ASAN

AUTISTIC SELF ADVOCACY NETWORK

Easy Read Edition

The Delta Variant and the COVID-19 vaccine

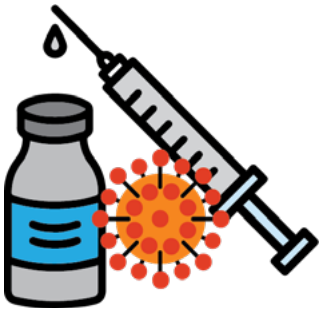
Words to Know in this Fact Sheet

Breakthrough case

When you catch COVID-19 even if you have gotten the COVID-19 vaccine

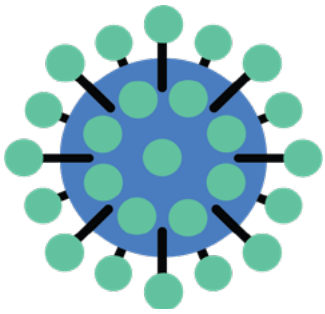
COVID-19

A bad disease that has spread around the world. It makes people very sick and can kill people



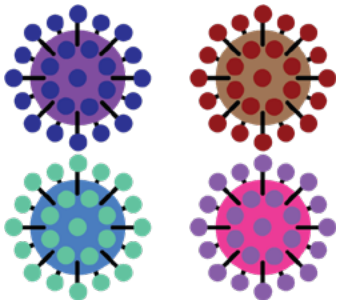
COVID-19 Vaccine

A shot that can keep you from getting COVID-19



Delta

A variant of the virus that causes COVID-19. It can spread a lot more easily than the original kind of the virus



Variants

Different kinds of a virus. The virus that causes COVID-19 has variants

Virus

A kind of germ

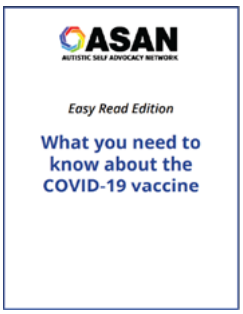
The Delta Variant and the COVID-19 vaccine

What is COVID-19?

COVID-19 is a bad disease.

It makes people very sick.

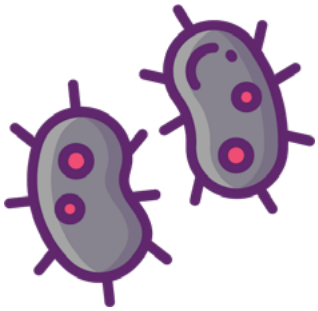
COVID-19 has spread around the world.



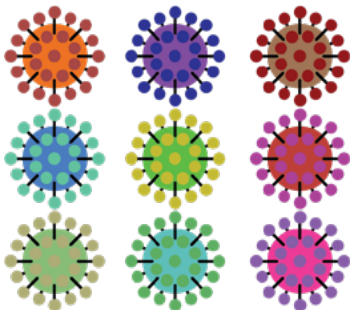
You can learn more about COVID-19 by reading our fact sheet on the COVID-19 vaccine.

What is the Delta variant?

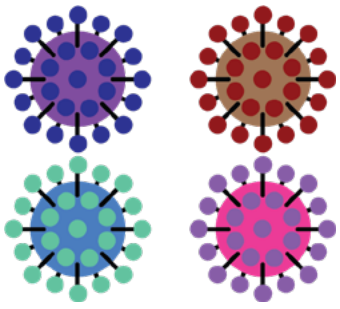
COVID-19 is caused by a **virus**.



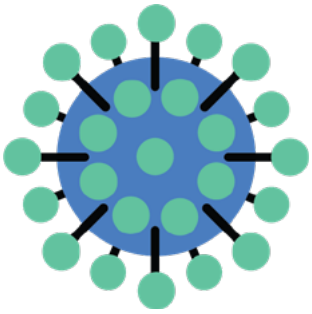
Viruses are a kind of germ.



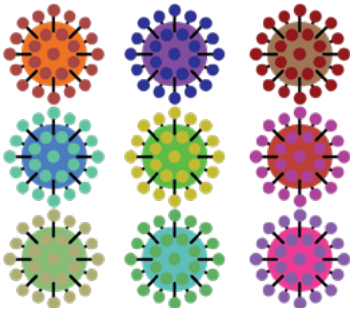
There are different kinds of the COVID-19 virus.



