Recommendations for Masking and Fully Vaccinated Individuals

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COVID-19 Masking Recommendations

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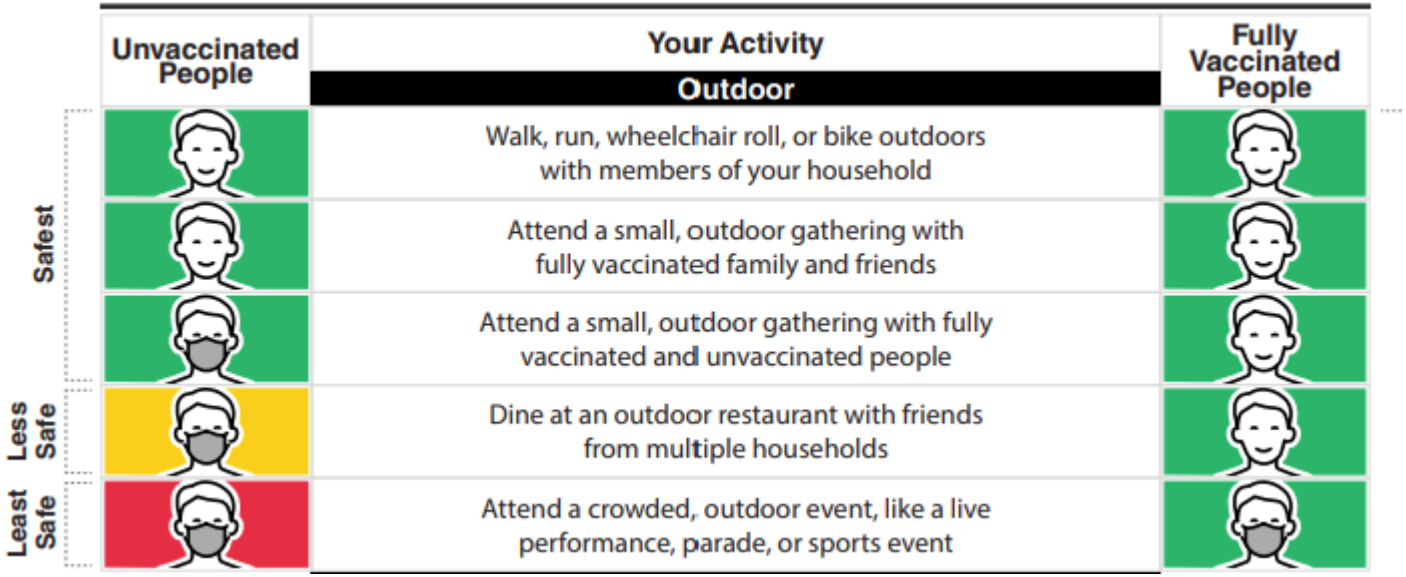
Guidance for Outdoors Mask Use



	Unvaccinated People	Your Activity	Fully Vaccinated People
		Outdoor	
Safest		Walk, run, wheelchair roll, or bike outdoors with members of your household	
Safest		Attend a small, outdoor gathering with fully vaccinated family and friends	
Safest		Attend a small, outdoor gathering with fully vaccinated and unvaccinated people	
Less Safe		Dine at an outdoor restaurant with friends from multiple households	
Least Safe		Attend a crowded, outdoor event, like a live performance, parade, or sports event	

