



**The Arizona health system is teetering on the edge of a crisis.**

Our hospital beds are filled with critically ill people. The number of COVID-19 patients is increasing and our hospitals are reaching their limits.

Our healthcare workers are stretched thin. They have given their all to keep patients safe and help them heal during a relentless pandemic for almost two years.

We want to be there for you in the event of an emergency. Care in our hospitals is safe, but our ability to provide safe care is in jeopardy. We need your help.

**Do your part**

- Get your COVID-19 vaccinations and booster along with your flu shot to avoid serious illnesses that will likely require hospitalization.

**Get the right care when you need it**

- While we are experiencing a surge in patient visits, consider your options for care. If you do not require emergency care, consider discussing your symptoms with your primary care provider, having a telemedicine visit or going to urgent care to help you avoid long waits in the emergency room.

**MESSAGE BROUGHT TO YOU BY ARIZONA HOSPITAL AND HEALTHCARE ASSOCIATION MEMBERS:**



**For more information visit [slowthespreadaz.org](http://slowthespreadaz.org)**