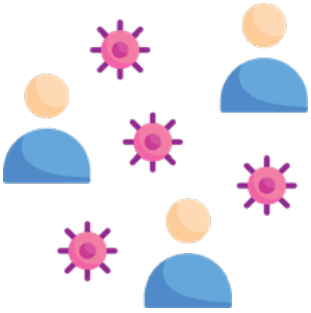
These different kinds of COVID-19 are called **variants**.



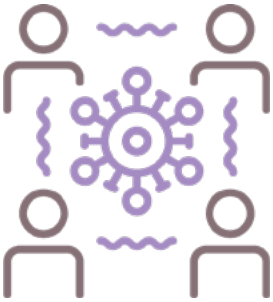
Delta is one of the variants.



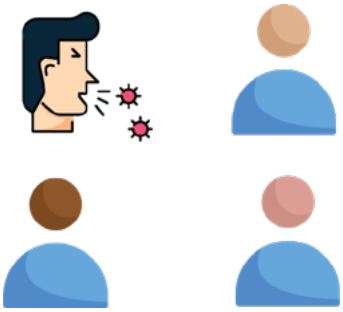
That means Delta is a kind of COVID-19.



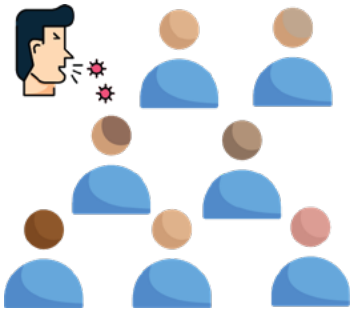
Delta is much more contagious than the first kind of COVID-19 virus.



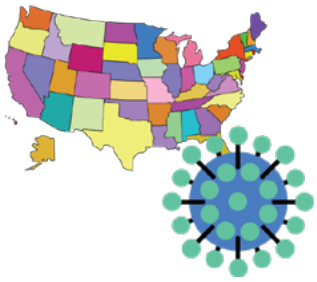
That means it can spread a lot more easily.



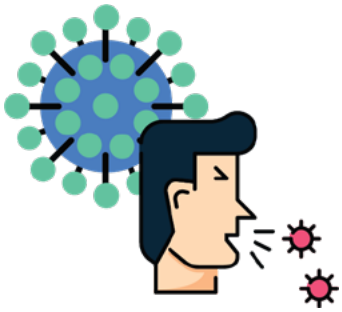
With the original COVID-19 virus, each sick person would probably get 3 other people sick.



With the Delta variant, each sick person will probably get 7 other people sick.

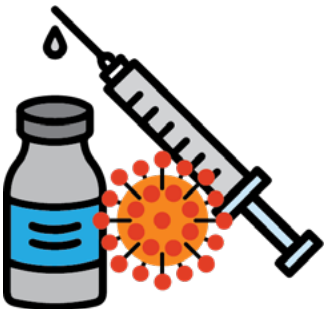


The Delta variant is now the main kind of COVID in the United States.



That means that most people who get sick with COVID-19 now caught the Delta variant.

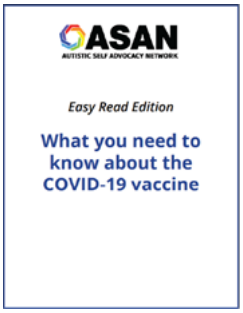
Do the vaccines still work?



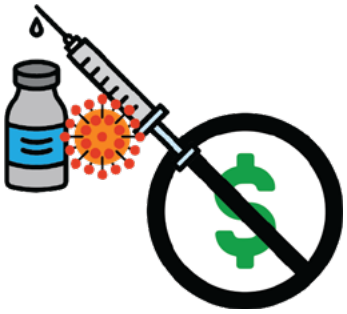
There are now **COVID-19 vaccines**.

Vaccines are shots.

The COVID-19 vaccines help protect you against COVID-19.



You can learn more about the vaccines in our fact sheet on the COVID-19 vaccine.



