



- The **DELTA** Variant also known as the B.1.167.2 variant is a mutation of the COVID-19 virus that started in India is NOW the predominant variant in the USA.
- It is currently the predominant variant in NJ.
- The **DELTA** Variant is more contagious than other strains of COVID-19 to date. It is called “COVID-19 on Steroids” and is also called the “fastest and fittest” because it can spread so rapidly.
- Variants are determined by the lab. Once a PCR test is positive the lab sends the specimen to the CDC. The CDC then makes the determination through their lab and reports the data to the state Department of Health (DOH). Most people do not know what variant they have, only that they have tested positive.
- What you need to know is that COVID-19 is still here in a newer form that is more contagious.
- It is 225% more transmissible than the original COVID-19 virus. An infected person can easily infect MANY people.
- Symptoms of the **DELTA** Variant appear different from the original virus. The current Top 5 Symptoms for the **DELTA** Variant are:



1. headache



2. sore throat



3. runny nose



4. fever



5. persistent cough.

- **What we know so far...**
  - Most infections are occurring in **unvaccinated** people. It is currently being called the “Virus of the Unvaccinated”.
  - If the **DELTA** Variant continues to move fast it could possibly accelerate the pandemic again. We are facing the most contagious variant yet.
  - People who are infected with the **DELTA** Variant may get sicker; it causes more severe illness than previous strains. Symptoms appear more quickly than in people who got the virus during the first and second wave.
  - What we know so far is that **vaccinated** people can still get it but are at a lower risk of contracting the virus and have a lower risk of hospitalization and death.
  - The vaccines are effective against its symptoms and 96% effective against hospitalization, but a person’s health history and immune system must be considered as well.
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- **There is still more to learn about the DELTA Variant- We are learning something new every day. This virus is continuing to evolve.**
- **Ways to Protect Yourself:**
  - **VACCINATION-** Vaccination is the best way to protect you, your family, and our residents. **Full Vaccination** is still a truly extraordinary defense that we have been given against the pandemic, **DELTA** included.
  - Wearing a mask over your mouth and nose when spending time around people from other households, especially in a poorly ventilated space or crowded area.
  - Keep in mind that people who are not vaccinated tend to cluster socially and geographically, which creates these pockets of vulnerability that allow variants like **DELTA** to spread more easily.
  - Hand hygiene: wash your hands frequently with soap and water or use hand sanitizer.
  - Steer clear of crowded indoor spaces and poorly ventilated areas.
  - Pay attention to local infection rates including the **DELTA Variant Rate** in your area or where you travel.
  - Avoid unnecessary social contact with others when infection rates surge in your area or where you plan to travel.
  - Maintain social distance and wear a face covering over your nose and mouth when around people whose vaccination status is unknown.
  - Eye protection and masks are good source control when out about in crowded spaces.
  - **Protect others by not coming to work if you feel sick. Instead call in and arrange to be rapid tested receive a PCR test.**