



What You Need To Know About the Delta Variant

As the COVID-19 pandemic continues across the world, public health officials are watching certain coronavirus mutations and variants that may be more contagious or deadly than the original strain. Viruses constantly change to adapt and survive, and variants emerge when a strain has one or more mutations that differ from others.

What is the Delta variant?

The Delta variant, also known as B.1.617.2, can spread more easily, according to the US CDC. The strain has mutations on the spike protein that make it easier for it to infect human cells. That means people may be more contagious if they contract the virus and more easily spread it to others.

The Delta variant can spread faster via airborne transmission and has an infectivity rate of five to eight. This means that if the variant infects 100 people, they can pass the virus on to 800 more people in a very short period of time.

What is the Delta Plus variant?

The Delta Plus variant, also known as B.1.617.2.1 or AY.1, is considered a “subvariant” of the Delta version, according to CBS News. It has a mutation that allows the virus to better attack lung cells and potentially escape vaccines.

First identified in India, Delta Plus has now been found in the U.S., U.K., and nearly a dozen other countries. India has labeled it a variant of concern, but the CDC and WHO haven't.

Where did the Delta variant come from?

The Delta variant was first identified in India in December 2020 and led to major outbreaks in the country. It then spread rapidly and is now reported in 104 countries, according to a CDC tracker.

As of early July, Delta has become the dominant form of the coronavirus in the U.S., U.K., Germany, and other countries. In the U.K., for instance, the Delta variant now makes up more than 97% of new COVID-19 cases, according to Public Health England.

What are the symptoms of the Delta variant?

The symptoms are similar to those seen with the original coronavirus strain and other variants, including a persistent cough, headache, fever, and sore throat.

At the same time, COVID-19 patients in the U.K. have reported that some symptoms are slightly different for Delta. Cough and loss of smell seem to be less common. Headache, sore throat, runny nose, and fever seem to be more common. Now the latest symptoms include muscle pain, diarrhoea, vomiting and lethargic.

Is the Delta variant more deadly?

Scientists are still tracking the data to determine how deadly it is. Based on hospitalizations in the U.K., the Delta variant does seem to be more likely to lead to hospitalization and death, particularly among unvaccinated people, according to a recent study published in The Lancet.

What is the Delta variant situation in Singapore?

Singapore authorities first reported the presence locally of the Delta variant in early May.

A recent rise in cases, including those linked to the Delta variant, prompted Singapore to tighten curbs on social gatherings.

Reference/Source:

<https://www.cdc.gov/coronavirus/2019-ncov/variants/variant-info.html#Concern>

<https://covid.cdc.gov/covid-data-tracker/#global-variant-report-map>

[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(21\)01358-1/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(21)01358-1/fulltext)

<https://www.reuters.com/world/asia-pacific/singapore-finds-delta-most-prevalent-among-virus-variants-locally-2021-06-09/>



Delta 变种病毒需知

随着新冠肺炎疫情在世界各地继续蔓延，公共卫生官员正在关注某些冠状病毒的突变和变种，这些突变和变种可能比原始毒株更具传染性或致命性。病毒不断变化以适应和生存，当一个菌株具有一个或多个与其他菌株不同的突变时，就会出现变异。

什么是Delta变体？

根据美国疾病预防控制中心的说法，Delta 变体，也称为 B.1.617.2，可以更容易传播。该菌株的刺突蛋白发生了突变，使其更容易感染人类细胞。这意味着如果人们感染病毒并更容易将其传播给他人，所以他们可能更具传染性。

Delta 变体可以更快地通过空气传播，传染率为 5 到 8。这意味着，如果该变体感染了100人，他们可以在很短的时间内将病毒传染给另外 800 人。

什么是Delta Plus变体？

据哥伦比亚广播公司新闻报道，Delta Plus 变体，也称为 B.1.617.2.1 或 AY.1，被认为是 Delta 版本的“子变体”。它有一个突变，使病毒能够更好地攻击肺细胞并可能逃避疫苗。Delta Plus 最初是在印度被发现的，现在已经在美国、英国和其他十几个国家被发现。印度已将其标记为令人担忧的变体，但美国疾病预防控制中心和世界卫生组织还没有。

Delta变体从何而来？

Delta 变体于 2020 年12月在印度首次被发现，并导致该国发生重大疫情。根据美国疾病预防控制中心的追踪报告，它随后迅速传播，现已传播至 104 个国家。

Delta变体的症状是什么？

这些症状与原始冠状病毒株和其他变体的症状相似，包括持续咳嗽、头痛、发烧和喉咙痛。同时，英国的新冠肺炎患者报称，Delta的某些症状略有不同。咳嗽和嗅觉丧失似乎不太常见。头痛、喉咙痛、流鼻涕和发烧似乎更常见。现在最新的症状包括肌肉酸痛、腹泻、呕吐，疲劳和昏昏欲睡。

