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.

DELTA IS A “VARIANT OF CONCERN”

The Delta variant may cause more than two times as many infections as the original version of the virus.

The Delta variant has caused more than 80% of recent COVID-19 cases in the United States.

In the last four weeks, the daily number of people hospitalized for COVID-19 in North Carolina has increased from 424 to 2,304.

1 Centers for Disease Control and Prevention (CDC)
2 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
2. Text your ZIP code to 438829
3. Call 800-232-0233

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 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.

If it matters to you, it matters.