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Massa News – Vaccination is the most effective measure against the delta variant, points out an expert from Unifesp

Vaccination is the most effective way to combat the Delta variant of the coronavirus. Based on studies released recently, Professor Soraya Smaili, a pharmacologist at the Escola Paulista de Medicina, dean of the Federal University of São Paulo (Unifesp) for the period 2013-2021 and coordinator of the institution's Global Health Center, considers this. Soraya is also the coordinator of the SOU_CIÊNCIA Study Center, which brings together researchers from different areas of knowledge, belonging to several Brazilian public universities.

According to the expert, taking the two doses of the vaccine, regardless of the manufacturer, is the best way to prevent the severe form of the disease and protect the population against the Delta variant, which already registers cases in several regions of Brazil.

"The Delta variant of the coronavirus has spread rapidly across the United States and the United Kingdom, among other countries, as it is much more transmissible. However, in these countries there is already a good percentage of the vaccinated population, which coincides with data that show that, despite the increase in cases, there is no increase in deaths", explains the professor. "Furthermore, recent data from surveys conducted in the US have shown that the number of cases of the Delta variant is increasing much more among the unvaccinated than among those who received the vaccine. These data once again show how much we should vaccinate", says Soraya.

The variant has recently arrived in Brazil and the number of cases has been increasing. However, vaccination in Brazil has not yet reached the majority of the population with two doses. "For this reason, people should not choose vaccines and should not miss the opportunity to get vaccinated, as it is the only way to protect themselves. And yet, the less the virus circulates or finds vulnerable people to infect, the less likely it is that new variants will appear", comments the professor.

Use of masks is essential

A recent survey commissioned by the World Health Organization (WHO) indicated that 83% of the Brazilian population wants to continue wearing a mask, even after vaccination. The professor comments that "for now it is a necessary measure, since the existing vaccines do not prevent transmission, despite the protection against the disease. Now with the Delta variant, this measure is even more necessary.".

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