

The TRUTH About COVID-19 VARIANTS



We know there's a lot of information out there.
We're here to share the **FACTS** about **COVID-19** variants.

What do I need to know?



All viruses change over time. When they change, they are called "variants." SARS-CoV-2, the virus that causes COVID-19, also has variants.



Variants can affect how a virus:

- spreads
- responds to treatment
- affects people (severely or not).



As of now, there is no proof that the new variants cause more severe illness. Most people will have mild symptoms such as: cough, sore throat, runny nose, sneezing, body aches, and tiredness.



According to the Centers for Disease Control and Prevention (CDC), the 2023-2024 COVID-19 vaccine should reduce severe disease and hospitalization.



The CDC continues to track and monitor new strains and will share information as it becomes available.



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How can I protect myself, my family, and my friends?

▶ Although we don't know how quickly the new variants spread, they spread the same way as other variants. Take these steps to protect yourself and others from infection:



- Get vaccinated, even if you already had COVID-19. Check with a health care provider to see if you should get flu and RSV vaccines, too.
- Stay at home if you are sick or if you think you were exposed to COVID-19. Get tested if needed and speak with a health care provider.
- Ask a health care provider about treatments if you have COVID-19 and are at high risk of getting very sick.

How do I get the right information?

▶ Only follow trusted sources, like the CDC, New Jersey Department of Health, and the American Academy of Pediatrics, to name a few.

▶ Speak with trustworthy medical experts like your health care provider about the COVID-19 vaccine. Ask about information you find online.

Help others get the right information, too!
Don't share information unless you know it is true.

FOR MORE INFORMATION:

Find an Appointment: vaccines.gov

CDC COVID-19 Tracker: covid.cdc.gov/covid-data-tracker

CDC Vaccines for Children Program: cdc.gov/vaccines/programs/vfc