



**For Immediate Release  
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### Staying Healthy During the Pandemic and Flu Season

With the COVID-19 infecting many, people are seeking to boost their immune systems. We need our bodies' defenses to be as strong as possible. The immune system is the body's way of protecting itself from infection and disease; it fights everything from cold and flu viruses to serious conditions such as cancer. Our immune systems are complex and influenced by many factors. Vaccines build immunity against specific diseases.

**Immune-Strengthening Strategies** - Healthy living strategies you can do for your immune system include:

- **Exercising regularly** – Experts recommend at least 150 minutes of moderate exercise per week.
- **Eating a healthy, balanced diet** that is high in fruits and vegetables – Use the MyPlate technique to determine portions and types of healthy foods that are best for nourishing your army.
- **Maintaining a healthy weight** – Aim for a BMI of 25 or lower. The best way to lose weight is with exercise and a healthy, balanced diet.
- **Getting quality sleep** – Set a schedule and routine for sleep and practice good sleep hygiene.
- **Reducing stress** and developing good coping mechanisms – Include activities in your daily life that help you handle stress, like virtually connecting with loved ones, going outside, practicing meditation regularly, exercising, making art or other hobbies.
- **Quitting smoking** – If you smoke, you can get support to help you quit.
- **Drinking alcohol only in moderation**, if at all – Limit the amount of alcohol you keep in the house or limit the number of glasses/bottles you drink.
- **Taking steps to prevent infection** – This includes washing your hands frequently and social distancing.



**ADHS COVID-19 Hotline – (844) 542-8201** (select Option 8) – provides assistance in English and Spanish from 8 a.m. to 5 p.m. seven days a week, except for major holidays. Information on boosters also is posted at [azdhs.gov/Boosters](https://azdhs.gov/Boosters).

**Yavapai County reports 388 COVID-19 Cases and 7 Deaths since Monday.** The county has tested 145,193 residents for COVID-19 and there have been **26,300** positive cases and **644** deaths since the beginning of the pandemic. Yavapai Regional Medical Center reports **36** COVID-19 patients, VVMC reports **20**, and the VA has **5** COVID-19 patients.

The best way to prevent illness is to avoid being exposed to the COVID-19 virus and to get vaccinated. Appointments can be made through [www.yavapaiaz.gov/chs](http://www.yavapaiaz.gov/chs) or [www.vaccine.gov](http://www.vaccine.gov). If you are experiencing symptoms of COVID-19 or what seems to be a bad cold, please get tested for COVID-19.

**Testing sites:** <https://yavapaiaz.gov/Portals/39/COVID-19/TestingSitesinYavapaiCounty.pdf>.