

Guidelines for fully vaccinated individuals



If I have been fully vaccinated for at least two weeks, what activities can I safely pursue?

- Gathering indoors with other fully vaccinated people without wearing a mask.
- Gathering indoors with unvaccinated people from one other household without wearing a mask, unless anyone in the household is at increased risk for severe illness from COVID-19. For example, fully vaccinated grandparents may safely visit (and hug!) unvaccinated children or grandchildren indoors as long as no one in the household is at increased risk of severe COVID-19 outcomes.

If you have been around someone with COVID-19 but are fully vaccinated, you do not need to quarantine or get tested (unless you live in a group home or correctional facility). However, you should still monitor for symptoms. If you do experience symptoms of COVID-19, please get tested and stay away from others.



If I have been fully vaccinated for at least two weeks, what activities still require increased caution to protect myself and others?

- Visiting any public places, such as grocery stores, restaurants, and public transportation.
- Gathering with unvaccinated people from more than one other household.
- Visiting with any unvaccinated individual who is at increased risk for severe illness from COVID-19.

Even when fully vaccinated, you should wear a mask and maintain 6 feet of distance in public settings. Whenever possible, choose well-ventilated and outdoor locations. Until a majority of people are vaccinated, we need to continue following safety protocols to keep everyone safe in shared spaces. Although risk is minimized, doctors and health officials believe that vaccinated people may still be able to carry the virus and spread it to unvaccinated people.



If I have been fully vaccinated for at least two weeks, what activities should still be avoided for now?

- Traveling domestically and internationally.
- Gathering in medium or large groups.

As vaccination rates continue to increase across the country, the CDC will monitor and release updated guidance. The goal is a full and safe return to everyday activities and engagement with others as soon as possible.

The vaccine is key to ending the COVID-19 pandemic. As vaccine rollout continues, please consider getting vaccinated as soon as you are qualified. All of the COVID-19 vaccines are safe and effective in preventing severe illness, hospitalization and death.

To register for the vaccine, visit: rwjbh.org/covid19

This article is informed by the CDC guidelines released on March 8, 2021.

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