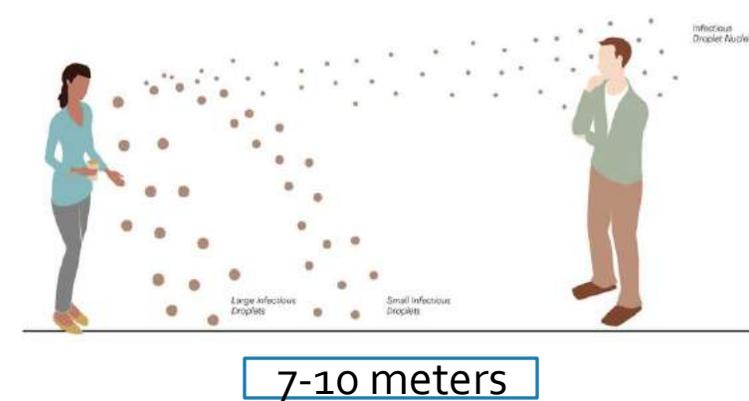
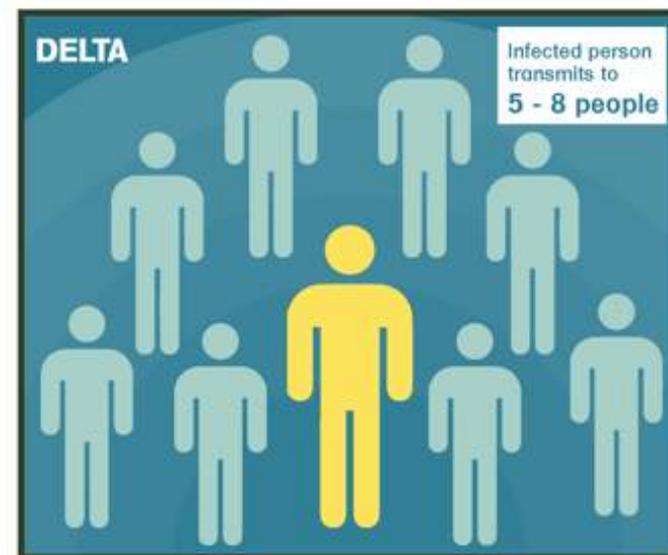

COVID-19 Delta variant: what is different about it?

