



Find additional resources at: www.211Arizona.org

Resources for COVID-19 in Arizona

Coronavirus, also called COVID-19, is a respiratory 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.

PREVENTION:

- It is recommended that people wear face masks in public. In some buildings and public places, it is required.
- Practice social distancing. Keep between 3-6 feet between yourself and other people.
- 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 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.

Symptoms usually appear 2-14 days after a person has been exposed to the virus.

GET EMERGENCY MEDICAL ATTENTION IF YOU HAVE ANY OF THESE SYMPTOMS:

- trouble breathing
- bluish lips or face
- ongoing pain or pressure in the chest
- inability to wake or stay awake
- new confusion

The [CDC \(Centers for Disease Control and Prevention\)](https://www.cdc.gov) says that “most people with COVID-19 have mild illness and can recover at home without medical care.”

MILD SYMPTOMS INCLUDE:

- fever or chills

- cough
- sore throat
- congestion or runny nose
- fatigue
- muscle or body aches
- headache
- nausea or vomiting
- diarrhea
- new loss of taste or smell

TREATMENT FOR MILD SYMPTOMS OF COVID-19:

- Get lots of rest
- Drink plenty of water and other fluids
- Take over-the-counter medicines that contain acetaminophen. This includes Tylenol, Excedrin, Nyquil, Sudafed, Theraflu, and others.
- Self-quarantine. This means to voluntarily stay home until you feel better. It helps to prevent the spread of the infection to other people.

Some people have very little or no symptoms, but they can still pass on the virus.

If you think you may have been exposed to someone who has or had COVID-19, it's a good idea to get tested. There are various tests available, including saliva, blood, and nose swabbing. Find a place to get a test here:

- [COVID-19 Test Sites](#)

GET THE FACTS:

Be aware that there are always rumors during a crisis, especially on social media.

- [Gov Ducey](#) has designated 2-1-1 as the phone number to dial for answers to questions about testing, symptoms, and anything else about the virus.
- The [World Health Organization](#) has more information.

GETTING OUT AND ABOUT:

- While some places have opened up on a limited basis, the [Arizona Department of Health](#) has issued guidelines for when restaurants and other places can reopen.
- At this time, Sun Tran and Sun Van buses are still running their regular routes and there is no charge to ride. Click [here](#) for more information.

REDUCE YOUR CONTACT WITH OTHER PEOPLE:

- 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:

- Take precautions as listed on page 1.
- Review the chart for risk factors [here](#).
- 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 (TTY 1-800-846-8517)
- Text TalkWithUs to: 66746
- Call the HOPE Warm Line: 770-9909

FOOD, HOUSING, AND FINANCIAL RESOURCES:

Click [here](#) for a link to the 2-1-1 Arizona database and resources statewide. Choose your county from the drop-down on the left.

ADDITIONAL RESOURCES:

Click [here](#) for COVID-19 information in the 2-1-1 Arizona database.

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

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CONTENT LAST REVIEWED: 9/4/2020