How can you stay safe from COVID-19 variants?

Multiple variants of the virus that cause COVID-19 have been identified in the United States and globally during this pandemic, including in Virginia.

What you need to know:

- These COVID-19 variants spread more rapidly and might cause more severe illness.
- Rapid spread could lead to more cases, more deaths, and could overwhelm hospitals and healthcare resources.
- The more the COVID-19 virus circulates, the greater the chances that new mutations or variants can arise/develop.
- A variant could arise that could make current vaccines less effective.

It’s more important than ever to keep taking steps to protect yourself and others.

Masks can help stop variants

Public health recommendations (such as wearing a mask) will help slow the spread of the virus that causes COVID-19, including new variants.

- Wear your mask properly so that it covers both your nose and mouth.
- Make sure your mask fits snugly with no gaps.
- Knot and tuck ear loops of a 3-ply mask for a better fit.

Keep yourself and others safe

To keep the pandemic from going on longer, prevention measures need to be continued.

- Wear a mask inside and outside when you are around people not in your own household.
- Stay at least 6 feet apart from other people.
- Keep away from large crowds.
- Wash your hands often.
- Get the COVID-19 vaccine when it’s your turn.

Sign up for your free COVID-19 vaccine. Learn more at Vaccinate.Virginia.gov or call 877-VAX-IN-VA.