

Protect yourself and your family against the

COVID-19 DELTA VARIANT

To reduce the risk of becoming infected with the Delta variant and potentially spreading it to others, it's important to understand the latest CDC recommendations.

Fully vaccinated individuals:

- + should wear a **mask in public indoor settings** if you are in an area of substantial or high transmission.
- + might choose to mask regardless of the level of transmission, particularly if they or someone in their household is **immunocompromised** or at increased risk for severe disease, or if someone in their household is unvaccinated.
- + who become infected with the Delta variant **can transmit it to others**. Studies show that vaccinated individuals carry a **similar viral load** of Delta as those who are not vaccinated.
- + face minimal risk when participating in **outdoor** activities.
- + are at low risk during indoor activities, especially in areas with low or moderate transmission. Visit the QR link to view local transmission levels.

Additional facts:

- + People who are at **increased risk** for severe disease include older adults and those who have diabetes, heart conditions or are overweight or obese.
- + Some vaccinated people can have **breakthrough infections**, however the vast majority of people who are hospitalized and have died are unvaccinated.

GET TESTED IF YOU ARE EXPERIENCING COVID-19 SYMPTOMS

If you have questions or concerns about getting vaccinated, contact your medical provider today.



Source: Centers for Disease Control and Prevention
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