



First Nations Health Authority
Health through wellness

How to protect yourself from the COVID-19 Delta Variant

WHAT WE KNOW

- The COVID-19 Delta variant is spreading fast. In some areas it accounts for almost all new cases
- It is much easier to pass on than other COVID-19 strains
- Two vaccine doses can reduce the risk of serious outcomes to almost zero
- As more people become fully vaccinated, the number of cases will fall

WHAT YOU CAN DO TO PROTECT YOURSELF AND OTHERS

- Get vaccinated!
- Wear a mask in public indoor settings and wash your hands frequently
- Keep your social circle to a trusted few, and keep physically distanced (6 feet, 2 metres) from those outside it
- Stay home when sick

GET SUPPORT

- Vaccines are free and safe for everyone 12 and over
- Anybody can get a free COVID-19 test
- If you test positive, FNHA isolation supports are available
- If you have any doubts or questions please consult your nurse practitioner, doctor, or contact First Nations Doctor of the Day on [FNHA.ca](https://fnha.ca)

To find a Drop-in Vaccination Clinic near you, visit: gov.bc.ca/vaxforbc