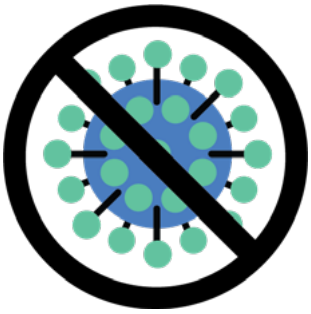
In the United States, the COVID-19 vaccines are free.

Anyone 5 years old or older can get one.

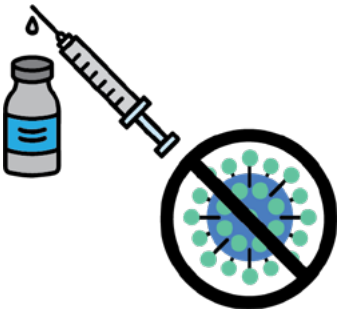
The vaccines work ***really well*** to protect you from getting really sick with COVID-19.

They work ***really well*** to keep you from dying from COVID-19.

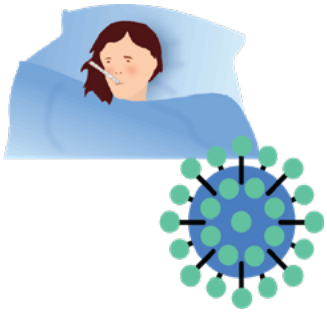
They also protect you from catching COVID-19 at all.



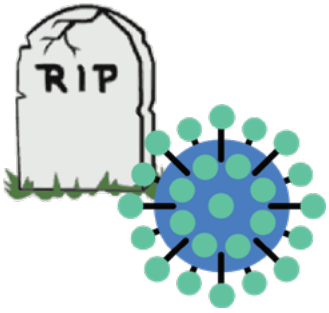
The COVID-19 vaccines work really well against the Delta variant.



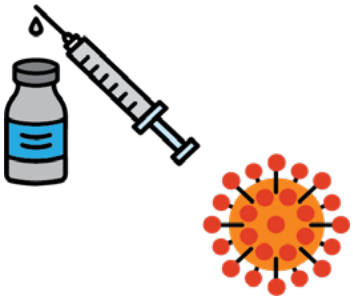
They can keep you from catching the Delta variant.



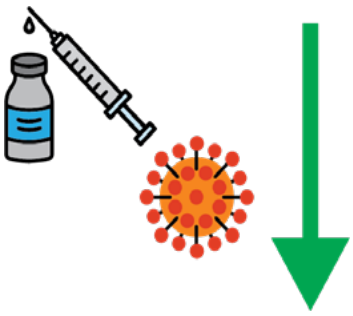
They can keep you from getting sick with the Delta variant.



They can keep you from dying from the Delta variant.



You can still catch COVID-19 and the Delta variant if you are vaccinated.



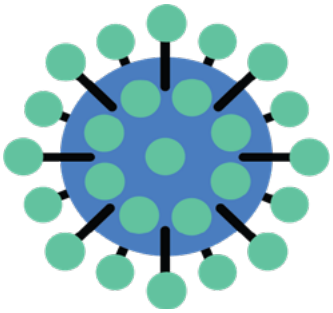
But your chances of catching it are much smaller.

And if you do catch it, you will probably not get very sick.

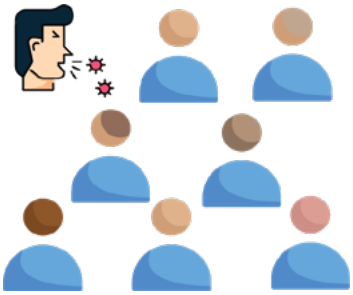
What is a breakthrough case?

A **breakthrough case** is when you catch COVID-19 even when you are fully vaccinated.

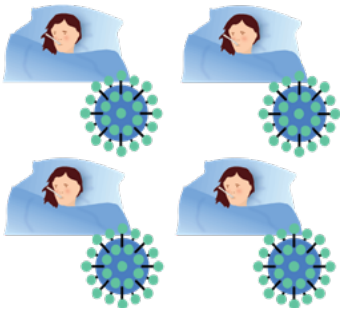
It is called a breakthrough case because the virus “breaks through” the vaccine protection.



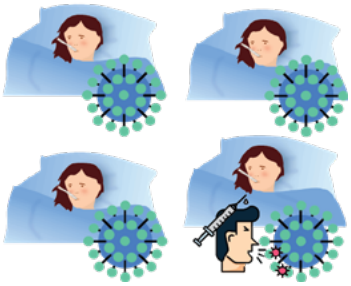
A lot of breakthrough cases are because of the Delta variant.