Delta变体是否更致命？

科学家们仍在追踪数据，以确定它的致命程度。根据医学杂志《The Lancet》上的最近一项英国研究调查，根据英国的住院情况，Delta变体似乎确实更有可能导致住院和死亡，尤其是在未接种疫苗的人群中。

新加坡的Delta变体情况如何？

新加坡当局于5月初首次报告当地存在的Delta变种。

最近病例的增加，包括与Delta变种有关的病例，促使新加坡加强了对社交聚会的限制。

参考/来源:

<https://www.cdc.gov/coronavirus/2019-ncov/variants/variant-info.html#Concern>

<https://covid.cdc.gov/covid-data-tracker/#global-variant-report-map>

[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(21\)01358-1/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(21)01358-1/fulltext)

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TESTIMONY | 见证

Fighting against COVID-19 by Taking HDI Products

On 16 February 2021, Feri felt weak and dizzy. The next day, he had muscle ache, sore throat and fever. 3 days later he started to have shortness of breath. On 24 February, he went for a swab test and was confirmed positive for Covid-19. He was then recommended to consume HDI Propoelix™ and Clover Honey.

2 days later, he was admitted to ICU due to breathing difficulty. After increasing the dosage of Propoelix™, his cough subsided, he was able to slowly walk to the bathroom and could sleep well.

However his D-dimer result (blood clot rate) was too high. Normal rate is 500ng/ml but his went from 1500ng/ml to 2800ng/ml. He was recommended to consume Pollenergy 520. On 10 March, the reading went down to normal and he was allowed to go home. 3 days later, he went for a swab test and the result was negative.

服食HDI产品以对抗新冠病毒

2021年2月16日，Feri感到虚弱和头晕。第二天，他开始肌肉酸痛，喉咙痛，头晕和发烧。三天后，他也开始呼吸急促。2月24日，他进行了拭子检测，结果为阳性。于是他建议服食HDI Propoelix™ 和苜蓿蜂蜜。

两天后，由于呼吸困难，他被送入深切治疗部 (ICU)。添加Propoelix™的剂量后，他感觉有所改善，咳嗽稍退，睡眠也变好了，其他症状也消失了。

然而他的D-二聚体结果(血库率)太高了，正常率是500ng/ml，但他的从1500ng/ml上升到2800ng/ml，因此他被建议服食520活力花粉。3月10日，他的D-二聚体读数恢复正常，所以被允许回家。3天后，他进行了拭子检测，结果为阴性。

Feriyadi Nur Cahyanto
48 years old



TESTIMONY | 见证

HDI products helped solve my health complications due to COVID-19

I was tested positive for COVID-19 and during my 14 days of quarantine, I had fever, cough, no appetite and difficulty in getting out of bed. Besides taking medications, I also consumed HDI Propoelix™ and Clover Honey. After 3 days, my conditions began to improve, I regained my appetite and could perform light activities.

However, on the 14th day, I experienced chest pain and cold sweat. I was diagnosed with heart attack as I had a history of hypertension and mild stroke. I was advised to have surgery due to the blockage caused by COVID-19. While waiting for the schedule of the surgery, I continued consuming Clover Honey, Propoelix™, Pollenergy 520 and Liquid Royale Jelly together with the blood thinner medication. After a month, I was ready for the surgery but the check-up showed that the blockage was gone. I did not need to undergo any surgery!

HDI 产品助我解决新冠肺炎导致的并发症

我的新冠肺炎检测呈阳性，在隔离的14天里，我有发烧、咳嗽、没有胃口，起床困难。除了服用药物，我还服用了HDI Propoelix™和苜蓿蜂蜜。3天后，我的情况有改善，我开始有胃口也可以做一些轻微的活动。

然而，来到第14天，我的胸口感觉疼痛和冒冷汗。由于有高血压和轻度中风的病史，我被诊断患有心脏病。由于新冠病情造成的堵塞，我被建议进行手术。在等待手术的同时我继续服用苜蓿蜂蜜，Propoelix™，520活力花粉和液状蜂皇乳及血液稀释药物。1个月后，我已做好准备进行手术，但是经过检验，发现已不再堵塞了，所以不需要做任何手术。

I Made Suandha, SE
65 years old



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