



COVID-19 Delta Variant

We're Not Out of the Woods

What is a Variant?

Viruses commonly mutate over time, changing the way they are structured and how they spread among populations and infect individuals. A variant of a virus is its mutated version. There are several variants of the coronavirus. However, the Delta variant – which was first traced to India in late 2020 – is currently the most concerning.



The Delta variant is very contagious.

The Delta variant is more contagious than other virus strains. COVID-19 infections remain more severe in dialysis patients and the risk of dying from COVID-19 is higher. Remember to wear your mask at all times, stay six feet apart from people who don't live in your household, and wash your hands often.



Delta variant symptoms are different.

Scientists believe the Delta variant may make you sicker than other virus strains and increase your risk of hospitalization. Headache, sore throat, runny nose, and fever are the most common symptoms. Cough and loss of smell are not as common.



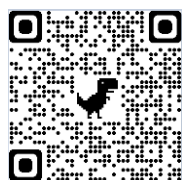
Delta could lead to fast breakouts.

The Delta variant moves quickly from person to person, especially between those not vaccinated. Make sure you and the people around you are vaccinated. This can help stop a breakout from happening in your facility, family, or community.



Get the COVID-19 vaccine.

People who have not been fully vaccinated against COVID-19 are most at risk. Ask the staff at your dialysis facility where you can get the vaccine or use your smartphone to scan the QR code on this flyer.



Learn More

Adapted from "5 Things to Know about the Delta Variant" by Kathy Katella, accessed <https://www.yalemedicine.org/news/5-things-to-know-delta-variant-covid>, and "Variants of the Virus," accessed <https://www.cdc.gov/coronavirus/2019-ncov/variants/variant.html>.