Remember, the Delta variant spreads a lot easier.



That means more people get sick with it.



Some of those people who get sick will be vaccinated.

So, some of the Delta cases will be breakthrough cases.

You might have heard about breakthrough cases on the news.

It can sound like breakthrough cases are very common.

But breakthrough cases are not that common!

And most breakthrough cases are very mild.

People with breakthrough cases usually don't get very sick.

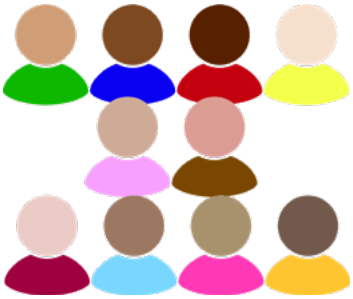
They usually don't need to go to the hospital.

They usually don't die from COVID-19.

Most COVID-19 cases are **not** breakthrough cases.

Most people who catch COVID-19 are **not** vaccinated.

For example:

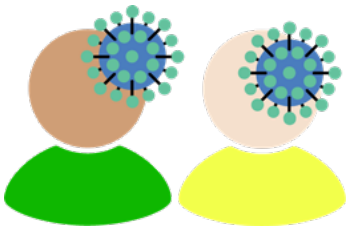


There is a group of 10 people.

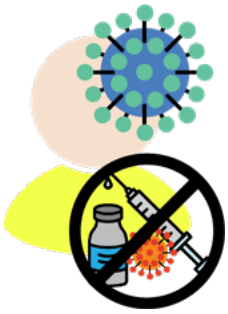
9 of the people are vaccinated.

1 person is not vaccinated.

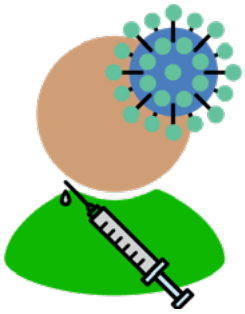
All 10 people in the group are around someone sick with COVID-19.



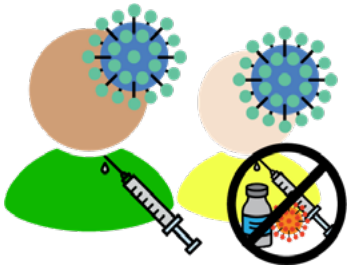
2 people in the group get sick.



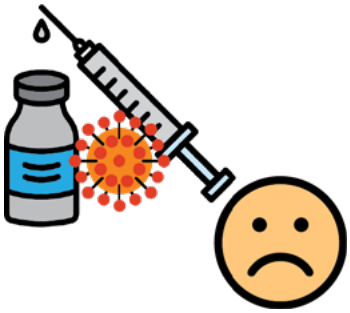
The 1 person who isn’t vaccinated gets sick.



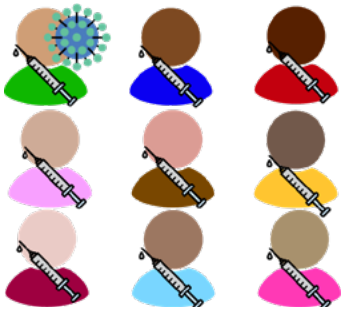
And 1 person who was vaccinated gets sick.



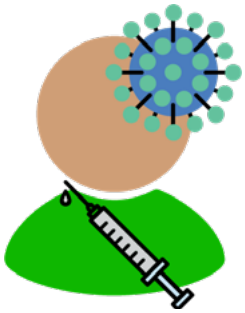
So half of the people who got sick had the vaccine.



That might make it seem like the vaccines don’t work.

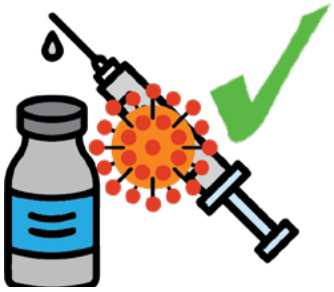


But remember, everyone in the group was around someone who was sick with COVID-19.



Out of the 9 vaccinated people, only 1 got sick.

Most of the vaccinated people didn’t get sick.

