

Addendum 1: Critical Updates

January 2022

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Learning Objectives

Upon completion of this unit, you will improve your ability to:

- Explain to others what a variant is
- Identify the common symptoms of omicron
- Select a mask that provides protection against omicron
- Order a mask and test kit

Learning Objectives (continued)

Upon completion of this unit, you will improve your ability to:

- Find a test provider
- Ask a health provider if they will accept uninsured individuals

What is a Variant?

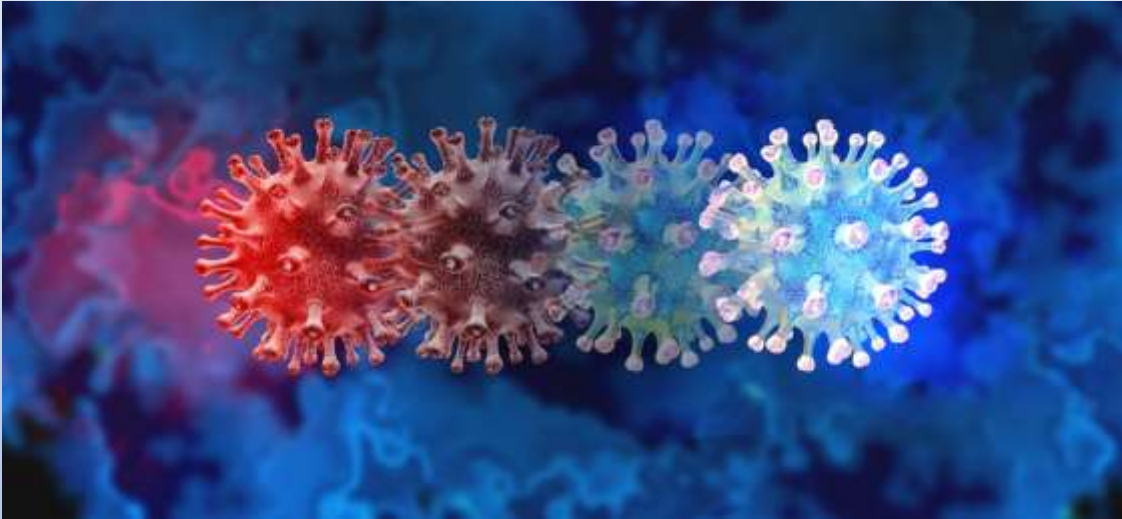


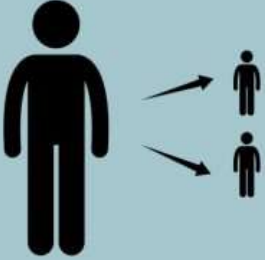
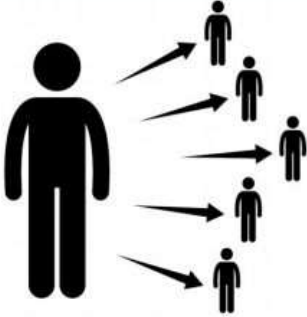
Image Source:

<https://theconversation.com/the-hunt-for-coronavirus-variants-how-the-new-one-was-found-and-what-we-know-so-far-172692>


- Viruses constantly change.
- When a virus changes, we call it a variant.
- Sometimes variants of a virus become more transmissible than the original.
- Sometimes variants of a virus cause more severe disease.

What is the Delta Variant?

The Delta variant spreads more easily than previous variants—it may cause more than **2x as many infections**

