

# What are COVID-19 variants?



COVID-19 is a virus. Viruses change all the time. It is common for this to happen with a virus. For example, the flu is a virus and it changes each year. A virus looks like a ball with spikes coming out of it.

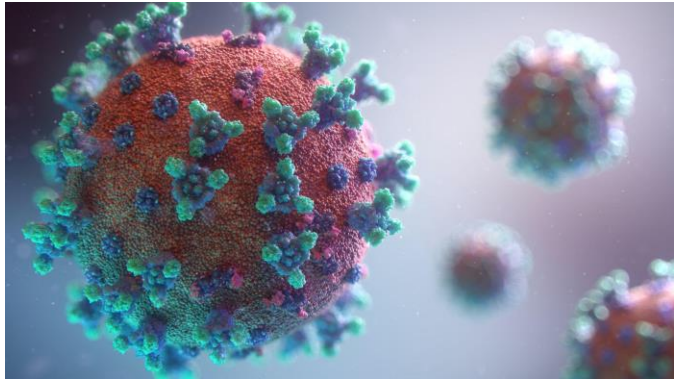
There is more than one kind of COVID-19. The different kinds are called variants. They are a little the same and a little different.

[https://www.youtube.com/watch?v=CqVqFQRqQAE&list=PLEHWL7i0kECV61\\_u5711vw61xL2UNFusk](https://www.youtube.com/watch?v=CqVqFQRqQAE&list=PLEHWL7i0kECV61_u5711vw61xL2UNFusk)



point where I felt that I should get vaccinated, in order to be able to get out of the house, visit with

# What are COVID-19 variants?



Scientists watch for changes in the virus, like changes in spikes.

More than one kind of COVID-19 is going around the world. You might have heard in the news people talking about the Delta Variant in the United States.

# Why do COVID-19 variants, like the Delta Variant, matter?



It is important to know about COVID-19 variants. Some kinds of COVID-19 are easier to get. Some kinds of COVID can make people more sick than others.

## Why do COVID-19 variants, like the Delta Variant, matter?



The Delta Variant of COVID-19 can spread from person to person very easily. It is spreading quickly across the country.

People who did not get a vaccine are getting sick. More than 1,200 people are dying every day.

# ■ What are COVID-19 vaccine booster shots?



There are 3 kinds of COVID-19 vaccines. Two of the vaccines have two shots. They are called Moderna and Pfizer (Pfizer is also called Comirnaty (koh - MEER - nah - tee). One of the vaccines has one shot. It's called 'Johnson and Johnson' or 'J and J'.

## ■ What are COVID-19 vaccine booster shots?



Scientists watch and test the vaccines to make sure they keep people safe over time. Now scientists found that people who got a two-shot vaccine need a third shot to stay safe because of the Delta Variant.

## ■ What are COVID-19 vaccine booster shots?



This extra shot is called a booster shot. Over time your body needs more vaccine to keep fighting off the virus. Lots of other vaccines have booster shots, too. For example, you get a flu booster shot to keep you safe from the flu each year.

The COVID-19 booster shot is safe. It keeps you from getting very sick and dying from COVID-19.



## How do I know if I need a COVID-19 booster shot?

You will need a booster if you got one of the vaccines that has two shots. These are called Pfizer (or Comirnaty) and Moderna.

If you got the one-shot vaccine, you do not need a second shot. This shot is called the Johnson and Johnson. Scientists are still testing to see if people who got the one-shot vaccine need more to keep them safe over time.

You can check your vaccine card to see which kind of vaccine you got before.

## How do I know which COVID-19 booster shot to get?

You must get the same kind of shot for your booster. For example, if you got the Pfizer shot, then you would get the Pfizer booster. If you got the Moderna shot, then you would get the Moderna booster. You can check your vaccine card to see which kind you got before.

## Should I get a COVID-19 booster shot now? How do I know when to get mine?

Ask your doctor when you should get your COVID-19 booster shot.

People over 65 who got a Pfizer shot will get a booster shot 6 months after their second shot. For example, if you got your second COVID-19 shot on [April 1st](#), you should get a third shot around December 1st.

Some younger people will need to get it now because they have a weak immune system. Your immune system is the parts of your body that keep you from getting sick. For example, people who have cancer might have a weak immune system. If you have a weak immune system, you may need to get a booster shot soon to stay safe from the Delta Variant. Talk to your doctor to find out if you have a problem with your immune system and should get your booster shot now.

# Where can I get a COVID-19 booster shot?

You will be able to get your COVID-19 booster shot at many places. You can go to pharmacies, like CVS or Walgreens. You can go to some grocery stores. Many states [will also come to your home to give you a vaccine](#). If you are not sure where to get your shot, you can:

1. Call the DIAL help line at 888-677-1199 for free help
2. Look online at [www.vaccines.gov](http://www.vaccines.gov)
3. Ask a trusted family member, friend, support staff, or your doctor's office for help

## What will happen if I choose to not get a COVID-19 booster shot?

You might catch COVID-19 and get sick.

The vaccine gave your body lots of protection from COVID-19. Over time, it wears out. It is like running low on gas. A booster shot is like filling up your tank. You need more vaccine to avoid getting COVID-19. The booster protects you from getting very sick.

For example, you get your flu shot each year to keep protection from getting sick from the flu.

[https://www.youtube.com/watch?v=nVdAwGuXi50&list=PLEHWL7i0kECV61\\_u5711vw61xL2UNFusk](https://www.youtube.com/watch?v=nVdAwGuXi50&list=PLEHWL7i0kECV61_u5711vw61xL2UNFusk)



[https://www.youtube.com/watch?v=3HM\\_mPn0eI&list=PLEHWL7i0kECV61\\_u5711vw61xL2UNFusk&t=6s](https://www.youtube.com/watch?v=3HM_mPn0eI&list=PLEHWL7i0kECV61_u5711vw61xL2UNFusk&t=6s)

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The image shows a video call interface. At the top center is the logo for the Association of University Centers on Disabilities (AUCD), which includes a circular icon with a globe and the text "AUCD" and "ASSOCIATION OF UNIVERSITY CENTERS ON DISABILITIES". Below the logo are two video feeds. The left feed shows a man with a beard wearing a pink polo shirt, sitting in a room with blue walls and a staircase. The right feed shows a woman with glasses and a blue top, sitting in an office with a plant in the background. At the bottom of the interface is a subtitle box with the text: "I'm finally going to get my COVID vaccine shot next week. Did you get yours yet?"