

## What You Need To Know

# COVID-19 Delta Variant

The COVID-19 Delta variant, a highly contagious SARS-CoV-2 virus strain, is currently the dominant strain in the United States (US). The Delta variant was first identified in India in December of 2020, then detected in the US in March of 2021, followed by San Diego in April of 2021. See below to learn more about the Delta variant and how it may impact you and the San Diego community.

BE COVIDSAFE ✓

## WHAT is the Delta Variant?

- First identified in India, variant B.1.617.2, became reclassified as a more severe [variant of concern from a variant of interest](#) in June of 2021 by the Centers for Disease Control and Prevention (CDC).
- Variant B.1.617.2 was labeled “Delta” by the World Health Organization (WHO) in May of 2021.
- By the end of July, the variant was the cause of more than 80% of infections in the US, largely among unvaccinated people.

## WHY are experts concerned? Why should we be concerned?

- **Easily Spread** — Delta is spreading 50% faster than the Alpha variant, which was 50% more contagious than the original strain of SARS-CoV-2. Nationwide, Delta is outcompeting all other variants and becoming the dominant strain.
- **More Severe and Contagious** — 96 countries to date have reported cases of the Delta variant. It is estimated that the average person infected with the original coronavirus strain may infect 2.5 other people. However, Delta would spread from one person to possibly 3.5 or 4 other people.
- **Symptoms Are Different** — Experts note that Delta variant symptoms like cough and [loss of smell](#) are less common. Headache, sore throat, runny nose, and fever seem to be more common based on [recent surveys](#).

## WHO is at greatest risk?

- A [recent study from the United Kingdom \(UK\)](#) showed that children and adults under 50 were 2.5 times more likely to become infected with the Delta variant, with most infections occurring in the unvaccinated population.
- As older age groups get vaccinated, those who are [younger and unvaccinated will be at higher risk](#) of getting COVID-19 with any variant. However, [current research](#) shows those who are vaccinated are still well protected against the Delta variant.

## HOW can I protect myself and my family?

- The most important thing you can do to protect yourself and others from Delta is to get fully vaccinated.
- Whether or not you are vaccinated, it’s also important to follow the CDC’s safety guidelines that are available for [vaccinated](#) and [unvaccinated](#) people.
- If you are showing symptoms or have been exposed and are not vaccinated, please first contact your healthcare provider. Visit [Coronavirus-SD.com/Testing](#) for more options.
- If unable to receive the vaccine due to a history of severe allergic reaction (e.g., anaphylaxis) or known (diagnosed) allergy to a [component of the COVID-19 vaccine](#), speak with your medical provider to see if the COVID-19 vaccine is safe for you. Continue taking steps to protect yourself and others in many situations, such as washing your hands, watching your distance, and wearing a mask in certain settings to Be COVIDSafe.

## WHERE can I get vaccinated?

- COVID-19 vaccinations are safe, convenient, and available from multiple vaccine providers.
- Most sites don’t require an appointment, but available if preferred. Visit [Coronavirus-SD.com/Vaccine](#) or call [2-1-1](#) to find a location nearest you.

For more information on COVID-19 vaccines, please visit:

[coronavirus-sd.com/vaccine](https://coronavirus-sd.com/vaccine)



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