ORIGINAL COVID-19 STRAIN	DELTA VARIANT
	

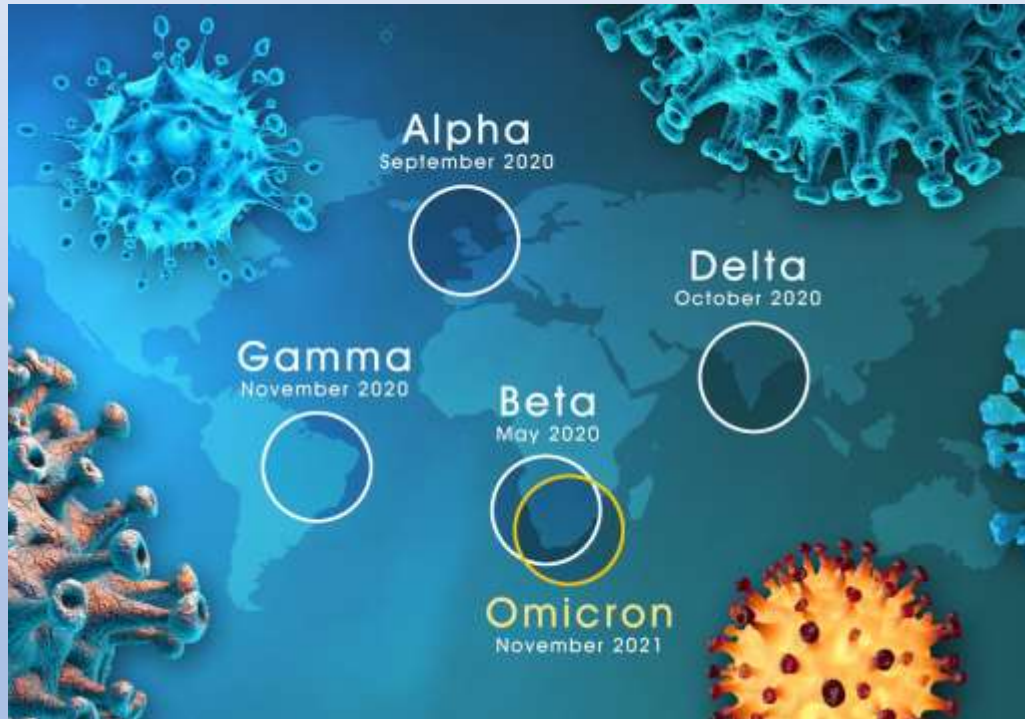
Vaccines protect you from hospitalization, severe infections, and death

 [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

CS 322041-AA 08/25/2021

- Delta is an example of a variant.
- On August 6, 2021, the CDC announced that the Delta variant was the most common strain of the virus.
- The Delta variant is more infectious than the original SARS-CoV-2
- The Delta variant may also cause more severe disease in unvaccinated people than the original.

What is the Omicron Variant?



- The Omicron variant has 50 changes from the original.
- We call these changes a mutation.
- The Omicron variant likely will spread more easily than Delta or the original SARS-CoV-2 virus.
- The Omicron variant may be more resistant to medicine than earlier variants.

Image Source

<https://www.the-scientist.com/news-opinion/omicron-is-whos-fifth-variant-of-concern-experts-urge-patience-69472>

What are common symptoms of infection from the Omicron variant?

Frequency of COVID-19 symptoms by variant

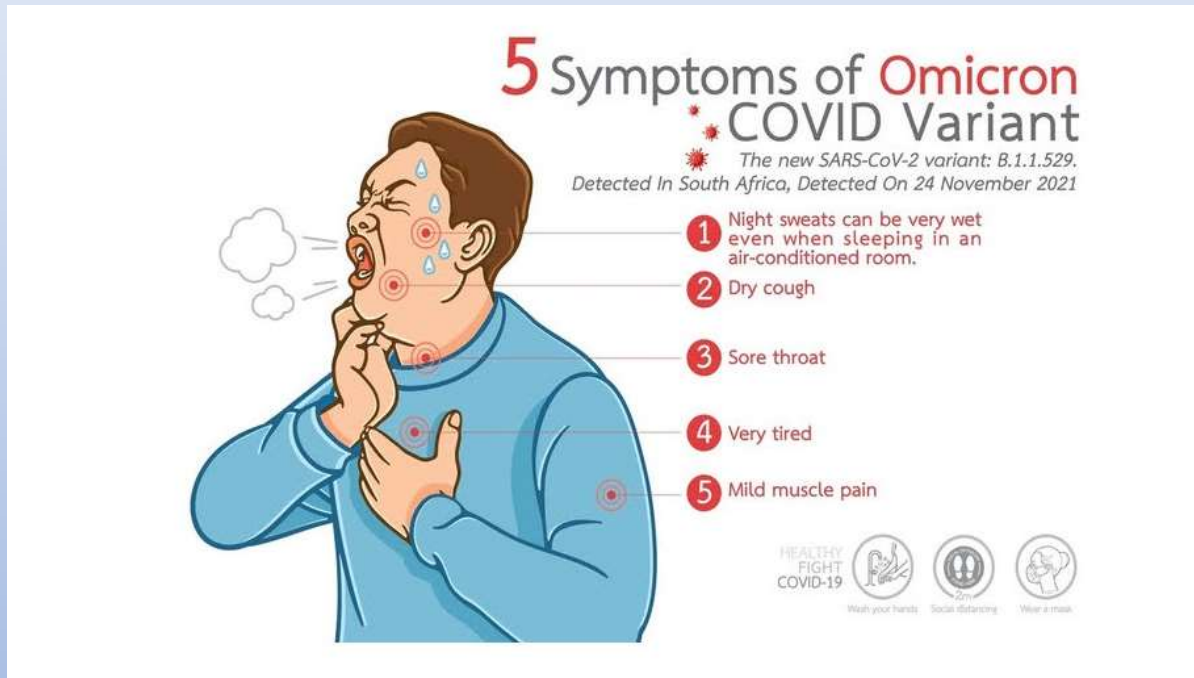
SYMPTOM	OMICRON	DELTA	PRE-DELTA
Runny nose	Common	Common	Sometimes
Headache	Common	Common	Common
Fatigue	Common	Common	Common
Sneezing	Common	Sometimes	Rare
Sore throat	Common	Common	Sometimes
Persistent cough	Sometimes	Common	Common
Chills or shivers	Sometimes	Sometimes	Sometimes
Fever	Sometimes	Sometimes	Common
Loss of smell	Rare	Sometimes	Common
Chest pain	Rare	Rare	Rare
Shortness of breath	Rare	Sometimes	Sometimes

