



## Don't let your guard down

As much as we'd all like to be "out of the woods" and over the pandemic, we're not there yet. The Delta variant of COVID-19 is rapidly spreading, bringing new concerns, especially for those who are unvaccinated. Click [here](#) to see how COVID-19 cases have increased across North Carolina.

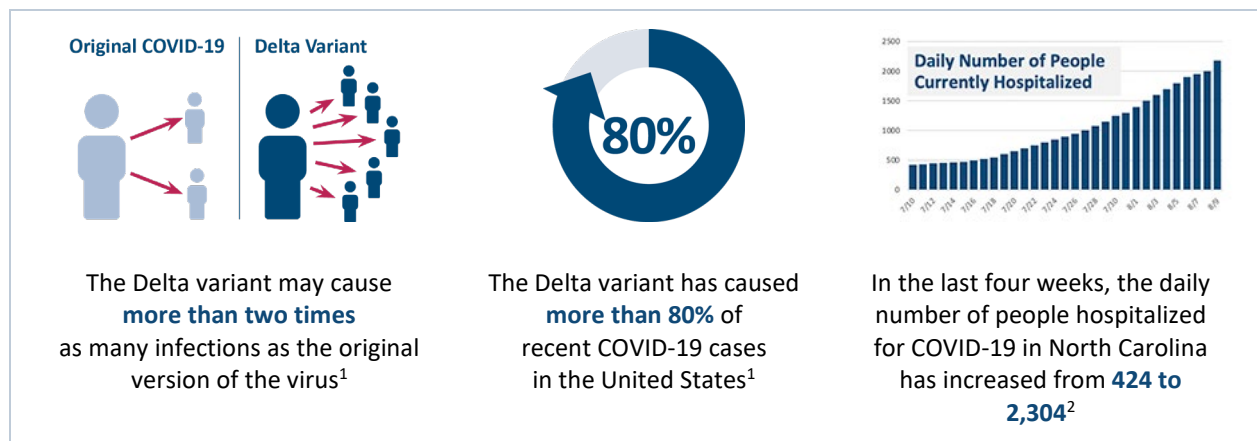
### 3 THINGS YOU SHOULD KNOW ABOUT THE DELTA VARIANT

1. **It's more contagious than the other virus strains.** The World Health Organization (WHO) has called the Delta variant "the fastest and fittest" version of the virus.
2. **If you aren't fully vaccinated, you're at a higher risk.** More than 97 percent of patients hospitalized with COVID-19 are unvaccinated. This makes getting vaccinated an important consideration for everyone that is eligible for the vaccine (currently ages 12 and up are eligible).
3. **Even vaccinated people can be infected.** The good news is that, thus far, those who are vaccinated are having less severe symptoms and a lower chance of hospitalization.



Click [here](#) to listen as UNC School of Medicine infectious diseases experts Cindy Gay, MD, and David Wohl, MD, answer questions about the COVID-19 Delta variant and vaccine efficacy and safety.

### DELTA IS A "VARIANT OF CONCERN"



<sup>1</sup> Centers for Disease Control and Prevention (CDC)

<sup>2</sup> DHHS COVID Dashboard on August 10, 2021

# Vaccination is our best shot against COVID-19

Health experts are saying that the most important thing you can do to protect yourself against COVID-19, including the Delta variant, is to get fully vaccinated. It helps protect you—and those around you.

## 3 EASY WAYS TO FIND VACCINES NEAR YOU:

1. Visit [vaccines.gov/search](https://www.vaccines.gov/search)
2. Text your ZIP code to 438829
3. Call **800-232-0233**

### Not concerned about getting the Delta variant?

Keep in mind that the Delta variant is affecting children and more young people than the original virus. With children under 12 not yet eligible for the vaccine, those of us who are eligible and choose to get vaccinated can help to protect this group.

## Safety precautions continue to be essential

It's important for us all to continue to follow CDC prevention guidelines, such as wearing face masks indoors and in crowded outdoor settings and doing social distancing where feasible. But it's even more important to do these things if you choose not to get vaccinated, because you will have a greater risk of becoming seriously ill or hospitalized if infected by COVID-19. Visit the [CDC website](https://www.cdc.gov) for the latest prevention guidelines to help protect yourself and others.

## Resilience is more important than ever

How you deal with the uncertainty and prolonged adversity can affect your current (as well as your long-term) well-being. That's why it's so important to build resiliency. A good starting point is a [Beacon Health assessment](#) to find out how resilient you are. If you find you're not as resilient as you'd like to be, take advantage of other resources on the Beacon Health website, or contact the University's Employee Assistance Program (EAP). Each UNC constituent institution has an assigned phone number. Go [here](#) and scroll down to the contact chart to get the right number for you. Don't forget, the EAP also offers online resources via [Guidance Resources](#).

### IF YOU HAVEN'T DONE SO ALREADY, BE SURE TO CHECK OUT THE UNC SYSTEM'S COVID-19 RESILIENCE WEBSITE

The [COVID-19 Resilience Website](#) offers resources to help you cope with stress and build resiliency.

