



daphne family practice  
*Where Family Comes First*

**Dear Daphne Family Practice patients:**

As most of you know, the current variant of the COVID-19 virus, also called the Delta variant, is rapidly spreading throughout our community. We realize this is a scary time for everyone, and we want you to know that we are here for you and your families during this time of difficulty and uncertainty.

At DFP, we **strongly recommend and encourage ALL patients who are 12 years of age and older to get vaccinated** against COVID-19. The vaccine has been shown to be effective against the Delta variant. Currently, 97% of patients hospitalized with COVID-19 are UNVACCINATED. Getting the vaccine means greater protection against the virus for you, but it also protects young children in your families and community who are not yet old enough to be vaccinated. We know that the Delta variant of COVID-19 is quickly spreading through our younger population and is causing more severe symptoms in this age group. You are the first line of defense for these children. We are still unaware of the long term effects of contracting the virus, but we do know with certainty that the benefits of receiving the COVID vaccine outweigh the risks.

Please be aware that the only treatment once you have contracted the COVID-19 virus is symptomatic care. This means that we treat symptoms only because we have no medications that have been shown to effectively treat the virus itself. Experimental therapies with medications, such as hydroxychloroquine and ivermectin, are **NOT** currently recommended and will not be used at this time to treat COVID-19. Monoclonal Antibody therapy may be an option if you meet certain requirements defined by the FDA under the Emergency Use Authorization (EUA).

The very best thing you can do for yourself and your loved ones at this time is to get vaccinated if you are eligible and have not already done so. In accordance with CDC guidelines, we are also recommending that all people, regardless of their vaccination status, wear masks to help prevent spread of the virus.

We hope that you and your families stay safe during these trying times. We are asking that everyone does their part in staying healthy and helping to end this global pandemic. Please see the information below to learn more about the Delta variant of the COVID-19 virus.

Sincerely,  
**Daphne Family Practice**



# WHAT TO KNOW ABOUT THE DELTA VARIANT OF COVID-19

## 1. The Delta variant is highly contagious

The Delta variant is currently responsible for more than 80% of current COVID-19 cases. This variant is more dangerous, more contagious, and more severe.

## 2. Delta variant symptoms are the same

The symptoms of the Delta variant appear to be the same as the original version of COVID-19 with the exception that they are more severe. Research has found that the Delta variant grows more rapidly – and to much greater levels – in the respiratory tract.

## 3. Delta variant is affecting unvaccinated people more

Currently, 97% of patients hospitalized with COVID-19 are UNVACCINATED. Vaccines are highly effective at preventing COVID-19 infection and are also effective in fighting against the Delta variant.



## 4. Breakthrough cases for vaccinated people are rare, but do happen

When a vaccinated person tests positive for COVID-19, most either have no symptoms or have very mild symptoms, and it rarely results in hospitalization or death. Their symptoms are more like those of a common cold, such as cough, fever or headache.

As of July 22, there were 65,000 breakthrough cases (people who are vaccinated but got COVID-19) among the 160 million people who are fully vaccinated. That's **0.04% of vaccinated people reporting breakthrough cases**. Remember, no vaccine is 100% effective, but the vaccine has been shown to greatly mitigate symptoms in those who do experience breakthrough infections.



## 5. All people should wear masks regardless of their vaccination status

The Delta variant of COVID-19 is found to be 100x more concentrated in the nose than the original COVID-19 virus, which is making the Delta variant much more contagious. Masks greatly reduce the risk of transmission of the virus when worn correctly (covering BOTH the nose and the mouth).



## 6. More COVID-19 variants are likely to come

The Delta variant is currently the most prominent strain of COVID-19, but the Lambda variant out of South America

is also emerging. Health experts urge that if people want to get back to normal, the population needs to be vaccinated. As long as people across the country are unvaccinated, new strains of the virus will continue to develop and cause problems.

## 7. There is no cure for COVID-19

Once you have been infected with COVID-19, there is no cure for the virus. Care for those infected with the virus includes treatment of symptoms only (Tylenol for fever, cough syrup for cough, rest, fluids). There are no studies to support experimental drugs, such as hydroxychloroquine and ivermectin, are helpful in treating the disease. Monoclonal Antibody therapy may be an option if you meet certain requirements defined by the FDA under the Emergency Use Authorization (EUA). The best way to protect yourself from the virus and its possible long-term effects is to get vaccinated.

