



Weekly Alert August 22nd, 2024

## Has COVID-19 become endemic in the U.S.?

### ***CDC says yes; most Texans haven't heard it***

Has COVID-19 become “endemic” in the United States? CDC says yes, but some disagree. What does endemic mean, and why does it matter?

#### **It's new to most Texas adults**

In a survey of Texas adults, only 31% had heard in the past week that some scientists believe COVID-19 is now “endemic” in the United States; only 46% knew what endemic meant. Of the 562 respondents surveyed from 5 states, Hispanics were less likely to be familiar with the term “endemic” than non-Hispanics (36% vs. 51%) and people in rural areas than urbanized areas (30% vs. 47%).

#### **Which "-demic" is it?**

In [public health](#), an *epidemic* occurs when a particular place (such as a state, country, or region) experiences a sudden rise or outbreak in cases of a particular disease. When an outbreak spreads across many places, as COVID did in early 2020, it is declared a *pandemic*. A disease is *endemic* when it becomes consistently present in a place and spreads in predictable ways.

#### **Is COVID-19 endemic in the U.S.?**

According to the CDC, COVID can now be described as “[endemic throughout the world](#).” This means COVID is here to stay and will continue spreading and causing sickness in communities. However, it also means that we understand its patterns and can manage it effectively. Not everyone agrees, though. Some scientists believe we don’t know enough about COVID yet to say it’s predictable.

#### **What changes if COVID is endemic?**

[Being endemic](#) does NOT mean that COVID has gone away, been eradicated, or become less serious. It does NOT mean the guidelines for preventing or treating COVID have changed. Instead, it means that COVID will likely be with us for a while, and precautions such as annual vaccinations, good hygiene, and mask-wearing at times will be needed to reduce the risk of infection or severity of COVID illness.

# Help Texans stay informed

Some Texas community members might be confused if they start hearing that COVID is endemic. Share the digital assets below to help increase awareness and understanding.

This week's report is based on responses from a panel of 563 adult residents of St. Louis, MO (n = 145), Omaha, NE (n = 82), Texas (n = 84), Baltimore, MD (n = 125) and Colorado (n = 132) surveyed August 10 - 12, 2024. Explore these data and more at [iHeard Texas](https://www.iheart.com/news/heard-texas/).

## Shareable Resources

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Remember to include #iHeardTexas #iHeardTX when sharing on social media!

### COVID Endemic in the U.S.!

COVID-19 endemic  
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### Is COVID-19 “endemic” in the U.S.?

CDC has said that COVID can now be described as “endemic” throughout the world.”

Swipe to learn more

Source: CDC

COVID-19 endemic  
iHeard Texas

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### Which “-demic” is it?

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Endemic	Epidemic	Pandemic
A disease is <b>endemic</b> in an area when it is always present and spreads in predictable ways.	An <b>epidemic</b> is a sudden rise or outbreak in cases of a disease in a particular location.	A <b>pandemic</b> is when a disease outbreak spreads across many places, as COVID did in early 2020.

Source: CDC, Wellcome

### What if COVID is endemic?

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Being endemic does NOT mean that...

- ✗ COVID has gone away or is less serious.
- ✗ Guidelines for preventing or treating COVID have changed.

It DOES mean...

- ✓ COVID will likely be with us for a while.
- ✓ Precautions like yearly vaccines, good hygiene, and occasional mask-wearing will help reduce COVID risk and severity.

*Suggested Caption:*

Has COVID-19 become “endemic” in the United States? CDC says yes, but some disagree. What does endemic mean, and why does it matter? Swipe to learn more.

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## COVID Endemic Fact Sheets!

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#### Epidemic

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#### Pandemic

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Source: CDC, Wellcome

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