

# New COVID-19 Guidelines in Place for Fully Vaccinated People

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The Centers for Disease Control and Prevention (CDC) recently released guidelines for people who have been fully vaccinated against COVID-19. The CDC says it's OK for vaccinated people to visit with others who are fully vaccinated and, in some cases, those who are not vaccinated, but there are important safety precautions to follow no matter what. If you've gotten your shot, encourage others to get theirs too so we can continue to take steps forward as a community.

## Guidelines for People Vaccinated Against COVID-19

"In the United States, we've reached a point where we know the vaccines available to some members of the community are highly effective at protecting against COVID-19," explains AdventHealth Senior Vice President, Associate Chief Clinical Officer and Chief Nursing Executive [Irish Celano, MSN, RN](#). "We're in a place where some vaccinated people can begin to comfortably pick up their lives and start doing things that they've been unable to in the last year," Celano says.

Now, [the CDC is making the following recommendations](#) for fully vaccinated people who are in non-health care settings:

- You can visit indoors with other fully vaccinated people without wearing masks or social distancing
- You can visit indoors with unvaccinated people, who are from a single household and are considered low risk for severe COVID-19 disease, without wearing masks or social distancing
- You can refrain from quarantine and testing processes following a known exposure to COVID-19, as long as you're not showing symptoms

The CDC clarifies that the term "fully vaccinated" in this case means people who have had the second dose of their vaccine at least two weeks prior, if they received Pfizer or Moderna, or at least two weeks after they have received a single-dose vaccine, such as Johnson and Johnson.

## Practicing Safety Measures in Public

The latest research and data suggests that fully vaccinated people are less likely to become infected with COVID-19 and [less likely to spread COVID-19 to others](#), but these studies are still ongoing.

In order to continue to best protect others, as well as yourself, even if you are fully vaccinated, it's important to take precautions in public.

The CDC's latest guidance says fully vaccinated people should continue to wear a mask and practice social distancing when:

- In public
- Visiting with unvaccinated [people who are at an increased risk](#) for severe COVID-19 or who live with someone who is at increased risk
- Visiting with unvaccinated people from multiple households

It is also suggested that fully vaccinated people continue to:

- Avoid medium- and large-sized gatherings
- Follow CDC and health department travel recommendations
- Follow specific guidance issued by school or employer
- Get tested if experiencing COVID-19 symptoms

Fully vaccinated people can now resume activities, such as dining in a restaurant or going to the gym in person, with a reduced risk of catching or spreading COVID-19. However, it's still necessary to follow all guidance such as wearing a mask, social distancing, covering coughs and washing hands frequently.

"These new guidelines bring hope to our communities. For the people who have been living more in fear during this last year, now that feeling of fear can start turning to hope," Celano says.

## When it's Your Turn, Get Vaccinated

According to the [CDC's vaccine tracker](#), over 90 million doses have been administered. AdventHealth is following the current vaccine distribution guidelines from the CDC and state governments. When the [coronavirus vaccine](#) is available to you, get your shot — encourage their shot. For more information about when it will be your turn to get vaccinated, we encourage you to sign up for email alerts at [www.CoronavirusVaccineAlerts.com](#).

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