening to news stories, including social media. Repeatedly focusing on the news can be upsetting.
- Self-care. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Try to do some activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Seek help when needed.

SUPPORTIVE RESOURCES:

- Call the Community Wide Crisis line: 622-6000 or 1-866-495-6735
- Call SAMHSA’s Disaster Distress Hotline: 1-800-985-5990
- Text TalkWithUs to: 66746
- Call the HOPE Warm Line: 770-9909

FOOD RESOURCES:

Click these links to find food resources in the 2-1-1 Arizona database:

- [Food Boxes](#)
- [Soup Kitchens](#)
- [Food Stamps/SNAP Program](#)
- [WIC Program](#) (for pregnant women and new mothers)
- [School Districts](#) (most districts are offering grab & go meals for students)

UTILITIES:

Most utility companies have announced they will not shut off service for non-payment:

- **Arizona Public Service:**
<https://www.aps.com/en/About/Our-Company/Our-Commitment-to-Safety/COVID-19>
- **City of Tucson Water:**
<https://www.tucsonaz.gov/water>

- **Comcast:**
<https://corporate.comcast.com/press/releases/internet-essentials-low-income-broadband-coronavirus-pandemic>
- **Cox:**
<https://www.cox.com/residential/support/coronavirus-response.html?campcode=tnt-home-alert>
- **Southwestern Gas:**
<https://www.swgas.com/en/covid19>
- **Trico:**
<https://www.trico.coop/assistance-available-regarding-member-bills/>
- **Tucson Electric Power:**
<https://www.tep.com/news/be-a-heero-to-neighbors-in-need/>

EVICCTIONS:

Pima County has announced they will not enforce eviction notices:

http://www.tucsonsentinel.com/local/report/031820_evictions_coronavirus/pima-county-constables-refuse-carry-out-evictions-citing-coronavirus-risks/?fbclid=IwAR1hahhL2ry-AaGaTvXZ3ab2rKzzKo89lbydeMTroewAocXEV-wqlwyDvPE

TAXES:

- The IRS has extended the deadline to file federal taxes:
<https://www.irs.gov/newsroom/payment-deadline-extended-to-july-15-2020>
- Arizona has not announced an extension:
<https://azdor.gov>

ADDITIONAL RESOURCES:

Pima County: <https://211arizona.org/pima>

SOURCES: Arizona Department of Health Services; Arizona Department of Emergency and Military Affairs (DEMA), Arizona Emergency Information Network (AzeIN); United States Centers for Disease Control and Prevention (CDC)

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