

## **Want Relief From Some Restrictions? Get your COVID-19 Vaccine!**

It's safe, it's effective, it helps you get back to some pre-pandemic activities!

According to the Centers for Disease Control and Prevention (CDC), based on what we know about COVID-19 vaccines, people who have been fully vaccinated can start to resume some activities that they had stopped because of the pandemic.

People are considered fully vaccinated:

- 2 weeks after their second dose in a 2-dose series, like the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, like Johnson & Johnson's Janssen vaccine.

If it has been less than 2 weeks since your shot, or if you still need to get your second dose, you are NOT fully protected. Continue taking all the following prevention steps until you are fully vaccinated:

- Get or complete your COVID-19 vaccination
- Wear a mask
- Wash hands often
- Stay 6 feet away from others - **Inside your home:** Avoid close contact with people who are sick. If possible, maintain 6 feet of distance between the person who is sick and other household members. **Outside your home:** Maintain 6 feet of distance between yourself and people who don't live in your household. Remember that some people without symptoms may be able to spread the virus
- Avoid crowds and poorly ventilated areas
- Cover coughs and sneezes
- Clean and disinfect surfaces routinely
- Monitor your health daily
- Get tested. Routine surveillance testing is the best way to discover who is infected and doesn't know it.

**Fully vaccinated? What Has Changed with the updated CDC Protocols:**

- You may gather indoors with fully vaccinated people without wearing a mask.
- You may gather indoors with unvaccinated people from one other household (for example, visiting with relatives who all live together in one single household) without masks, unless any of those people or anyone they live with has an [increased risk for severe illness from COVID-19](#).
- If you've been around someone who has COVID-19 or been identified as a Close Contact, you do not need to quarantine (stay away from others) or get tested unless you develop symptoms.

- However, if you live or work in a group setting (like a correctional or detention facility or group home) and are exposed to someone who has COVID-19, you should still stay away from others for 14 days and get tested, even if you don't have symptoms.

**Fully vaccinated? What Hasn't Changed with the updated CDC Protocols:**

- You should still take the prevention steps detailed above when you are:
  - In public
  - Gathering with unvaccinated people from more than one other household
  - Visiting with an unvaccinated person who is at an increased risk of severe illness or death from COVID-19 or who lives with a person who has an increased risk
- You should still avoid medium or large-sized gatherings.
- You should still delay domestic and international travel. If you do travel, you'll still need to follow CDC [requirements and recommendations](#).
- You should still monitor for [symptoms of COVID-19](#), especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should get tested and stay home and away from others.
- You will still need to follow specific guidance at your workplace.