

SUNDAY MORNING Health Corner

The Delta Variant: What the Faith Community Needs to Know

Our world is facing circumstances unprecedented in our lifetime. The faith community is a connection that many have sought solace in the time of uncertainty. Here are details the faith community needs to lead the efforts to keep everyone safe admit the **COVID-19 delta variant**.

What is the Delta Variant?

The **Delta variant** is a strain of SARS-CoV-2, the virus that causes COVID-19. This variant is considered more infectious than earlier forms of the virus as it spreads faster and may cause twice as many infections. The Delta variant virus is highly contagious. Scientific data suggests that **those not vaccinated are most at risk**. While people vaccinated are also at risk of breakthrough infection and spreading the virus to others. Breakthrough cases are still considered to be very rare.

What can you do to help protect yourself and others?



Get a vaccine. www.Vaccines.gov helps you find locations that carry COVID-19 vaccines.



Wear a mask. Wear a mask to protect yourself and others and stop the spread of COVID-19.



Physical distance. Stay at least 6 feet (about two arm lengths) from others who don't live with you.



Clean your hands often. You should wash your hands for 20 seconds or with an alcohol-based hand sanitizer that contains at least 60% alcohol when soap is not available.



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