

## **SHOT TO SHOOT THE VARIANTS**

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I still remember when I woke up one day, I heard that there was new variant of Covid-19 that was existed in other parts of the world – good thing, the variant wasn't present in our country up until last month. Viruses are known to develop and adapt as they spread from person to another over time. Variations are defined as changes in the genetic material of viruses that are considerably different from the original virus. To detect variants, scientists map the genetic material of viruses (known as sequencing) and then check for differences between them to determine if they have changed.

Variants of the SARS-CoV-2 virus, which produces COVID-19, have arisen and been identified in numerous nations throughout the world since the virus's global dissemination.

According to World Health Organization (2021), viruses are constantly evolving and changing. When a virus replicates (makes copies of itself), alterations in its structure are possible. Each of these modifications is referred to as a "mutation," and a virus that has one or more mutations is referred to as a "variant" of the original virus. Some mutations can induce changes in the virus's key properties, such as those that influence its capacity to propagate and/or cause more serious sickness and death.

On the other hand, for us to protect ourselves from COVID-19 variations, let's need to follow some precautions, Zuccarini (2021). Initially, you have to maintain a healthy space of at least 1 meters between yourself and others. Secondly, cover your mouth and nose with a well-fitting mask. Then make sure all windows are open or you are in an al fresco restaurant. Moreover,

regular use of alcohol and washing of hands using clean soap can maintain your hands cleaned.

Lastly, as soon as it has an opportunity to be vaccinated, get vaccinated.

COVID-19 vaccinations are still quite successful at avoiding major disease and death against all of the current variations of concern, according to the data we currently have. The immunizations provide varying levels of protection against infection, mild disease, severe disease, hospitalization, and death.

There is no such thing as a vaccine that is 100 percent effective. Despite the fact that COVID-19 vaccines are highly effective at preventing major sickness and death, some people will fall ill after receiving the vaccine. It's also possible that you'll infect those who haven't been vaccinated. As a result, it's vital to take safeguards even after you've been fully vaccinated.

Reference:

World health Organization (2021). Coronavirus disease (COVID-19): Variants of SARS-COV-2. [https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/coronavirus-disease-%28covid-19%29-variants-of-sars-cov-2?gclid=Cj0KCQiAgP6PBhDmARIsAPWMq6k7uMuzOWL0F7d-qj5epev8u6e0aOXbaEby\\_hzejzwSfu5FHdSbFRcaAvBnEALw\\_wcB#](https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/coronavirus-disease-%28covid-19%29-variants-of-sars-cov-2?gclid=Cj0KCQiAgP6PBhDmARIsAPWMq6k7uMuzOWL0F7d-qj5epev8u6e0aOXbaEby_hzejzwSfu5FHdSbFRcaAvBnEALw_wcB#)