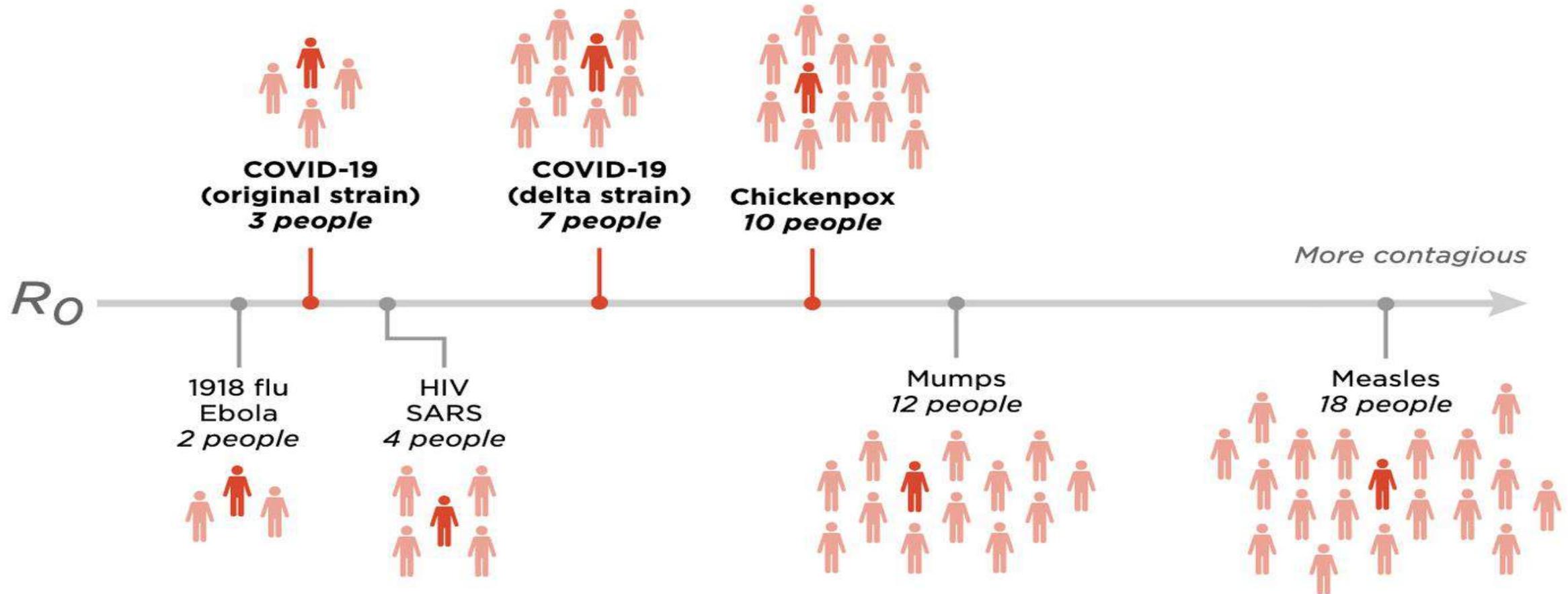
The delta variant of COVID-19

Facts:

- More transmissible than COVID 19 1:8
- Has a shorter incubation time before signs and symptoms appear. Its faster to develop and can be infectious earlier.
- Has a larger viral load or impact . This means there is more viruses found within the nose so when sneezed more are expelled. *People infected with the delta variant have viral loads up to **1,260 times higher** than the viral loads of individuals infected with the original strain that circulated in 2020.*
- Is airborne and can travel further and remain suspended in the atmosphere
- Affects younger people as well as older people



The Delta variant isn't as contagious as chickenpox. But it's still highly contagious



