

U.S. CDC - Interim Public Health Recommendations for Fully Vaccinated People

Overview

The CDC has updated its interim [guidance for fully vaccinated individuals](#)¹ - including that they no longer need to wear a mask outdoors, except in certain crowded settings and venues. At this time, Mount Sinai recommends a more conservative approach where fully vaccinated individuals continue to wear masks when outdoors if engaged in a higher risk activity (e.g., eating or drinking) and in the presence of employees who are unvaccinated (or whose vaccination status is unknown).





























These updates were made in response to the growing proportion of Americans who are fully vaccinated, confidence in vaccine effectiveness, and the knowledge that transmission risks are very low outdoors.

The CDC is likely to adjust this guidance in the future based on community SARS-CoV-2 transmission rates, vaccination coverage, and evolving scientific understanding of the virus and vaccines.

Importantly, this kind of guidance is directed primarily towards households - people should continue to follow guidance issued by individual employers.

Masking Guidance

Choosing Safer Activities

	Unvaccinated People	Your Activity	Fully Vaccinated People
		Outdoor	
Safest		Walk, run, or bike outdoors with members of your household	
		Attend a small, outdoor gathering with fully vaccinated family and friends	
		Attend a small, outdoor gathering with fully vaccinated and unvaccinated people	
Less Safe		Dine at an outdoor restaurant with friends from multiple households	
		Attend a crowded, outdoor event, like a live performance, parade, or sports event	
		Indoor	
Less Safe		Visit a barber or hair salon	
		Go to an uncrowded, indoor shopping center or museum	
		Ride public transport with limited occupancy	
		Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households	
Least Safe		Go to an indoor movie theater	
		Attend a full-capacity worship service	
		Sing in an indoor chorus	
		Eat at an indoor restaurant or bar	
		Participate in an indoor, high intensity exercise class	

Get a COVID-19 vaccine



Prevention measures not needed



Take prevention measures

Fully vaccinated people: wear a mask
Unvaccinated people: wear a mask, stay 6 feet apart, and wash your hands.

- Safety levels assume the recommended prevention measures are followed, both by the individual and the venue (if applicable).
- CDC cannot provide the specific risk level for every activity in every community. It is important to consider your own personal situation and the risk to you, your family, and your community before venturing out.

¹People are considered fully vaccinated if at least 2 weeks have passed since they received the 2nd dose of the Pfizer or Moderna vaccines or the single required dose of the J&J vaccine. Immunocompromised people, even if fully vaccinated, should consult their health care providers before following this guidance.

Detailed Guidance for Fully Vaccinated People

Fully vaccinated people can:	For now, fully vaccinated people should continue to:
<p>Updates to existing guidance:</p> <ul style="list-style-type: none"> Participate in outdoor activities without a mask, except in certain crowded settings and venues Refrain from testing following an exposure, if asymptomatic² Refrain from routine screening testing, if asymptomatic and feasible <p>Already included in existing guidance:</p> <ul style="list-style-type: none"> Be indoors with other fully vaccinated people without masks or distancing Be indoors with unvaccinated people from a single household who are at low risk for severe COVID-19 without masks or distancing Resume domestic travel and refrain from testing and quarantine before or after travel Refrain from testing before leaving the US for international travel and refrain from self-quarantine after returning Refrain from quarantine following an exposure, if asymptomatic 	<ul style="list-style-type: none"> Follow guidance issued by individual employers Take precautions in indoor public settings (e.g., wear a mask, etc.) Wear a mask when indoors with unvaccinated people who are at increased risk for severe COVID-19 or who have an unvaccinated high-risk household member Wear a mask when indoors with unvaccinated people from multiple households Avoid large indoor gatherings Get tested if experiencing COVID-19 symptoms Follow CDC and health department travel requirements and recommendations

²Testing is still recommended for fully vaccinated employees in high-density workplaces (e.g., poultry processing plants)