



Weekly Alert July 18th, 2024

COVID-19 Summer Surge is here

3 in 5 Texas adults about COVID surge this week

COVID-19 hospitalizations increased 50% from April 27 to June 9 this year ([CDC](#)). In this week's *iHeard* data, 63% of Texas residents heard, "The U.S. is experiencing a summer wave of COVID cases," up from 55% the prior week.

Why the COVID summer surge?

Evidence from [wastewater monitoring](#) shows that COVID-19 cases are increasing in Texas and [growing or likely growing](#) in 45 states and territories, with [virus levels](#) "very high" in Texas and "very high" or "high" in more than half of the other states.

In a survey of 549 adults from five states, older adults (50+ years) are more aware of the COVID surge than those under 50 (56% vs. 41%). COVID infections have historically spiked over the summer, partly due to increased travel and indoor gatherings. While we are seeing lower rates of COVID-19 cases each year, they are still having the [greatest impact](#) on our at-risk populations: the elderly, people who are immunocompromised, and those with other secondary medical conditions.

What precaution strategies work?

Taking precautions is still essential for those at higher risk of severe COVID-19 infection. This includes staying current on vaccinations to reduce the risk of severe illness or hospitalization. The [CDC recommends](#) that everyone six months and older receive the 2024–2025 COVID-19 vaccines, expected to be available in fall 2024. Other strategies include masking in public or crowded indoor spaces, testing when you have symptoms, and getting treated for COVID.

Where can I get tested, vaccinated, or treated in Texas?

Texas residents can get vaccinated, tested, or treated for COVID-19 by visiting the Texas.gov COVID-19 [webpage](#), local pharmacies like Walgreens and CVS, or using the [CDC testing locator](#) to find the nearest locations.

Help stop the spread of COVID-19 in Texas!

Community organizations play a vital role in keeping our city safe. By sharing the

resources below, you can help connect residents with important COVID-19 vaccination, testing, and treatment services.

This week's report is based on responses from a panel of 549 adult residents of Texas (n = 57), Baltimore, MD (n = 168), Colorado (n = 98), St. Louis, MO (n = 143), and Omaha, NE (n = 84) surveyed July 13-15, 2024. Explore these data and more at [iHeard Texas](#).

Shareable Resources

Click to download resources to share in your community.
Remember to include **#iHeardTexas #iHeardTX** when sharing on social media!

Testing resources in Texas



Suggested Caption:

Are you looking for a COVID test? Check out these options!

#iHeardTexas #COVID19 #COVIDSummerSurge

[Download here](#)

COVID is on the rise!

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Texas

COVID-19 is on the rise.

Use these strategies to reduce spread:


Stay up to date with
COVID-19 vaccines


Practice good
hygiene actions


Improve air flow


Mask as needed

An updated COVID-19 vaccine is expected in **Fall 2024**. Everyone 6 months and older can get it.



Source: CDC

Source: CDC



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Mandy Cohen
CDC Director

“Make a plan now for you and your family to get both updated flu and COVID vaccines this fall, ahead of the respiratory virus season.”

Source: CDC

Suggested Caption:

Practice safety measures as COVID-19 cases increase during summer! This is especially important when virus levels are high, and when you or loved ones have risk factors for severe illness or have been sick. Together, we can keep our community healthy! ☐🤝

#iHeardTexas #COVID19 #COVIDSummerSurge

[Download here](#)

Summer Surge of COVID!

COVID summer surge
iHeard Texas

According to CDC, wastewater monitoring shows COVID virus levels are **“high”** or **“very high”** in half the states, including Texas.

COVID infections often spike over the summer. Increased travel and indoor gatherings can spread the virus.

Source: CDC National Wastewater Surveillance System

Suggested Caption:

The COVID-19 summer surge is here! Stay up-to-date on your community’s COVID levels and practice strategies like testing regularly, masking, washing your hands and improving air flow.

#iHeardTexas #COVID19 #COVIDSummerSurge

[Download here](#)

COVID Summer Surge Fact Sheet

Where can I get tested, vaccinated, or treated for COVID-19 in Texas?

✓ Texas.gov COVID-19 website: <https://www.texas.gov/covid19/>

✓ Visit local pharmacies like Walgreens, CVS

Visit www.TestingLocator.cdc.gov



What if I get sick?

Example 1: Fever + symptoms

Elena has a fever and a sore throat. She needs to stay home and away from others until her symptoms and fever are gone for at least 24 hours.



When Elena returns to her normal activities, she takes added precautions for 5 days.

Example 2: Fever & no other symptoms

Sean has a fever but NO other symptoms. He stays home and away from others until his fever is gone for at least 24 hours.



When Sean returns to his normal activities, he takes added precautions for 5 days.

Example 3: Fever ends, symptoms take longer to improve

Isabella's fever ends, but her other symptoms are taking longer to improve.



She stays home and away from others until her other symptoms improve for at least 24 hours. Isabella returns to her normal activities, taking added precautions for 5 days.

Example 4: Fever & symptoms end, then fever returns

Max has symptoms so stays home. After 24 hours of their symptoms getting better, Max returns to normal activities while taking added precautions.



Then Max gets a fever. Max stays home and away from others until the fever is gone for 24 hours. Max returns to normal activities, taking added precautions for 5 days.

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Strategies to
reduce spread



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Combined Resource

Click to download a printer-friendly PDF with all the information above!

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iHeard alert library



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NIH CEAL
Community Engagement Alliance

NIH CEAL website

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