GET THE FACTS.

COVID-19 VARIANTS: WHAT YOU NEED TO KNOW

LEARN ABOUT OMICRON

Viruses are always changing. When a big change happens, scientists call it a new variant. Some variants are less harmful, while others are dangerous.

Scientists are concerned about variants that are easier to catch and spread to others, or that cause more severe illness.

Many people of all ages are getting sick from COVID-19 variants, including adults, teens and children.
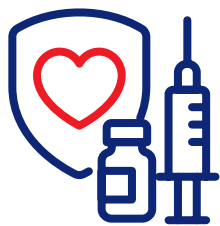
VACCINES PROTECT AGAINST COVID-19 VARIANTS

The best way to protect yourself, your family, and your community from variants is to stay up-to-date with your COVID-19 vaccines. Vaccines are:

- ✓ **SAFE:** The vaccine has been proven safe millions of people, including those of different races, ethnicities and ages. It is much more likely that you will have serious complications from COVID-19 than from a vaccine.

- ✓ **EFFECTIVE:** The vaccine protects you against getting COVID-19 variants. The vaccine also prevents you from getting seriously ill and dying if you do get sick.

- ✓ **FREE:** Vaccines are free for everyone, regardless of your immigration status or whether you have an ID or medical insurance.

If you are not up-to-date, you are much more likely to get infected with COVID-19, get dangerously ill or die, and spread it to others.

NRC-RIM
National Resource Center for Refugees, Immigrants, and Migrants

For more information: cdc.gov/coronavirus

YOU CAN STOP DANGEROUS VARIANTS BY GETTING VACCINATED

Getting our entire communities vaccinated is one way to prevent dangerous variants from developing in the first place.

The best way to protect yourself, your family, and your community from variants is to stay up-to-date with your COVID-19 vaccines.
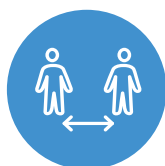
2 WEEKS

It takes two weeks after your last shot to get all the protection the vaccines offer.

PROTECT YOURSELF AND YOUR COMMUNITY FROM COVID-19 VARIANTS

Some variants of COVID-19 is are much easier to catch and spread to others. Protect yourself and your community by getting vaccinated and:

Wearing a mask.

Practicing social distancing.

Avoiding gatherings with many people.

Disinfecting high-touch areas.

Washing your hands frequently.

You can stop dangerous variants by getting vaccinated.

HELP STOP COVID-19.

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