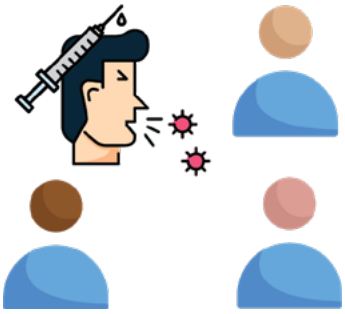


The vaccines work.

Do I still need to wear a mask if I am vaccinated?

Yes. You should wear a mask even if you have been vaccinated.

Vaccinated people are less likely to catch COVID-19.



But vaccinated people who are sick with COVID-19 can still spread it.

Masks work really well at stopping COVID-19 from spreading.

It is important that we all keep wearing masks.

What should I do if I'm vaccinated?

If you are vaccinated, you should continue doing the things you were doing before.

Keep wearing a mask.

Keep staying home if you can.

Keep washing your hands.

What should I do if I'm not vaccinated?

If you are not vaccinated, you should get vaccinated.

You can ask your doctor about getting vaccinated.

You can also go to vaccines.gov.

That is a website that will help you find a place to get vaccinated.

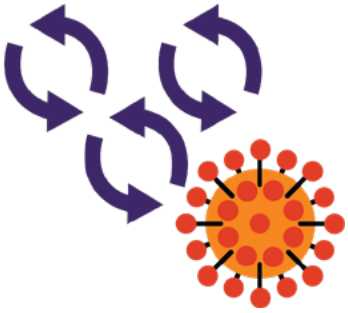
And you should also continue doing the things you were doing before.

Keep wearing a mask.

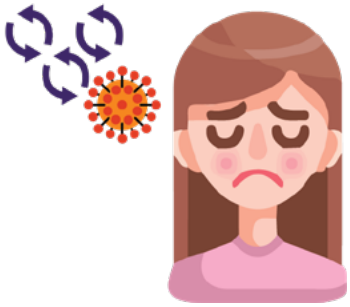
Keep staying home if you can.

Keep washing your hands.

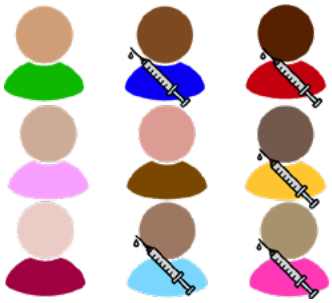
Why do things keep changing?



A lot of things keep changing right now.

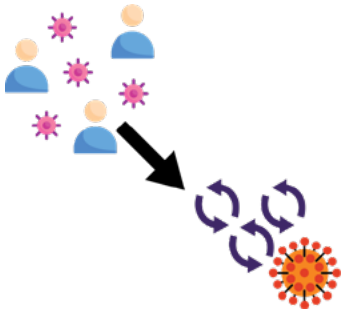


It is scary and frustrating!

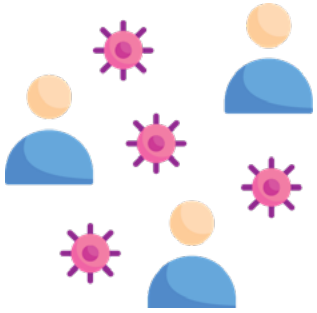


Things keep changing because not enough people got vaccinated fast enough.

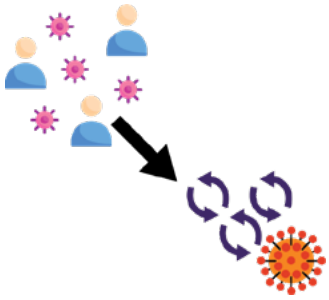
Not everybody wore masks when they should have.



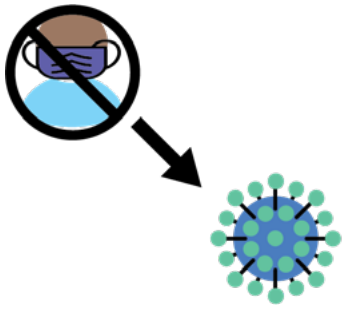
That let the COVID-19 virus spread and change.