- Cough
- Fatigue or tiredness
- Congestion and runny nose
- Sore throat
- Headache

Source:

<https://www.businessinsider.com/omicron-common-symptoms-vs-other-variants-charts-2022-1>

If I get infected, Is Omicron dangerous?



Source:

<https://emoha.com/blogs/health/top-20-omicron-symptoms>

- Some unvaccinated people will need to be hospitalized.
- Some unvaccinated people may die from Omicron.
- Unvaccinated people are most at risk.
- Most fully vaccinated individuals with a booster will only experience mild symptoms.

What is the best protection against Omicron?



- Vaccination, plus a booster, is the best protection against severe illness from Omicron.
- The CDC recommends that everyone ages 16 years and older get a booster shot after completing their primary COVID-19 vaccination series.

Source:

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-vaccines-infographic>

What about masks?



Source:

<https://www.cnn.com/2022/01/20/health/masks-omicron-covid-expert-wellness/index.html>

- The CDC continues to recommend that everyone wear a mask in public indoor settings where there is a lot of COVID cases.
- The CDC has approved the use of N95 and KN95 masks for the general public.
- Whatever type of mask you choose, it is important that it is well-fitting and covers the nose, mouth, and chin.

Where can I get a free mask?



- The US government plans to distribute 400 million free N95 masks.
- The masks can be picked up at community health centers and pharmacies.

Source:

<https://www.wellrx.com/news/the-history-of-american-pharmacies/>

What about COVID testing?



Source
<https://special.usps.com/testkits>

- The US government is providing four free at-home coronavirus tests.
- Orders take 7 to 12 days to ship.
- You can order tests at:
<https://special.usps.com/testkits>
- Learn more:
<https://www.covidtests.gov>

What if I need a test now?



- There are low and no-cost testing sites available through participating pharmacies.
- Examples include CVS Health, Walgreens, and Rite AID.
- If you have insurance, you should not have any costs for a COVID test.

What if I don't have health insurance?

You can also schedule an appointment with a community health center in Lancaster.



Where can I find a community health center?



- Health centers also provide COVID-19 testing services
- In Lancaster, there are currently six health centers that provide testing.
- You must first schedule an appointment.
- The following slides provide the names and addresses of the local health centers.

Source: <https://www.facebook.com/commhealth/>

Lancaster Health Centers

LA ACADEMIA CHARTER SCHOOL-BASED HEALTH CENTER

38 N Ann St

Lancaster, PA, 17602-3063

Tel: 717-299-6371

LANCASTER HEALTH CENTER – DUKE STREET

625 S Duke St

Lancaster, PA, 17602-4509

Tel: 717-945-1551

LANCASTER HEALTH CENTER – WATER ST

304 N Water St

Lancaster, PA, 17603-3374

Tel: 717-945-1551

Lancaster Health Centers (continued)

LANCASTER HEALTH CENTER – REYNOLDS MIDDLE SCHOOL

605 W Walnut St

Lancaster, PA, 17603–3383

Tel: 717–945–1551

LANCASTER HEALTH CENTER – NEW HOLLAND AVENUE

802 New Holland Ave Ste 200

Lancaster, PA, 17602–2288

Tel: 717–945–1551

LANCASTER HEALTH CENTER – BRIGHTSIDE

515 Hershey Ave

Lancaster, PA, 17603–5752

Tel: 717–945–1551

What if I need treatment and I don't have insurance?



Source:
<https://www.aafp.org/fpm/2009/0900/p21.html>

- Call the doctor's office and tell them you do not have insurance.
- Ask them if they will agree to bill the federal government for COVID-19 services.
- Confirm with them that they will see you and that they will participate in the HRSA Uninsured program and bill the federal government, not you.