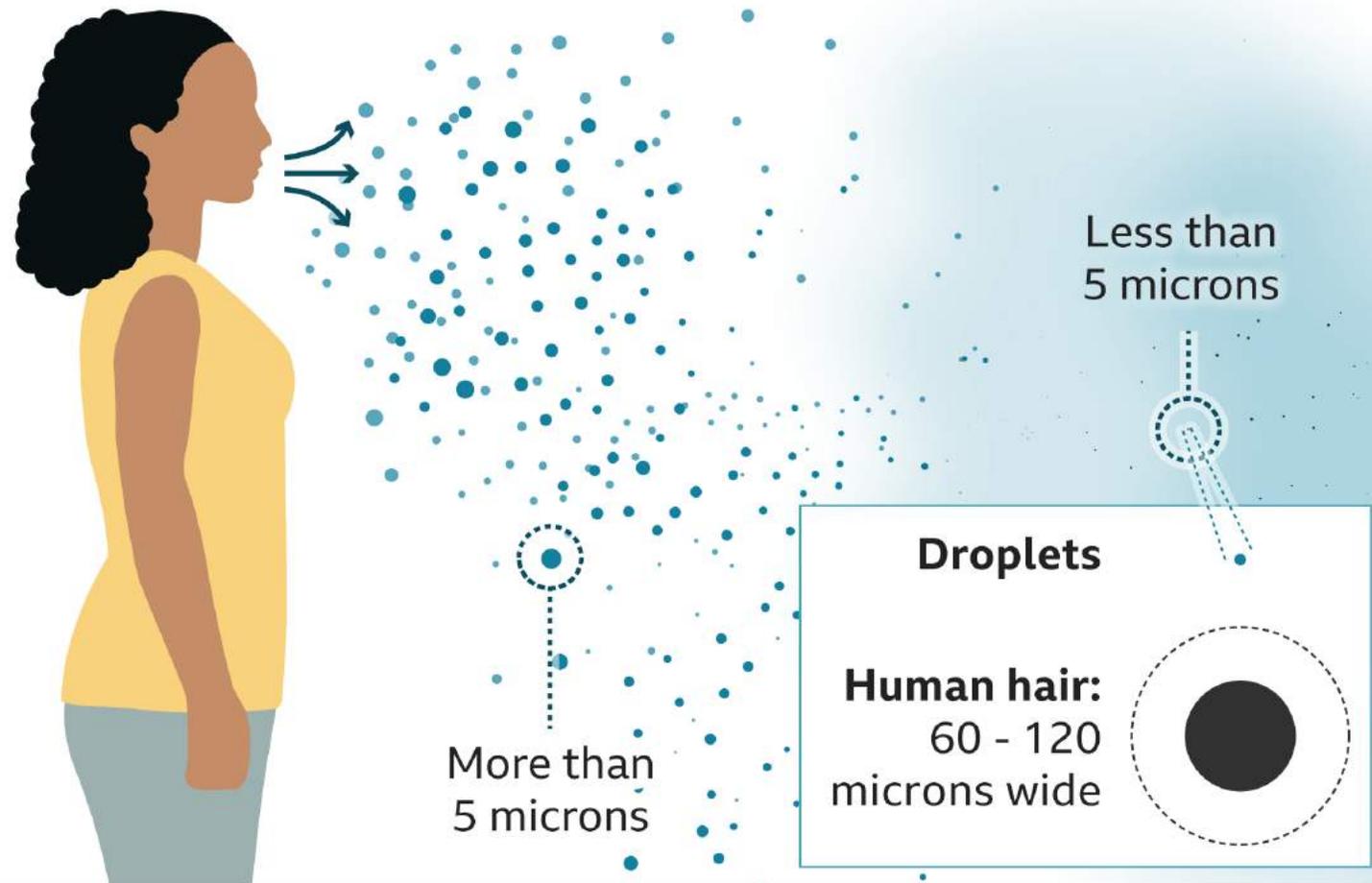
The difference between droplet and airborne transmission

Droplet transmission

Coughs and sneezes can spread droplets of saliva and mucus

Airborne transmission

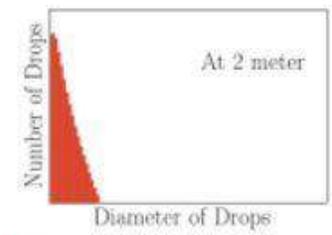
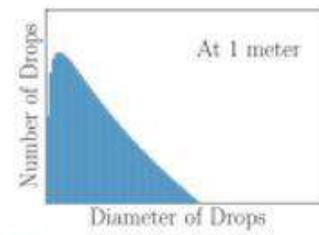
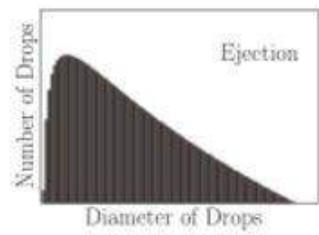
Tiny particles, possibly produced by talking, are suspended in the air for longer and travel further



Source: WHO

BBC

EMA+

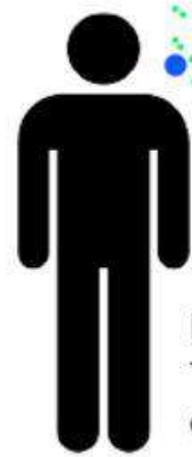


- ~100 um Droplets ●
- ~80 um Droplets ●
- ~60 um Droplets ●
- ~40 um Droplets ●
- ~20 um Droplets ●
- ~1 um Droplets ●

