I. How likely is it for me to be a coronavirus carrier after I'm fully vaccinated?

A new study published last month found that the Delta variant of SARS-CoV-2 causes a lower rate of asymptomatic infection than the original strain. The researchers studied 110 people who had been fully vaccinated with two doses of the Pfizer/BioNTech vaccine and then became infected with the Delta variant. They found that only 13% of those infected had no symptoms, compared to 50% of those infected with the original strain. Therefore, the chance of being a carrier is lower for those who are fully vaccinated.

II. How do I start my day?