



What you need to know about COVID-19 Delta Variant: A message from San Felipe Health & Wellness

The Delta variant is a new strain of the COVID-19 Virus that causes more infections and spreads faster than early forms.

Over 90% of the current U.S. cases of COVID-19 are the Delta variant.



To prevent the spread, it is very important to:

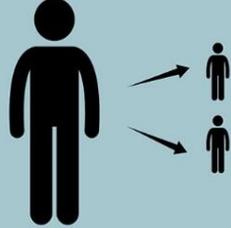
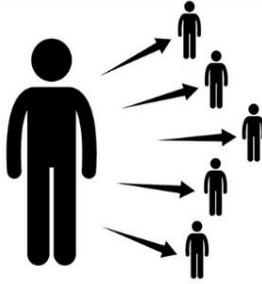
- Wash your hands regularly
- Clean surfaces that are touched by others (doorknobs, handles, etc.)
- Wear a mask **even if vaccinated**. Breathing and talking sends the virus into the air.
- **Get Vaccinated**. The vaccine will help your body fight the virus if you get it. Even after vaccination, you **can still pass COVID-19 to your friends and family**. That's why it's important to wash your hands and ***always*** wear a mask.



Why You Should Wear A Mask:

- Wearing a mask is **one way to reduce the spread** of Delta and other variants.
- CDC recommends vaccinated people should **wear a mask indoors when other people are around to protect yourself and others**.
- **A mask reduces the chances of infection** if you have a medical condition, are older in age, or live with someone who could get very sick from COVID-19.
- If you have a condition or are taking medications that weaken your immune system, **you may not be fully protected even if you are fully vaccinated**. Wearing a mask acts as a layer of protection for you and others.
- **If you are not vaccinated**, a mask will reduce the risk of you getting COVID-19.

The Delta variant is more contagious than previous strains—it may cause more than **2x** as many infections

ORIGINAL COVID-19 STRAIN	DELTA VARIANT
	

Vaccines protect you from hospitalization, severe infections, and death

 [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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Avoiding Gatherings:



- **Not all people with COVID-19 have symptoms** and they could spread the virus to many people without knowing it.
- **Not all people are vaccinated** and infections could result in serious illness and complications

For more information on vaccinations and testing, please call IHS Health Clinic at 505-867-2739 or SF East Clinic at 505-771-7205