

# COVID-19 Variants: What You Need to Know

## FACTS ABOUT VARIANTS



- Variants (strains) are different versions of a virus that constantly change over time. Variants can spread more easily or cause people to get sicker.
- The Centers for Disease Control and Prevention (CDC) continues to closely track how variants change and how they may affect our health.

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## GET VACCINATED AND PROTECT YOURSELF FROM COVID-19 VARIANTS



- Get the 2024-2025 COVID-19 vaccine to stay protected against the most current strains. The vaccines were updated to match current strains.
- People who are unvaccinated, or are not up to date, have a higher chance of getting very sick, being hospitalized, or dying from COVID-19.

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## WHERE TO FIND COVID-19 VACCINES



- Visit [nj.gov/health/vaccines/covid-19](https://nj.gov/health/vaccines/covid-19) or scan the QR code.
- Visit [vaccines.gov](https://vaccines.gov).
- Call the CDC Information Line at **1-800-232-0233**



For CDC's COVID-19 variant tracker, visit [covid.cdc.gov/covid-data-tracker/#variant-summary](https://covid.cdc.gov/covid-data-tracker/#variant-summary).

For variant monitoring in New Jersey, visit [nj.gov/health/cd/statistics/covid/index.shtml](https://nj.gov/health/cd/statistics/covid/index.shtml)