Here's what you can do to #StopTheSpread of COVID-19 in our community:

**Wash your hands.**
Practice good hand hygiene by washing your hands with soap and water for at least 20 seconds or use hand sanitizer that contains at least 60% alcohol.

**Stay at home.**
Limit all your non-essential travels.
*Unless you’re going out for food, medication, or other essentials.*

**Watch for symptoms.**
Covid-19 symptoms include fever, cough, difficulty breathing, and fatigue and may appear 2–14 days after exposure.

**Call your doctor or hospital before visiting.**
If you need to seek medical attention whether for viral symptoms or other medical care reasons, contact your doctor or hospital ahead of time so they can prepare and take precautions for your arrival.

**Practice social distancing.**
If you need to go out, maintain at least 6 feet distance from others. Telework when you can and visit your loved ones via electronic devices.

**IMPORTANT CONTACT INFORMATION**

- **COVID-19 AZ Hotlines:**
  (844) 542-8201
  2-1-1

- **Website:**
  https://covid-cochisehealth.hub.arcgis.com/

- **Email:**
  publichealth@cochise.az.gov

- **Facebook Page:**
  @CochiseCountyAZ

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**COVID-19 RESOURCES FOR OUR COMMUNITY**

- **Cochise County Coronavirus Response Hub**
  Up-to-date case count numbers, local resources, frequently asked questions, reliable information about symptoms & prevention
  - [https://covid-cochisehealth.hub.arcgis.com/](https://covid-cochisehealth.hub.arcgis.com/)

- **Arizona Together #AZTogether**
  Includes: Individual and business resources – employment & financial assistance, homeowner & rental assistance, food & meals, healthcare, mental health & emergency services, information for children & parents, internet & utilities, volunteer opportunities, how to donate, general resources, COVID-19 information
  - [https://arizonatogether.org/](https://arizonatogether.org/)

- **Cochise County’s Community Resource Guide (LFSAZ)**
  List of all health and wellness organizations available in all the communities in Cochise County
  - [https://www.lfsaz.org/community-resources.html](https://www.lfsaz.org/community-resources.html)

- **Arizona Department of Economic Security Services Related to COVID-19**
  Includes: resources for unemployment insurance benefits, cash, medical, and nutritional assistance, developmental disabilities, Arizona Early Intervention Program (AzEIP), short-term crisis services, mortgage assistance, community resources, child care assistance, and business resources
  - [https://des.az.gov/services/coronavirus](https://des.az.gov/services/coronavirus)

- **Arizona Commerce Authority**
  Arizona Business Resources
  - [https://www.azcommerce.com/covid-19](https://www.azcommerce.com/covid-19)

- **Arizona Department of Housing (ADOH)**
  - [https://housing.az.gov/](https://housing.az.gov/)

- **Stress and Coping with COVID-19**
  Mental Health Resource

- **Guide for Schools and Universities**
  Arizona Department of Health Services; includes links for guidance for parents and students, factsheets, and webinars