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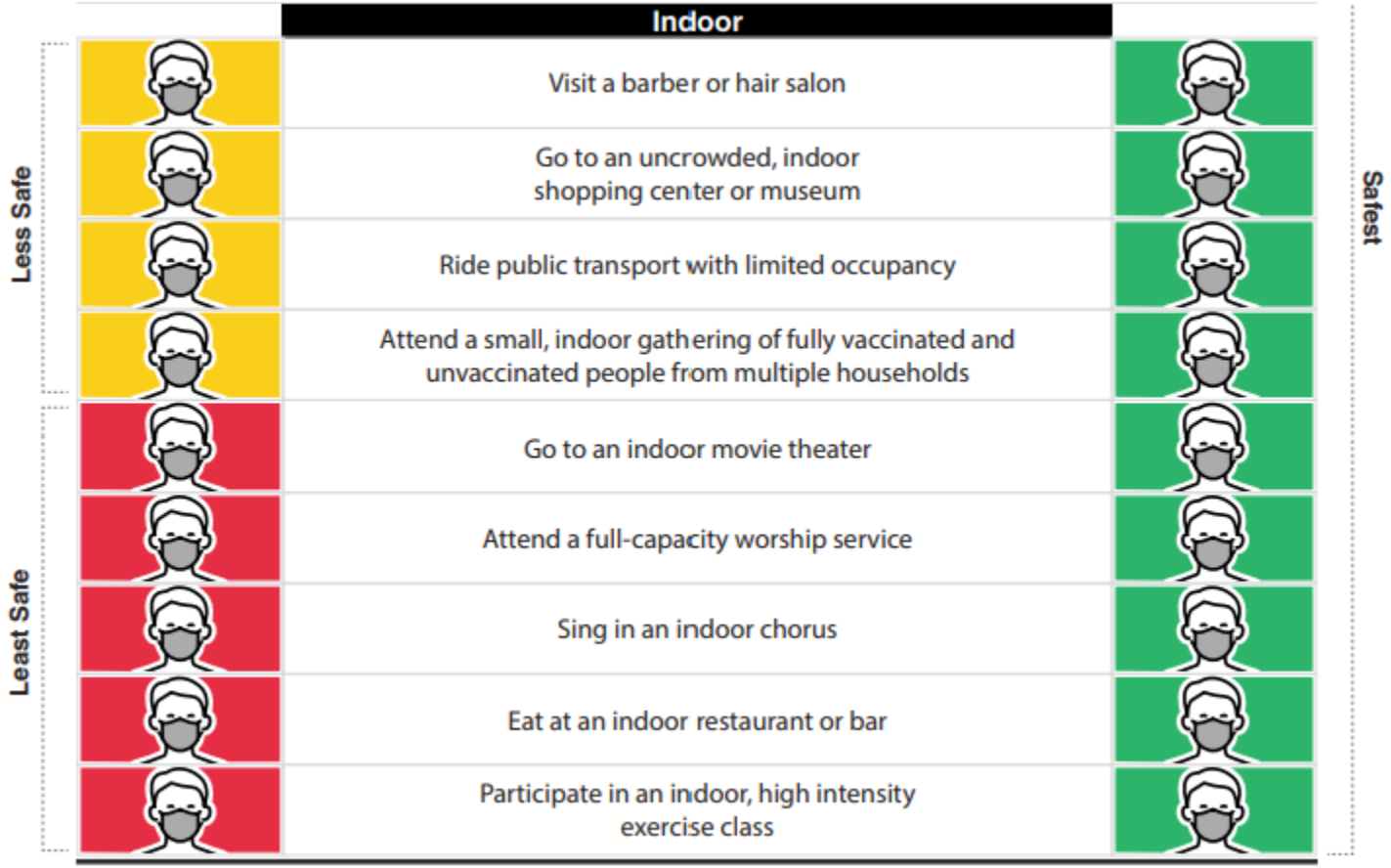
Guidance for Indoors Mask Use



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Vaccinated vs Unvaccinated

- The CDC considers individuals fully vaccinated for COVID-19:
  - ≥ 2 weeks after they receive the second dose in a 2-dose series (Pfizer-BioNTech or Moderna) OR
  - ≥ 2 weeks after they receive a single-dose vaccine (Johnson and Johnson/J&J-Janssen)

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Changes to Travel Guidance

Previous:

- Negative test 1-3 days prior to travel, negative test 3-5 days after travel plus 7-day quarantine during this time. If no post-travel test done, then 10-day self-quarantine.

New:

- Fully vaccinated individuals can refrain from testing before or after travel as well as not required to self-quarantine following travel.
- **Masking is still required** on all public transporation (airports, airplanes, trains, etc.)

