

COVID-19 UPDATE

VARIANT JN.1

JANUARY 9, 2024

KEYPOINTS:

- There is a new variant of COVID-19 called JN.1.
- JN.1 has been shown to spread easier than other variants.
- JN.1 is now the most widely circulating variant of COVID-19 in the United States and globally.
- At this time, there is no evidence that JN.1 causes more severe disease.
- Currently, the additional public health risk of JN.1 is: **LOW**



WHY IS IT LOW?

- Current vaccines, tests, and treatments work against JN.1 based on laboratory data.
- Flip over to find out what's going on in Mobile, Alabama.

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In Mobile, Alabama:

The overall respiratory illness (COVID-19, flu, RSV) is: **Very High**

Most recent data obtained Friday, December 28th, 2023 due to the holidays.

Illness trends are based on emergency department visits:



Flu
Increasing



RSV
Decreasing



COVID-19
Increasing

PROTECT YOURSELF AND OTHERS:

- Stay up to date with vaccines.
 - Everyone 6 months and older should get a yearly flu vaccine and a current COVID-19 vaccine.
 - CDC recommends that all infants receive protection from one of these tools to protect them from getting very sick with RSV.
 - An RSV vaccine given during pregnancy
 - An RSV immunization given to infants and some older babies
 - Adults 60 years and older may also need one dose of RSV vaccine and should talk with their healthcare provider about whether RSV vaccination is right for them.
- Seek testing and possible treatment if you get sick
- Improve airflow and ventilation
 - Options include using a portable air cleaner, turning on exhaust fans, or choosing outdoor options to bring in as much fresh air as possible, filtering the air.
- Practice good hand hygiene and cover your coughs and sneezes.
- Stay home when you are sick and avoid others who are sick.
- Masks can help reduce the amount of germs you breathe in, and can also help protect others if you are sick. Their effectiveness against different viruses varies.