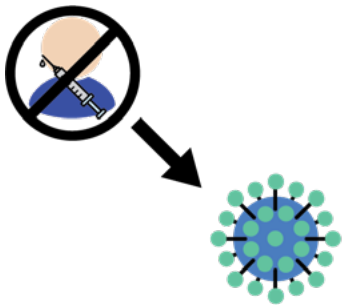
The COVID-19 virus got more contagious.



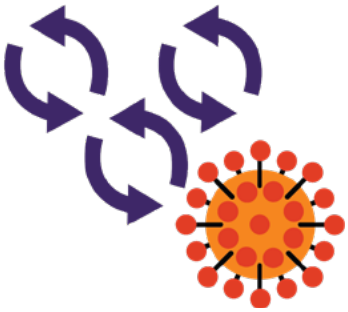
The more viruses spread, the more they can change.



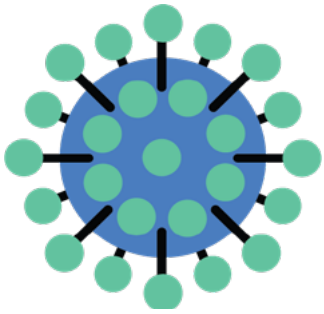
The Delta variant happened because not enough people wore masks.



Not enough people got vaccinated.



The virus changed.

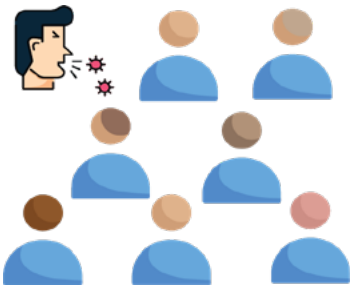


It changed into the Delta variant.

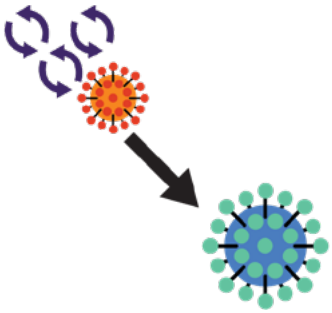
We can stop the virus from changing if enough people get vaccinated and wear masks.

If only some of us do it, it won't work.

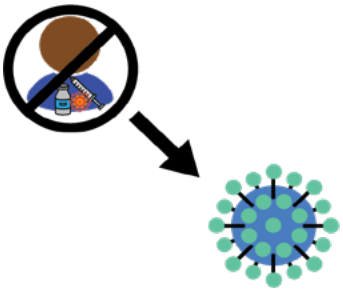
Why should I get vaccinated and wear a mask?



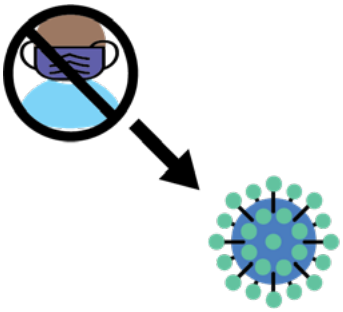
The Delta variant spreads very easily.



The Delta variant happened because the virus changed.



The virus changed because people didn't get vaccinated.



The virus changed because people stopped wearing masks.

We can stop the Delta variant from spreading more.

We can stop the virus from changing more.

We can do this by wearing masks.

We can do this by getting vaccinated.

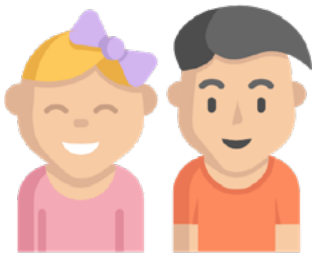
But getting vaccinated isn't just about stopping the virus from changing more.

Getting vaccinated also helps keep you safe from COVID-19.

Getting vaccinated means you are less likely to catch COVID-19.

It also means that you are ***much less likely*** to get really sick or die from COVID-19.

And there are other people who can't get vaccinated.



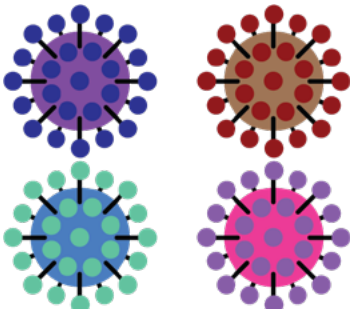
Kids under 5 can’t get vaccinated yet. COVID and delta are especially dangerous for them.

