



**Press Release**  
**FOR IMMEDIATE RELEASE**

**Media Contact**  
Stephen Kuehler | [stephen.kuehler@knoxhospital.org](mailto:stephen.kuehler@knoxhospital.org)  
940-657-3535

## **COVID-19 Delta Variant Continues to Concern Local Healthcare Community**

*Knox County Hospital District providers urge the community to get a life-saving vaccine.*

KNOX CITY, Texas (Aug. 12, 2021) – The highly contagious Delta variant of COVID-19 is spreading throughout Texas, meaning it is more important than ever to get vaccinated.

“We are back to spring levels as it relates to COVID-19 cases, and it is causing much worry for hospitals all across the state,” says Dr. Laura Hart at Knox City Clinic, a service of Knox County Hospital District, and she also serves as the local health authority. “Vaccines currently available are safe and effective. Now is the time to protect yourself and those around you by getting vaccinated against the coronavirus.” Dr Hart added, “Vaccines are one layer of protection, other measures like wearing a mask and maintaining physical distance in public are important even if one is vaccinated.”

After months of declines, cases of COVID-19 have risen to levels we last saw in March of this year – causing alarm for health officials across the country. The dangerous Delta variant makes up the dominant strain of new cases. Experts say this new variant is more transmissible and poses a higher risk to those who have not been vaccinated.

“COVID-19 is easily transmissible, and the new Delta variant is more than twice as easily transmissible,” Dr. Hart says. “Getting vaccinated can reduce your risk of this serious and dangerous disease.”

With the Delta strain quickly spreading, most people who have become seriously ill or died from COVID-19 have been unvaccinated. Getting vaccinated dramatically reduces the risk of severe illness and death from the virus.

Instances of vaccinated individuals who become ill with COVID-19 are rare—those who have been vaccinated and contract COVID-19 typically experience only mild illness.

Dr. Hart emphasizes that a lot of misinformation about vaccines continues to circulate. None of the vaccines approved for use contains a live virus, meaning you cannot become infected with the illness by getting vaccinated.

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Contrary to some of the claims on social media, the development of vaccines approved for emergency use in the United States was not rushed, and all vaccines have undergone rigorous testing to ensure their efficacy and safety for use.

Those who get vaccinated can experience mild flu-like side effects, which typically resolve within 24 to 48 hours. These symptoms do not pose a severe risk to a person's health. The virus, however, can be deadly.

"The fact is that COVID-19 vaccines were never developed to prevent catching the virus," Dr. Hart says. "The goal of the vaccines available on the market is to reduce its effects on your body and reduce your chances of hospitalization or death. The vaccines available work as intended, and they are our best way to control the virus."

In July, the Centers for Disease Control and Prevention released an update on their recommendations in response to rising COVID-19 infection levels. The agency now recommends wearing a mask indoors in public if you are in an area of substantial or high transmission.

Health officials say that getting vaccinated provides a more robust immune response than recovering from COVID-19. Plus, the health risks are dramatically lower.

Those who receive the Moderna or Pfizer vaccine will require a second dose, typically given three weeks after the first dose. This is to ensure that you develop an optimal immune response to prevent illness from COVID-19. The Johnson & Johnson vaccine does not require a second dose.

Pfizer-BioNTech vaccines are currently available for Texans ages 12 and up. Currently, Moderna vaccines for 18 years and up are available in the community through Knox County Hospital District. For more information, please call Knox City Clinic at 940-657-3906 or Munday Clinic at 940-422-5271.

### **About Knox County Hospital District**

Founded in 1926, Knox County Hospital District provides healthcare for residents of Knox County and surrounding areas. The district offers a wealth of medical services, including 24-hour emergency care, advanced radiology services, a clinical laboratory, home health, physical therapy, long-term care, patient education, and more. For additional information, please call 940-657-3535 or visit [www.knoxhospital.org](http://www.knoxhospital.org).

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**Knox County Hospital District**

701 SE 5th St. | Knox City, TX 79529 | 940-657-3535