

Together We Thrive

Arizona and COVID-19: Summer 2023

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It has been three and half years since COVID-19 first appears in Wuhan, China. The World Health Organization and the Biden Administration have declared the COVID-19 global/United States public health emergency are over. Even with the change in emergency status, the virus is still with us. Unlike the previous three summer case surges, so far, this summer Arizona and Pima County have not had a surge, and the case numbers have been low (see Figures 1 and 2).

Figure 1. Arizona Weekly COVID-19 Cases: January 1, 2020 to July 15, 2023

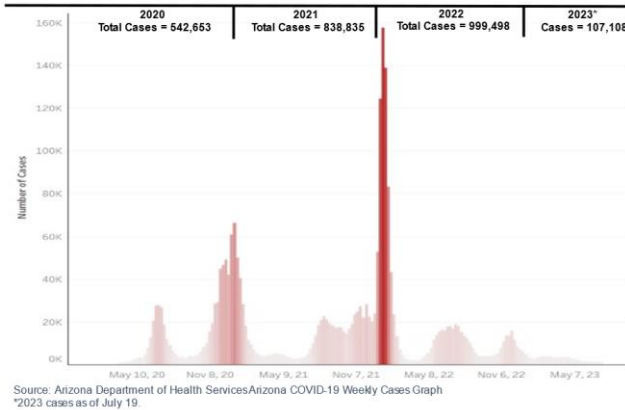
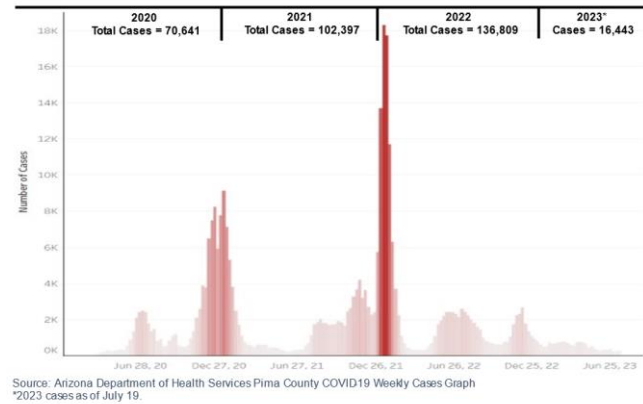


Figure 2. Pima County Weekly COVID-19 Cases: February 1, 2020 to July 15, 2023



This is a good time to build up your immunity by improving your health. You should eat healthy, exercise regularly, stay hydrated -- drink plenty of water, enjoy the outdoors, reduce your stress, re-establish your support network, and get plenty of sleep/rest to build up your immune system.

Most cases are *mild or moderate*, and few cases are *severe* (require hospitalization and/or result in death). Arizona and Pima County four-week COVID case, hospitalization, and death numbers are shown on Tables 1 and 2.

Table 1. Arizona Total and Weekly Numbers of COVID-19 Cases, Hospitalizations, and Deaths

Date	Total Cases	Weekly Case	Total Hospital	Weekly Hospital	Total Deaths	Weekly Deaths
06-28-2023	2,484,420	1,338	140,006	190	33,602	24
07-05-2023	2,485,727	1,307	140,194	188	33,609	7
07-12-2023	2,486,670	943	140,383	189	33,628	19
07-19-2023	2,488,094	1,424	140,570	187	33,646	18

Source: Arizona Department of Health Services COVID-19 Dashboard. Arizona 2021 population est. is 7,285,370, July 1, 2021 – Arizona OEO.

Table 2. Pima County Total and Weekly Numbers of COVID-19 Cases, Hospitalizations, and Deaths

Date	Total Cases	Weekly Case	Total Hospital	Weekly Hospital	Total Deaths	Weekly Deaths
06-28-2023	325,487	248	15,783	19	4,379	0
07-05-2023	325,803	316	15,802	19	4,379	0
07-12-2023	325,955	152	15,824	22	4,383	4
07-19-2023	326,290	335	15,841	17	4,388	5

Source: Arizona Department of Health Services COVID-19 Dashboard. Pima County 2021 population est. is 1,058,318, July 1, 2021 – Ariz. OEO.

There will be weekly case fluctuations, but the numbers of severe COVID-19 cases and deaths in Arizona and Pima County remain low because of the high level of population immunity, the availability of drugs in treating the virus, and most Omicron variant cases are mild or moderate.

Be safe, and stay healthy, calm, and positive.

07-20-2023 hje