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Changes to Guidance for Gatherings

Previous:

- Wear masks at all outdoor gatherings
- Many states implemented their own outdoors mask mandates

Updated:

- **Both unvaccinated and vaccinated** individuals can exercise (run, walk, bike, etc.) without mask outdoors
- **Both unvaccinated and vaccinated** individuals can attend small outdoor gatherings with fully vaccinated family & friends

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What hasn't changed?

- Still advised to take precautions (distance, masking) indoors if you are not fully vaccinated
- Masks are still advised for both unvaccinated and vaccinated individuals attending large outdoor gatherings

Final Remarks

- As we understand more about the risks of certain activities and as more of the population becomes fully vaccinated, more precautions may be phased out.
- Remember that CDC guidance can be implemented differently by each state & tribal nation. Please check with your own state or tribal government to ensure you are aware of the specific precautions in place in your own residential area.

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Recommendations for COVID-19 Fully Vaccinated Individuals

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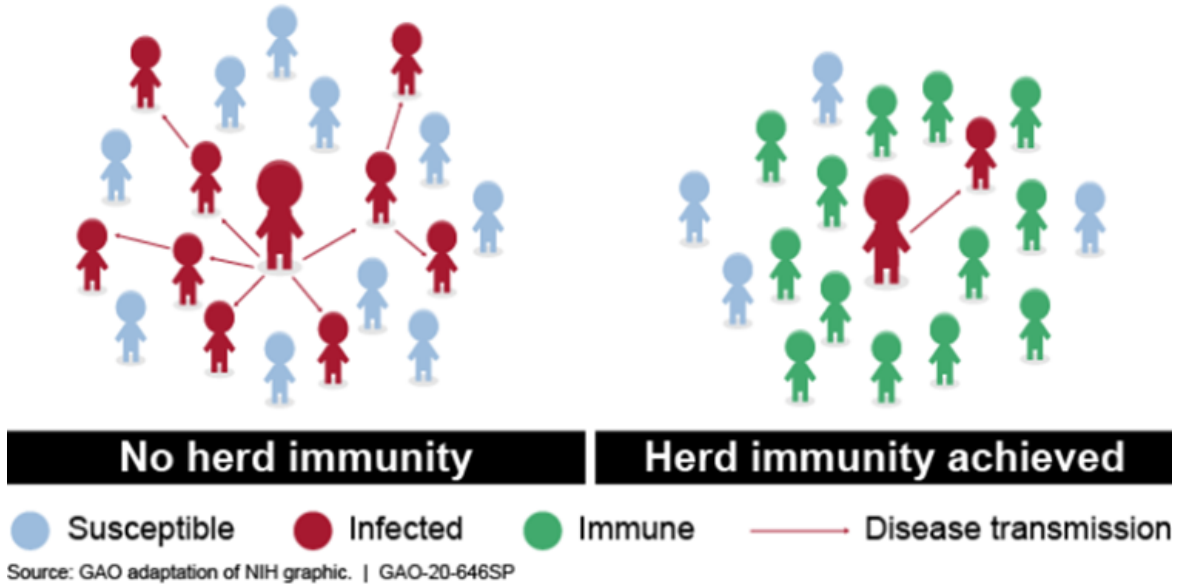
Herd Immunity, Community Immunity, and Population Immunity

- When most of the population has acquired immunity either through being vaccinated or contracting the pathogen of concern
- Signifies that enough of a population has been vaccinated to slow disease transmission
- Generally, between 50% to 90% of a population will need immunity for the rate of infections to decrease



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COVID-19 Immunity & Vaccine Effectiveness

- COVID-19 Vaccines and Effectiveness
  - Pfizer (95%)
  - Moderna (94%)
  - J&J (72%)

  } *Effective at preventing COVID-19*

- Fully Vaccinated
  - Optimal immunity reached at 2 weeks after:
    - Receiving 2nd dose (Pfizer or Moderna)
    - Receiving single dose of J&J
  - If not fully vaccinated should continue precautions until optimal immunity is reached
  - Results in being less likely to contract the virus and get severe illness if infected
  - COVID-19 Variants– may be effective against some but not all

- COVID-19 Herd Immunity
  - Goal of 70 to 80%
  - Still determining the number of people that need to be vaccinated against COVID-19 to reach a point where most people are protected

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What Should You Do If You Have Been Fully Vaccinated?

