



CENTER ON DISABILITY &
COMMUNITY INCLUSION



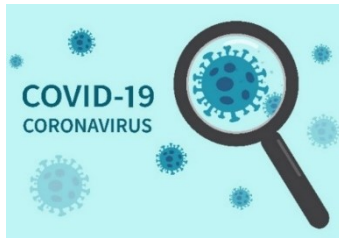
A Self-Advocate's Guide to **COVID-19**

Part 11: What is a Variant?

Covid-19 continues to spread around the world. Part 11 focuses on “need to know” information about variants or different types of Covid-19. Our goal is to keep people with disabilities healthy during this global crisis.

What is a Variant?

What is COVID-19?



It is a short way of saying Coronavirus Disease 2019. It is a terrible virus making people sick all around the world.

Getting this virus is bad for you.

Viruses change all the time. It is common for this to happen with a virus. For example, the flu changes each year.



There is more than one kind of Covid-19.
The different kinds are called **variants**.



Variants are like snowflakes,

a little the same
and a little different

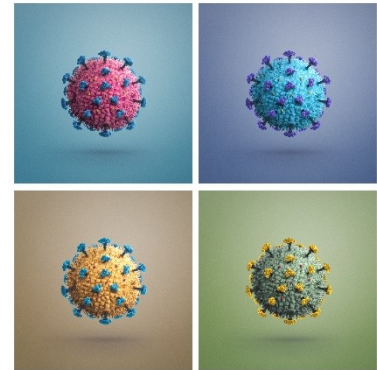


Having more than one snowflake does not mean it is bad or scary.

Unless your job is to shovel snow.

A virus looks like a ball with spikes coming out of it.

Scientists watch for changes in the virus (like changes in spikes).



As the virus changes, scientists want to know how it spreads. They learn what happens to people who get the virus.



More than one type of COVID-19 is going around the world:
You might have heard in the news people talking about:

- In the United Kingdom they identified a variant called B.1.1.7
- In Brazil they identified a variant called P.1
- and in South African they identified a variant called B.1.351

Some types of the virus are easier to get. They spread from person to person much faster. It increases your chance of getting Covid-19.



The new types of Covid-19 are spreading quickly across the country. For now, the 3 current vaccines protect us from the different types of COVID-19.

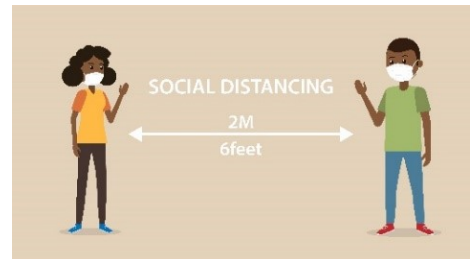


Please get a vaccine.

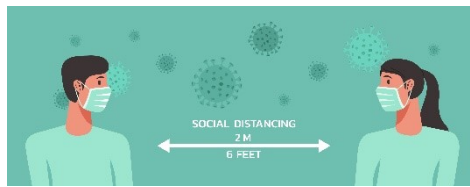
It is important to get the vaccine as soon as you can. In Vermont for help to get a vaccine call **855-722-7878**.

We need to do our part to make sure the virus stops spreading.

After you get a vaccine you must still wear a mask **when in public.**



Wear a mask



Stay 6 feet Apart



Get a Vaccine