INFECTED

SUSCEPTIBLE

SUSCEPTIBLE



Exhaling
Talking
Coughing
Sneezing

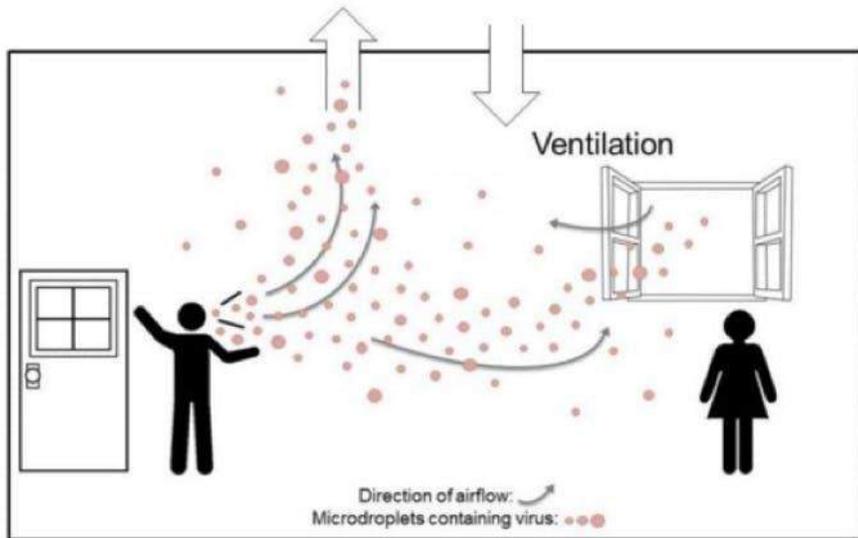
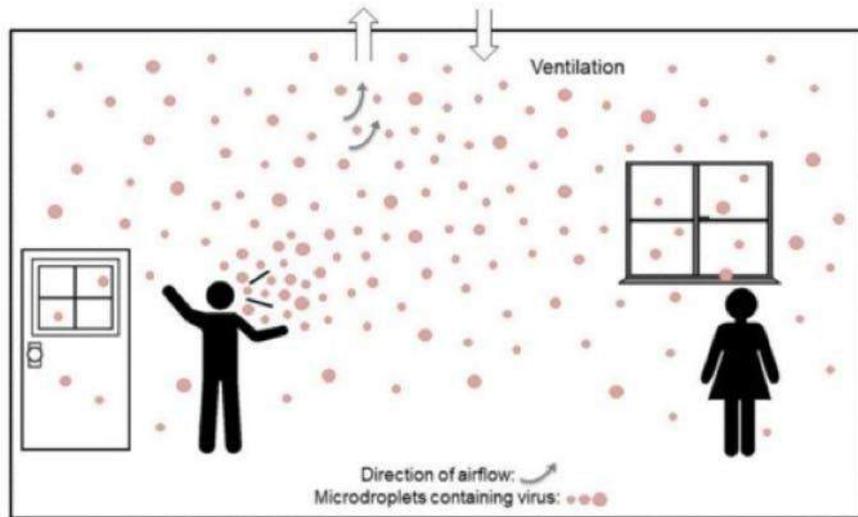


