AEO INC.

Delta Variant FAQs

What is the Delta variant?

Like all viruses, the COVID-19 virus changes and mutates as it spreads through a population and makes errors in copying its genetic code. Usually these errors are harmful to the virus or do not have an impact, but sometimes a mutation arises that gives the virus an advantage, like making it more contagious. Health officials then classify strains of the virus with distinct groupings of mutations as "variants." Delta is a variant of the original COVID-19 virus that is spreading around the world. It appears to be more transmissible and more contagious than previous strains and is now the dominant strain in the United States.

Click **here** for additional information from the CDC on the COVID-19 variants.

How does it spread?

It spreads in the same manner as the original COVID-19 virus. It can spread through the air, through droplets and, less commonly, on surfaces.

How can I protect myself from the Delta variant?

The best way to protect yourself and others is to get vaccinated. All of the vaccines in the US are effective against the Delta variant and greatly reduce the chance that you will contract or die from COVID-19. It is also important to continue washing and sanitizing your hands. Moreover, you can always choose to wear a mask—particularly if you are with people who are not vaccinated or COVID-19 cases are on the rise in your area. CDC Guidance on daily activities and going out during the pandemic is **here**. If you are fully vaccinated, refer to the CDC guidance for fully vaccinated individuals **here**.

Can I still get COVID-19 if I am vaccinated?

Yes. You can still get COVID-19 if you are vaccinated but the chance is greatly decreased. Vaccines are not (and will likely never be) 100% effective. They have been a tremendous influence on decreasing the incidence of COVID-19 and dramatically reduce death rates from COVID-19. Some of the things that increase your risk of getting COVID-19 are being in crowded spaces, being indoors with poor ventilation, and spending time with unvaccinated people. Your best protection in these cases are wearing masks, keeping distance and opening windows to help with flow. We will need to see exactly how the vaccines hold up as time goes on, but it is reasonable to expect that immunity decreases somewhat as time from vaccination is further away. Depending on when you received the vaccine, you may now be eligible to receive a booster vaccine. See *Booster Info* for more information.

Are people who are not vaccinated more at risk for getting COVID-19 and the Delta variant?

Yes! As the Delta variant spreads more efficiently in groups of unvaccinated people or communities with large amounts of unvaccinated people are more at risk.

Are my unvaccinated children at risk for the Delta variant?

Anyone who is not vaccinated is at a higher risk for contracting COVID-19 and the Delta variant. To help mitigate the risk, children who are not vaccinated can wear masks (especially indoors) and while travelling. Be aware of what is going on in your local community and adjust accordingly. The good news is that kids are still much less likely to have serious complications from COVID-19. If you have a child who is higher risk for complications from COVID-19 be extra careful and maintain stricter precautions.