

# COVID-19



Some may 'think' that - **1)** wearing a mask - or **2)** continuing to practice social distancing - are not necessary - especially if they've already been infected with COVID-19 - or vaccinated for COVID-19. Understand → COVID-19 can be **LETHAL**!

Says [Dr. Abinash Virk](#), infectious diseases expert at the Mayo Clinic: “*Even those who ‘have already been’ vaccinated for COVID-19 - still need to ... a) continue wearing a mask ... b) continue practicing social distancing ... c) continue washing their hands*”.

Since the COVID-19 pandemic began, several “variants” of the virus have emerged. But the one named **Delta** is [currently] the ‘most severe’ of them all. This “highly contagious variant” was first identified in India, in Dec / 2020, Within 6 months, it spread to 85 countries, and is now in all 50 states of the USA, where it's [again, currently] become the “dominant strain” of the **COVID-19** Virus.



**Protect yourself.  
Protect others.  
Get vaccinated.**

**From The CDC** - Different COVID-19 Vaccines:

Vaccines are now widely available. In most cases, you do need an appointment - but do not wait for any specific brand - they're all Ok.

**Needle** - Learn how to find a [proven] COVID-19 **vaccine** - get vaccinated - get it as soon as possible! All currently authorized, and recommended, COVID-19 vaccines: are safe, are effective, and reduce your risk of severe illness. The CDC does not recommend any one vaccine over another.



# COVID-19 VACCINES



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**Pfizer** (USA + Canada) - People 12 years and older - **2** shots

[Given 3 weeks (21 days) apart - 2 weeks after your second shot]

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**Moderna** (USA + Canada) - People 18 years and older - **2** shots

[Given 4 weeks (28 days) apart - 2 weeks after your second shot]

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**Johnson & Johnson** (USA + Canada) - People 18 years and older - **1** shot

[Given about 2 weeks apart - after your first shot]

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**AstraZeneca** (Canada only) – People 18 years and older - **2** shots

[Given 4 to 12 weeks apart - after your first shot]

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## **According to the CDC ...**

**1)** If you have had a severe allergic reaction (anaphylaxis) - or an immediate allergic reaction - to any ingredient in the vaccine you receive, you should not get that vaccine. If you have been instructed not to get one type of COVID-19 vaccine, you may still be able to get another type. Learn more information for people with allergies.

**2)** You should get your second shot as close to the recommended [3-4-12 week] interval as possible. However [with the exception of AstraZeneca], your second [2<sup>nd</sup>] shot could be given up to 6 weeks (42 days) after the first [1<sup>st</sup>]dose, if necessary.

## **Vaccines in Phase 3 Clinical Trials**

Large-scale (Phase 3 / Booster) clinical trials are in progress [or being planned] for the COVID-19 / DELTA vaccines - at least, in both the United States and Canada.

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**COVID IS STILL “OUT THERE”!**

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