

The Virgin Islands Consortium

New Covid-19 Variants Are Emerging, Here's How to Better Protect Yourself

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A number of Covid-19 variants have emerged in recent times that are either proving to be [way more viral](#), have [shown evidence to be more deadly](#), and at least two, the South African and more recently a Brazilian strain, are proving resistant against the vaccines and thereby weakening the drugs' response to the virus.

In fact, the U.S. Centers for Disease Control and Prevention said last week that the U.K. variant, which is said to be up to 70 percent more contagious, is expected to become the dominant strain in the U.S. by March if efforts are not taken to mitigate spread.

And Anthony Fauci, the U.S.'s top infectious disease expert and President Joe Biden's chief medical adviser, [said](#) on NBC's "Today" show Monday, "We really need to make sure that we begin — and we already have — to prepare, if it's necessary, to upgrade the vaccines. We're already taking steps in that direction, despite the fact that the vaccines that we have now do work."

While it's recommended that current safety guidelines continue to be followed, there are additional steps that scientists have recommended to protect against the more viral and potentially deadlier Covid-19 strains. Simply put, you have to get more rigorous in protecting yourself.

Here are some ways to do so:

- Keep your distance, avoid indoor dining, and avoid crowds
- Avoid touching your face and be sure to wash your hands often
- Minimize time spent at the grocery store
- Avoid spending time indoor with people who are not from your household
- Upgrade to a two or three-layered mask