

SANTA CRUZ COUNTY  
Health Services



2150 N. Congress Drive  
Nogales, Arizona 85621

March 25, 2020 9:49 A.M.

Santa Cruz County Health Services has received notification of a second (2<sup>nd</sup>) confirmed case of COVID-19. Santa Cruz County Health Services is currently investigating to identify any close contacts that may have been exposed while the person was infectious. Any individuals who may have been identified as having been exposed will be contacted directly. These individuals will receive recommendation to self-isolate and self-monitor for any fever and respiratory symptoms per CDC guidelines. The case brings the total number of confirmed cases in Santa Cruz County to two (2).

Remember that 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, 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.

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.
- 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.

Public health officials advise 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.

For updated case counts and more information about COVID-19 [visit Arizona Department of Health Services COVID-19](#) webpage, for general information call 1-844-542-8201 to speak with a health professional.