Some people who are very sick can get vaccinated but it might not work as well. COVID and Delta are especially dangerous for them.

A few people with disabilities can’t wear masks. So they are counting on the rest of us to get vaccinated and wear masks

So the rest of us need to get vaccinated and wear masks.

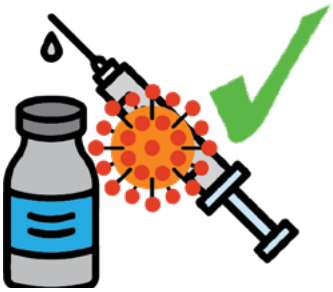
What about other variants?



There are other variants of the COVID-19 virus.

This is normal.

All viruses have variants.



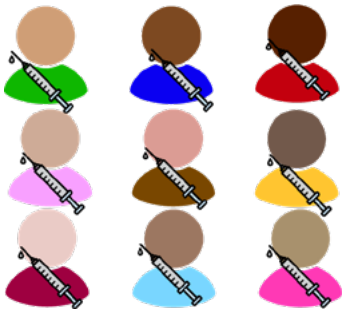
The vaccines protect well against all the variants.

Wearing a mask will also help protect you against all the variants.

When can we go back to normal?

We don’t know when we can go back to normal.

Nobody knows exactly when we can go back to normal.



But the more people get vaccinated, the sooner we can go back to normal.

The more people who keep wearing masks, the sooner we can go back to normal.

We need to get vaccinated.

We need to keep wearing our masks.

That is how we will stop COVID-19.

Then we can go back to normal.

To Learn More

1

Plain Language COVID-19 Resources: https://autisticadvocacy.org/resources/covid-pl/

2

A Self-Advocate's Guide to COVID-19: https://gmsavt.org/wp-content/uploads/2020/06/A_Self_Advocates_Guide_to_COVID-19_2020.pdf

3

COVID-19 Vaccine Information in Plain Language: https://gmsavt.org/wp-content/uploads/2021/03/COVID-19-Vaccine-Information-in-Plain-Language.pdf

4

COVID-19 Vaccine Facts for the Developmental Disabilities Community: https://rwjms.rutgers.edu/boggscenter/publications/documents/COVID19VaccineFactsDDCommunity-F.pdf

5

"Getting a COVID-19 Vaccine" Social Story: https://rwjms.rutgers.edu/boggscenter/publications/documents/GettingACOVID19VaccineSocialStoryIDD-F.pdf

6

COVID-19 Vaccine Fact Sheet: https://www.cdc.gov/coronavirus/2019-ncov/downloads/vaccines/facts-covid-vaccines-english-508.pdf

7 Coronavirus/COVID-19 Frequently Asked Questions: https://www.air.org/sites/default/files/AIR-Coronavirus-FAQs-508.pdf

8 Infographic about COVID-19 Vaccines: https://www.hopkinsmedicine.org/health/conditions-and-diseases/c/coronavirus/coronavirus-vaccines-infographic

9 Myths and Facts About the COVID-19 Vaccine: https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html

10 Frequently Asked Questions about the COVID-19 Vaccine: https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html

11 Easy to Read COVID-19 Safety: https://www.cdc.gov/coronavirus/2019-ncov/easy-to-read/index.html

12 “Care for yourself one small way each day” Fact Sheet: https://www.cdc.gov/coronavirus/2019-ncov/downloads/mental-health/General-Public-Care-for-Yourself.pdf

13 COVID-19 Information for People with Developmental Disabilities: https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-developmental-disabilities.html

14 COVID-19 Materials for People with Intellectual and Developmental Disabilities and Care Providers: https://www.cdc.gov/ncbddd/humandevelopment/COVID-19-Materials-for-People-with-IDD.html

15 Baltimore City Health Department infographics about variants: https://www.facebook.com/BaltimoreHealth/photos/pcb.10159244388310642/10159244385470642

16 Johns Hopkins Bloomberg School of Public Health infographics about how well vaccines work: https://www.facebook.com/JohnsHopkinsSPH/photos/pcb.10158131891551245/10158131889621245

17 vaccines.gov homepage: https://www.vaccines.gov/

18 Variants of the Virus (CDC) (Not Easy-Read/Plain Language): https://www.cdc.gov/coronavirus/2019-ncov/variants/variants.html