

Protecting Yourself From the **Delta Variant** With a COVID-19 Vaccine



What Is the Delta Variant?

As the country reopens, a surge in COVID-19 cases has occurred. According to the Centers for Disease Control data, this surge is primarily due to the Delta variant of COVID-19; it currently accounts for over **80%** of new COVID-19 cases across the country, according to U.S. News. The Delta variant is particularly dangerous because it is around **40%** to **60%** more transmissible than other variants.

Stop the Spread

The easiest way to protect yourself and others from the Delta variant is to get vaccinated against COVID-19. Authorized vaccines in the United States have been found effective against the Delta variant — drastically reducing the likelihood of severe illness, hospitalization and death.

Other effective methods for preventing the spread of the Delta variant include:



Wearing a mask that covers your nose and mouth



Keeping 6 feet of distance between you and those you don't live with



Avoiding large crowds and gatherings



Washing your hands with soap and water

As health experts learn more about the Delta variant, new information and guidance can come out at any time. Following these steps will ensure you're doing your part in mitigating the spread.