

COVID-19 Variants

What are variants?

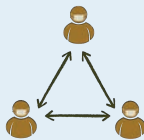
- Viruses naturally change over time, causing new variants.
- Some variants develop and disappear, while others stay and continue to spread (like Delta and Omicron).

What do I need to know about variants?

- If you have already had COVID-19, it **is** possible to get infected again.
- Sometimes new variants have different symptoms, which can be either mild or severe.
- Some variants may spread more easily or become resistant to existing treatments or vaccines.

The best ways to keep myself and my community protected from new variants are:

- Stay informed
- Get vaccinated
- Get the booster shot when you become eligible
- Test yourself before gatherings if you have symptoms or have been exposed
- Wear your mask *
- Stay 6-feet (2 meters) away from others when possible
- Avoid crowds
- Gather in ventilated areas
- Wash your hands regularly



* If you live in an area with high COVID-19 community levels or are at risk of getting very sick from COVID-19.

For more information, hover your camera over the QR code



Una Voz Para La Salud
Call for Health

For more information call the Call for Health line toll-free at:
1 (800) 377-9968 or WhatsApp to **+1 (737) 414-5121**.

COVID-19 Boosters

What are booster shots?

- A booster shot is another dose of a vaccine that you get after the primary dose or series is given.

- COVID-19 Booster shots contain the same ingredients as the primary dose/series.
- Booster shots are proven to be safe and effective.

Why do I need a booster shot?

- Vaccines are very effective in protecting you from hospitalization and death from COVID-19; however, researchers have found that protection from the vaccines decreases over time.
- A booster shot “boosts” your body’s defenses to keep you protected.
- Booster shots can protect you from COVID-19 by:
 - Keeping you from getting seriously ill if you get infected
 - Preventing hospitalization and death
 - Lowering the spread of the virus



When am I eligible for a booster shot?

Teens 12-17	Anyone 18+	
5 months after the second dose of the Pfizer vaccine *	5 months after the second dose of the primary series of Pfizer or Moderna vaccines *	2 months after the Johnson & Johnson vaccine *

Based on your individual circumstance, you may qualify for a second booster. Contact your healthcare provider for more information.

* You can receive a Pfizer or Moderna booster shot, regardless of the brand you received in your primary series.

Are you a farmworker in the United States and have questions about variants or booster shots? Phone the Call for Health line toll-free at: **1 (800) 377-9968** or WhatsApp to **+1 (737) 414-5121**.



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