



SENIORS STAYING CONNECTED

1 Year Later: Key Covid Facts 4.15.2021

*** As of 4.14.2021, the U.S. has suspended the use of the J&J Covid vaccine.**

Spread

The virus that causes Covid can spread through respiratory droplets when an infected person coughs, sneezes, or talks. This is the primary transmission manner.

Symptoms

Symptoms may appear 2-14 days after someone is exposed to the virus and can include fever, chills, and cough.

Fever

Chills

Cough

Shortness of breath or difficulty breathing

Fatigue

Muscle or body aches

Headache

New loss of taste or smell

Sore throat

Congestion or runny nose

Nausea or vomiting

Diarrhea

When to Seek Emergency Medical Attention

If someone is showing any of these signs, seek emergency medical care immediately.

Trouble breathing

Persistent pain or pressure in the chest

New confusion

Inability to wake or stay awake

Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

[Click Here for Covid Self Checker](#)

Covid Variants

When a virus replicates or makes copies of itself, it sometimes changes a little bit, which is normal for a virus. These changes are called “mutations.” A virus with one or more new mutations is referred to as a “variant” of the original virus.

There are currently five in the United States:

B.1.1.7: This variant was first identified in the US in December 2020. It was initially detected in the UK.

B.1.351: This variant was first identified in the US at the end of January 2021. It was initially detected in South Africa in December 2020.

P.1: This variant was first detected in the US in January 2021. P.1 was initially identified in travelers from Brazil, who were tested during routine screening at an airport in Japan, in early January.

B.1.427 and B.1.429: These two variants were first identified in California in February 2021 and were classified as VOCs in March 2021.

Facts About Covid Variants

1. Spread more easily from person-to-person
2. Cause milder or more severe disease in people
3. Are detected by currently available viral tests
4. Respond to medicines currently being used to treat people for COVID-19
5. Change the effectiveness of COVID-19 vaccines

Can You Get Covid After Getting Vaccinated?

Vaccines are highly effective - but none are 100% effective - meaning a small number of people might become infected after being fully vaccinated. But, those infections are typically mild, or symptom-free

Available Vaccines

Pfizer

Moderna

J&J (suspended)

How Long Are Vaccines Effective?

Pfizer/BioNTech's coronavirus vaccine confirms its protection lasts at least six months.

New research also suggests the protection the Moderna vaccine 19 lasts for at least six months.

J & J - no firm data at this time

How Effective Are Vaccines?

Pfizer: 95%

Moderna: 94.1

J&J: 85%

Where Did Covid Come From?

There are seven types of Covid strains. A year ago, scientists theorized the new coronavirus, SARS-CoV-2, probably originated in bats, then another animal passed it on to humans. This still appears to be the most plausible theory, according to a monthlong World Health Organization (WHO) investigative report in China.

Covid Long Haulers

About 10% of people who become infected with Covid have symptoms that linger for months. Post Covid syndrome can also span a wide range of symptoms, from severe fatigue and brain fog to nausea, headaches, and loss of taste and smell.