Inhalation

1m

2m and beyond





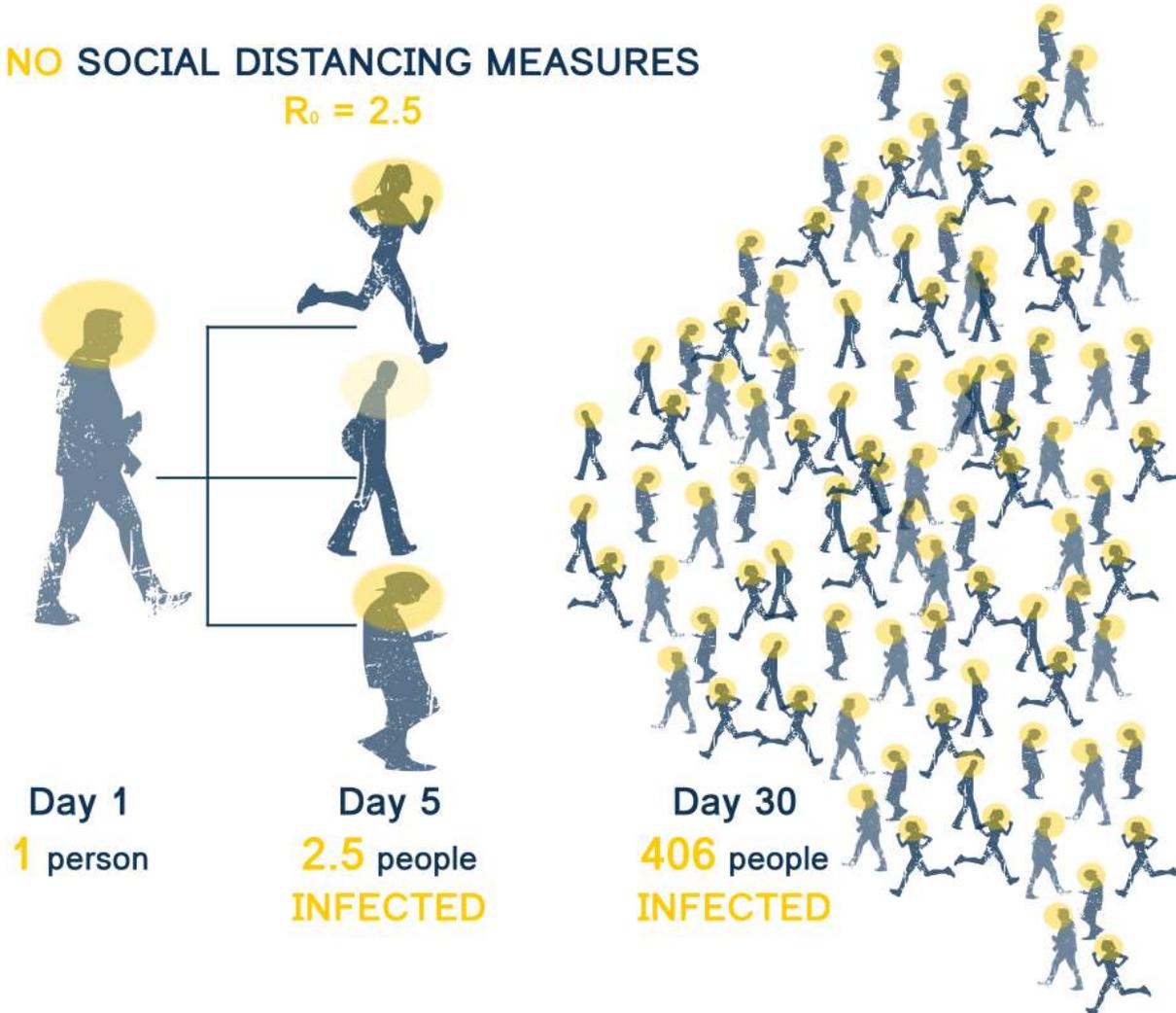
- Creating and maintaining good free flow ventilation is ideal.
- Within closed buildings ensure ventilation is turned on and social distancing is maintained.
- If you can open windows and doors.
- Remember the Delta variant is an aerosol so therefore floats around on air currents.

Transmission occurs between people. Being vaccinated reduces the viruses ability to be transmitted further

