

July 12, 2021

**HEALTH ADVISORY:**

Saint Louis County  
Department of Public Health

July 12, 2021

This document will be updated as new information becomes available.

St. Louis County Department of Public Health (DPH) is now using 4 types of documents to provide important information to medical and public health professionals, and to other interested persons:

**Health Alerts** convey information of the highest level of importance which warrants immediate action or attention from Missouri health providers, emergency responders, public health agencies, and/or the public.

**Health Advisories** provide important information for a specific incident or situation, including that impacting neighboring states; may not require immediate action.

**Health Guidances** contain comprehensive information pertaining to a particular disease or condition, and include recommendations, guidelines, etc. endorsed by DPH.

**Health Updates** provide new or updated information on an incident or situation; can also provide information to update a previously sent Health Alert, Health Advisory, or Health Guidance; unlikely to require immediate action.

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**FROM:** Dr. Faisal Khan, Acting Director  
**St. Louis County Department of Public Health**

**SUBJECT:** Saint Louis County Department of Public Health DPH  
**Delta Variant Update**

The St. Louis County Department of Public Health (DPH) issued a Public Health Advisory on July 1, 2021 warning of the significant increases in community transition of COVID-19 in the landscape of the emerging Delta variant. In the last two weeks, Missouri has become a hotspot for COVID-19. DPH is increasingly concerned about the risks to the residents of St. Louis County as the Delta variant becomes more widespread. The disease is changing, of particular concern are the following factors:

**An increase in COVID-19 cases driven by infection in unvaccinated residents**

COVID cases are increasing at an alarming rate – we are consistently averaging over 100 new cases a day. This is largely driven by an increase of new cases in young people, Black people and North County residents and overlaps with groups of County residents that are the least vaccinated.

**Increasing infection and transmission of COVID-19 among children**

We are very concerned about the health and wellness of children in the region. Children are transmitting COVID-19 to each other much more easily now than they were last year. In the last month, we have seen multiple outbreaks in daycares and camps that are largely driven by unvaccinated adults transmitting the disease to children, then children transmitting among each other.

**Changing and overlapping symptoms**

People with COVID-19 from the Delta variant may be more likely to have traditional cold symptoms like runny nose, sore throat and headache than cough and fever. Off-season spikes in RSV (respiratory syncytial virus) and croup in St. Louis are occurring largely among children, and patients with those illnesses can also present with common cold symptoms. It's harder than ever to guess if your symptoms are from COVID-19. Immediate testing and staying home, even if you have mild symptoms, is key to stopping the spread of illness.

In support of your families and the residents of St. Louis County, we continue to strongly recommend the following:

1. Immediately seek vaccination for anyone over the age of 12. Vaccines are effective against the Delta variant. The vaccination is the best tool that you have to protect yourself and those you love who are under the age of 12 who cannot be vaccinated.

**HEALTH ADVISORY:**

Saint Louis County  
Department of Public Health  
Review of COVID-19  
Breakthrough Cases

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2. Regardless of vaccination status, wear a face covering in indoor public places and in large crowds or gatherings in which you cannot maintain social distancing, even if outside.

3. Children under 12 are currently at high risk. Protect children by making sure they are not exposed to unvaccinated people and large crowds of people for which vaccination status cannot be determined.

4. Assure that unvaccinated children wear masks when exposed to those who are unvaccinated, including other children. Inquire about COVID prevention at your kids' schools, camps, and daycares. Parents should get vaccinated and model masking with kids to support their use of masks.

5. Don't guess! All people, whether vaccinated or not, should get tested for COVID-19 if they have any cold symptoms. Stay home, even if you have a mild cold.