

OMICRON : WHAT WE KNOW

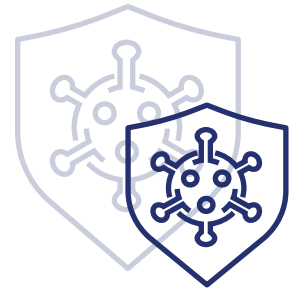
What is the Omicron variant?

Viruses, like the one causing COVID-19, are always changing. A big change is called a variant. Some variants can be more dangerous and/or spread more easily. Omicron is a variant that spreads easily.



How can you protect yourself and your family?

The best way to protect yourself, family and community from COVID-19 is to wear a mask and have everyone 5 years and older in your family fully vaccinated as soon as possible. Those not vaccinated are much more likely to get infected with a variant, get seriously ill, and spread it to others.



What about boosters?

Scientists have found that with some vaccines a person's protection decreases over time, and a booster shot helps them stay protected. COVID-19 boosters may also help protect you from new variants. You should get a booster if it has been:

- more than **5 months** since your second dose of a two-shot vaccine (**Moderna or Pfizer**)
- **2 months** since your first dose of a one-shot vaccine (**Johnson & Johnson**)
- More than **6 months** since your last dose of a vaccine you got in another country

More ways to keep yourself and others safe:



Wearing masks



Practicing social/
physical distancing



Avoiding large
gatherings



Washing hands
frequently



Staying home
when sick



Getting tested
immediately for
COVID-19 if you
have symptoms