

New Covid19 Delta and Lambda Variants Outbreak

By

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I get asked multiple times daily about the new Covid19 Delta and Lambda variants. As of August 8, 2021, there has been 1000 cases of the Lambda Variant in the last 30 days which appears to be a prominent strain in South America and 100,000 daily new Delta Variant cases which appears to have started in India. Virologist Shi Zhengli, head of the Chinese Wuhan Institute of Virology, told the South China Morning Post that “the world will need to prepare to coexist with the virus as it continues to mutate and spread across the globe”.

The Delta variant symptoms can be similar to the original COVID-19 viral symptoms or similar to a common cold or allergies including, but not limited to headaches, fevers, chills, shortness of breath, sore throat, sinus congestion, sneezing, and runny nose. Unlike the original COVID-19 virus, loss of taste or smell has not been seen. The COVID-19 PCR test is still the best way to detect the various strains of COVID-19 virus.

Just like President George Washington ordered inoculation of continental troops against small pox by using cow pox to prevent decimation, we should get vaccinated using Pfizer and Moderna vaccines as they are still approximately 95% effective against Delta strain. A new vaccine will have to be created for the Lambda variant.

The vaccines are available to everyone ages 12 and up at no charge at any pharmacy. Once the FDA approves the vaccines for children under 12 years of age, they will have to be inoculated also. Otherwise, the children will become reservoirs for pandemic recurrences.

Your family doctor will be the best one to advise you. Please get vaccinated and stay safe.