



YAVAPAI-APACHE HEALTH CENTER

PHONE: (928) 567-2168

FAX: (928) 567-8499

Testing Results as of November 18, 2020

COVID-19 POSITIVE TOTAL PER YAN COMMUNITY

	MIDDLE VERDE	TUNLII	CLARKDALE	RIMROCK	CAMP VERDE
POSITIVE	29	25	16	3	0
RECOVERED	29	23	15	3	0
DEATHS	0	2	1	0	0
ACTIVE CASES	2	0	0	0	0

Thanksgiving Holiday

With Thanksgiving only a week away and cases of COVID-19 continuing to rise in the U.S., the Centers of Disease Control and Prevention (CDC) updated their guidelines for a safe Turkey Day celebration this year. Thanksgiving gatherings with family and friends are fun but can increase the chances of getting or spreading COVID-19 or the flu. Follow these tips from the CDC to make your Thanksgiving holiday safer. The safest way to celebrate Thanksgiving this year is to celebrate with people in your household.

Please keep in mind the following Thanksgiving safety reminders from the CDC:

- **Wear a mask**-wear mask over your nose and mouth and secure it under your chin, make sure the mask fits snugly against the sides of your face. .
- **Avoid touching** your eyes, nose, and mouth with unwashed hands.
- **Stay at least 6 ft. away from others wo do not live with you**-keeping 6 ft (about 2 arms lengths) from others is especially important for people who are at higher risk of getting very sick. Remember that some people without symptoms may be able to spread COVID-19 or flu.
- **Wash your hands**- wash hands often with soap and water for at least 20 seconds, keep hand sanitizer with you and use it when you are unable to wash your hands.
- **Cover your cough or sneeze** with a tissue or your sleeve (not your hands) and immediately throw the tissue in the trash.
- **Clean and disinfect frequently** touched objects and surfaces.
- **Hosting a gathering**- limit the number of guests, limit number of people in food prep areas.
- **If you are at [higher risk](#) for severe illness, you should avoid attending congregate settings. People at higher risk for [severe illness](#) include adults 65 or older and people of any age who have serious underlying medical**