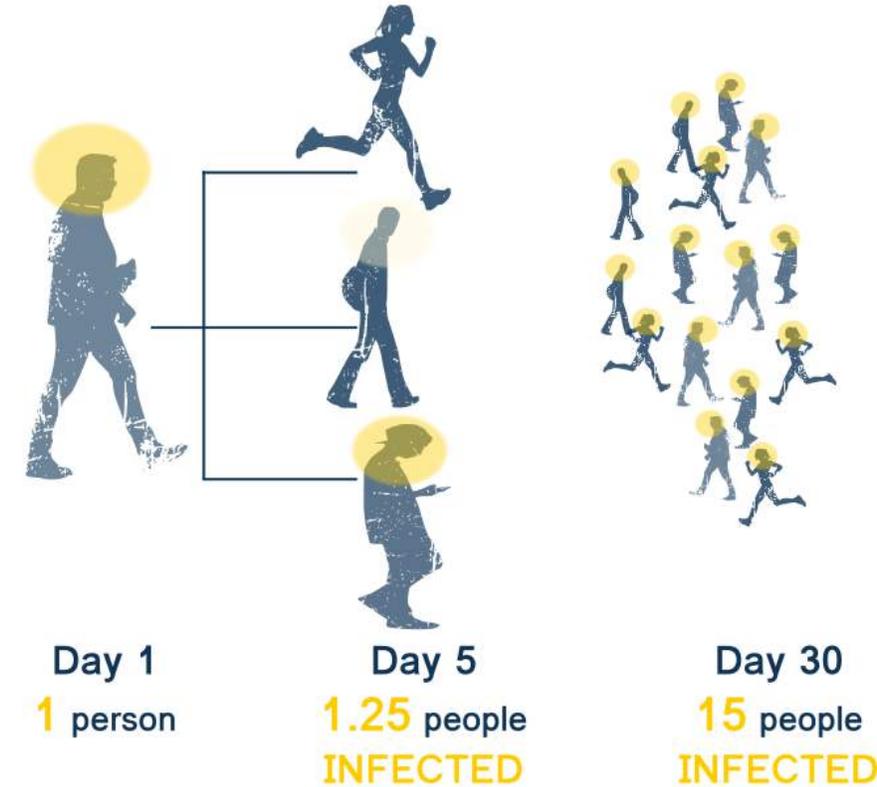


The effects of *Social Distancing*

NO SOCIAL DISTANCING MEASURES
 $R_0 = 2.5$



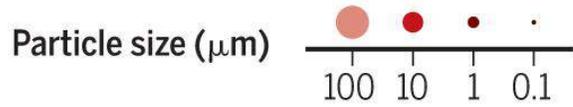
REDUCING SOCIAL EXPOSURE BY 50%
 $R_0 = 1.25$



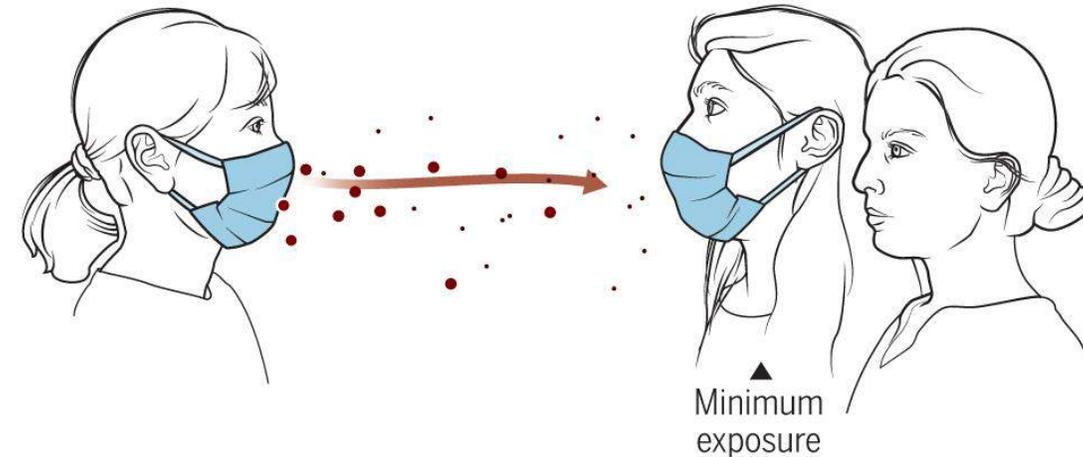
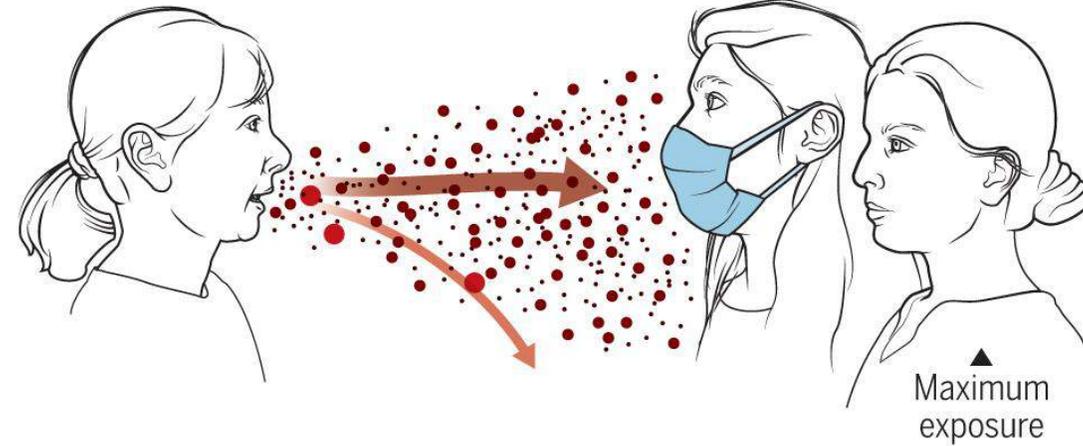
Estimates only. These figures are intended to illustrate the potential of social distancing measures

