

# COVID-19 Risk Guidance

Congratulations on getting your COVID-19 vaccine! Now that you've received your first or second dose of the vaccine, there are still some important things you should know to keep you and others around you safe.

Remember, both the Moderna and Pfizer vaccines require you to receive two doses, while the Johnson & Johnson vaccine requires one dose. Keep in mind that it takes two weeks after the second dose to reach ~95% efficacy, so it's important to get both doses to be fully protected. Fully vaccinated means two weeks after the second dose (Moderna and Pfizer) or the first dose (J&J). If you don't meet these requirements, regardless of your age, you are NOT fully vaccinated. Keep taking the recommended precautions until you are fully vaccinated.

**The CDC has released updated guidelines for individuals who are fully vaccinated.** Fully vaccinated people can resume activities without wearing a mask or physically distancing, except where required by federal, state, local, tribal, or territorial laws, rules, and regulations.

Outdoor Activity	Vaccinated	Unvaccinated With Mask	Unvaccinated No Mask
Walk, run, or bike outdoors with members of your household	Least risk	Least risk	Least risk
Attend a small outdoor gathering with fully vaccinated family and friends	Least risk	Least risk	Moderate risk
Attend an outdoor gathering with fully vaccinated and unvaccinated people in public	Least risk	Least risk	Moderate risk
Dine at an outdoor restaurant with members from multiple households	Least risk	Least risk	Moderate risk
Attend a crowded, outdoor event, such as a live performance, parade, or sports event	Least risk	High risk	High risk
Attend an outdoor summer camp with members from multiple households	Least risk	High risk	High risk
Visit an outdoor amusement park or carnival with members from multiple households	Least risk	High risk	High risk

Indoor Activity	Vaccinated	Unvaccinated With Mask	Unvaccinated No Mask
Skip quarantining if you are exposed to COVID-19 and do not display symptoms	Least risk	High risk	High risk
Ride public transportation	Least risk	Moderate risk	High risk
Go to an indoor shopping center, museum, movie theater, exercise class, or barber/hair salon	Least risk	Moderate risk	High risk
Eat at an indoor restaurant or bar	Least risk	High risk	High risk
Attend an indoor gathering with vaccinated and unvaccinated people from multiple households	Least risk	Moderate risk	High risk
Attend an indoor summer camp with members from multiple households	Least risk	High risk	High risk
Attend a full-capacity worship service or sing in an indoor chorus	Least risk	High risk	High risk

 Least risk

 Moderate risk

 High risk