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).

▷ Currently, the new variants common in NJ include XBB, FL.1.5 and EG.5. The variant BA.2.86 was also recently found.

▷ 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.

The TRUTH About
COVID–19 VARIANTS

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:
CDC COVID-19 Tracker: covid.cdc.gov/covid-data-tracker
CDC Vaccines for Children Program: cdc.gov/vaccines/programs/vfc

Created: September 2023