

# COVID-19 Variants of Concern

## Protect yourself and loved ones

Viruses constantly change through mutation, and new variants of a virus are expected to occur over time. Sometimes new variants emerge and disappear. Other times, new variants emerge and persist. For COVID-19, variants of concern, are those that may spread more easily than others or may cause more severe illness. At this time, there is no evidence to suggest that the Health Canada-approved vaccines will be any less effective against new variants.

**Following public health measures is the best way to protect ourselves and loved ones against the spread of COVID-19, including variants of concern:**



Avoid social gatherings with those outside your immediate household

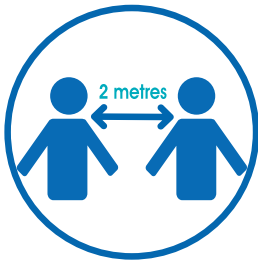


Limit non-essential trips outside your home



Wear a face covering

Choose a face covering that fits well and covers your nose, mouth, and chin, with no gaps. The Public Health Agency of Canada recommends face coverings with at least three layers and you should wear at least well-fitting two-layer face coverings.



Keep 2 metres between yourself and others



Wash your hands often



Avoid enclosed, poorly ventilated spaces and crowded places



Stay home when you are sick, isolate from household members and schedule an appointment for testing.

**We expect more variants of concern to be detected in Waterloo Region.**

**Public health measures are effective at preventing the spread of COVID-19, including variants of concern.**



For more information visit [regionofwaterloo.ca/COVID19](https://regionofwaterloo.ca/COVID19)

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