



Just a week ago, healthcare leaders were warning us about the Delta variant of COVID-19 spreading through the United States. One week has passed and it has exploded with high transmission rates across most of our nation. There are many questions about this variant and what it means for our health and everyday activities, so we wanted to provide you with some answers on what is currently known.

The Delta variant of COVID-19 is extremely transmissible. In fact, studies show vaccinated people can get and spread this variant as easily as unvaccinated individuals. This is different than the original strain of COVID-19 where vaccinated individuals had a significantly lower chance of getting or spreading COVID-19.

Here are some common questions and answers regarding the Delta variant:

### **If vaccinated and unvaccinated individuals can both spread the Delta variant, what is the benefit of being vaccinated?**

Despite both unvaccinated and vaccinated being able to get and transmit the Delta variant, national estimates show there is a much greater risk of severe disease, hospitalization, and death among the unvaccinated. In fact, if you are vaccinated and do happen to contract a breakthrough case of COVID, there is a 99.99% chance it will not lead to hospitalization or death.

### **I got my vaccine, but now you are telling me I can get and transmit the Delta variant. How do I protect myself and those around me?**

Continue practicing safe measures like hand washing, mask-wearing, and social-distancing whenever possible – especially mask wearing in public indoor spaces.

## **I didn't receive a vaccine. Are masks, handwashing and social distancing my only options to protect myself?**

No, absolutely not. The COVID-19 vaccine is the best tool you have to actually protect yourself. It is not too late to get vaccinated. Protect yourself and your loved ones by getting vaccinated as soon as possible. If you have questions, contact your health care provider for help.

## **I am still confused, COVID vaccines prevent more than 90% of severe occurrences of COVID, but they may be less effective at preventing infection or transmission?**

Yes, this is true with the Delta variant. Your COVID vaccine still provides amazing protection from severe disease, hospitalization, and death. However, you will need to resume measures like masking in public indoor spaces, hand washing and social distancing to decrease infection and transmission – just like we did with the original strain until vaccines were available.

If you have more questions or need help finding where you can get a vaccine, contact your Everside Health provider at your clinic for more information. Not all health centers provide the vaccine, but we are happy to assist our patients in gaining access to the vaccine.

Your Everside Health Team