- Know and understand that you can resume many activities that were stopped at the start of the pandemic
- Continue to keep yourself safe and protect others by considering and engaging in safe, healthy practices used to alleviate the spread and burden of COVID-19:
  - Consider the following to determine if participation in a certain activity is safe
    - Status of COVID-19 infections in your area
    - How many people are involved in the activity
    - Where the activity will take place (outdoor vs indoor)
      - Example: Family Birthday Party
- Continue to wash your hands frequently and wear your mask when applicable

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What Should You Do If You Have Been Fully Vaccinated?

Indoor Activities	Outdoor Activities
• Can have indoor gatherings with other fully vaccinated people without social distancing (staying 6 feet apart) or masking	• Can participate in outdoor activities and recreation without a mask, unless in certain crowded settings and venues
• Can gather indoors with unvaccinated people of any age from one other household - Ex: visiting with relatives who all live together without masks or staying 6 feet apart, unless any of those people or anyone they live with has an increased risk for severe illness from COVID-19	• Considered to be relatively minimal risk for those that are fully vaccinated, except in situations where social distancing is hard to maintain
• Avoid large indoor gatherings and areas with poor ventilation	• May become less safe depending on if: - Community transmission is occurring at a moderate to high level - The percentage of unvaccinated individuals in the area is high - Activities involving the following behaviors are present: singing, shouting, physical exertion or heavy breathing, and being unable to wear a mask, or social distance

Indoor vs Outdoor Public Spaces

- *Outdoor*– generally safer than indoor activities as not in a confined space
- *Indoor*– because the vaccination status of all individuals in the area is unknown, this could pose potential risk

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Traveling & Potential COVID-19 Exposures

- Traveling
  - Traveling Within the US— If traveling in the United States, getting tested before or after travel or self-quarantine after travel is not needed
  - Traveling Internationally– If traveling internationally then check with destination regarding testing, vaccination, and quarantine recommendations/ regulations
    - No testing is needed to leave the US
    - Although, a negative COVID-19 test upon returning to the US from international destinations is needed
    - Testing should still be done 3 to 5 days after international travel
    - Self-quarantine is not required after arriving in the US
- COVID-19 Exposure
  - If you have been in contact with someone who has COVID-19, you do not need to stay away from others or get tested for COVID-19 exce3pt in the case that you develop symptoms
  - Although if living in a setting where you are around someone who has COVID-19, it is recommended that you get tested, even in the absence of symptoms

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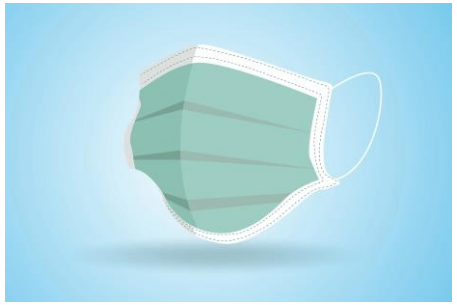
Closing Remarks

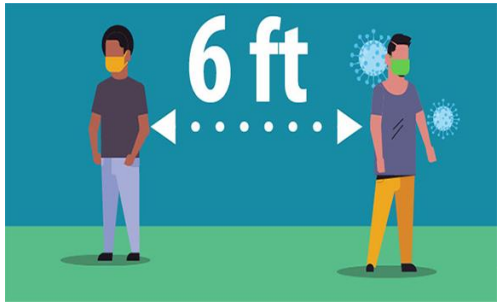
- The COVID-19 vaccine is effective at preventing COVID-19, severe illness and death as a result of the disease
- Although vaccinating is greatly beneficial in helping decrease transmission and the impact the virus has on public health, continuing to follow recommendations such as the 3 W's is still vital and should be considered regardless of vaccination status

Wash Your Hands

Wear Your Mask



Watch Your Distance



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Resources

- Centers of Disease Control and Prevention (CDC)
  - Choosing Safer Activities
    - https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/participate-in-activities.html
  - Interim Public Health Recommendations for Fully Vaccinated People
    - https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html#anchor_1619526549276