



# Public Health Advisory

## COVID-19 DELTA VARIANT

July 29, 2021

Due to rapidly increasing spread of COVID-19 in Washington state driven by the Delta variant, Region 7 public health officers are recommending a change to masking practices:

All residents are advised to wear a mask in indoor public places and practice physical distancing whenever possible.

Health Officers also advise that everyone:

- Increase hygiene measures (handwashing & disinfecting common surfaces)
- Get tested if you develop any potential covid-19 symptoms and isolate yourself until you know the results
- If you have symptoms of covid-19, please call the medical facility *before* seeking treatment.

Like an “amber alert” or storm warning advisory, regional health jurisdictions are releasing this advisory to keep you, your family, your friends, and your neighbors safe.

Our region is seeing high levels of COVID-19 transmission including the Delta variant. Delta is the name for the B.1.617.2 variant, a SARS-CoV-2 mutation, and it is dramatically more infectious than prior strains. Current data estimates the Delta variant could be more than twice as transmissible as the original strain of SARS-CoV-2.

Delta has been so successful in transmission because those infected with it produce far more virus than those infected with the original version of SARS-CoV-2, making it very easy to spread.

COVID-19 vaccines are extremely effective against the Delta variant’s severity. The risk of becoming severely sick from an infection with the **Delta variant is very low for vaccinated** individuals who are not immune compromised.

**Please, get vaccinated.** Un-vaccinated individuals are at higher risk of becoming infected and transmitting the virus to others.

### Recommendations if you are not vaccinated:

- Wear a mask indoors in public spaces
- Consider working from home if that is an option for you
- Asymptomatic transmission is high, so please be cautious in gatherings
- Avoid gyms and indoor fitness centers and opt for outdoor exercises like hiking or biking
- Avoid “dining in” and opt for safer alternatives like takeout or a picnic at the park
- Avoid close contact with children who are not a part of your immediate household
- Avoid contact with immune-compromised and high-risk individuals, even those who are vaccinated

### Recommendations if you are vaccinated:

- Wear a mask indoors in public spaces
- Consider working from home if that is an option for you
- Avoid contact with immune-compromised and high-risk individuals, even those who are vaccinated

On Tuesday, July 27, the Centers for Disease Control and Prevention (CDC) issued an *Interim Public Health Recommendation for Fully Vaccinated People*. Read CDC’s full statement [here](#).

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