Masks reduce airborne transmission

Infectious aerosol particles can be released during breathing and speaking by asymptomatic infected individuals. No masking maximizes exposure, whereas universal masking results in the least exposure.



Infected, asymptomatic



WEAR MASK PROPERLY



1. Keep face dry and perform hand hygiene before putting on a mask, take a mask out.



2. Position the elastic bands around both ears.



3. Extend the mask to fully cover mouth, nose and chin, make sure there are no gaps between your face and the mask.



4. Mould the metallic strip over nose bridge.

TIPS:

- Ensure under the chin is covered
- Try not to touch mask while wearing
- For better fit try crossing elastic bands to form a x effect over ears
- If you have facial hair more care and tension is required
- When removing only touch the elastic bands.
- It is important to pinch metallic strip over the nose to create a good seal

Keeping the delta variant of the virus out of our workplaces in the first place is the key

- Encourage employees to stay home and get tested at early signs of an infection
 - even if that means the test is likely to come up negative
 - even at the risk of this being taken advantage of
- Send people home and encourage them to get tested if they show even early signs of an infection while at work
- Remind your employees to observe the COVID-19 rules about self-isolation if they have attended a location and during a time of interest
- Household members of people who have been at a location of interest also need to self-isolate until the person of interest has received a negative test result

Remember, once an infectious person enters your premises, with the delta variant there is a high risk that they will infect others, even if the Safety Plans that apply for Alert Levels 4 and 3 are being followed

How do we minimise the threat of the virus being spread inside our workplaces?

- Make mask wearing obligatory – everyone, and all the time, unless other safe work practices prevent that. **It's the single and best measure we all can take.**
- Ensure good air circulation wherever possible: Avoid close contact at work as much as possible. The previous definition of 'close contact' - meaning close physical presence for 15 minutes or more doesn't apply to the delta variant; infections can occur within (very few) minutes. Replace face-to-face communication by mobile phone calls where that makes sense while at work
- Segregate your workforce into cohorts (teams), e.g. shifts, and avoid contact between cohorts as much as possible. That applies to shift change-over, but also to moving team members between cohorts.
- Maintain good hygiene practices, hand washing, coughing sneezing, sanitising.
- **Use QR codes all the time.**

For more details visit www.moh.govt.nz

