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## CDC's Guidance for Fully Vaccinated Adults

CDC released its first set of [recommendations for fully vaccinated people](#) on March 8, 2021. This guidance will be updated and expanded based on the level of community spread of COVID-19, how many people in the community have been vaccinated, and new data on COVID-19 vaccines as they become available.

### **Who does this new guidance apply to?**

This guidance applies to people outside of healthcare settings who are considered [fully vaccinated](#) for COVID-19. (For related information for healthcare settings, including guidance for healthcare personnel and patients or residents in healthcare settings, visit [Updated Healthcare Infection Prevention and Control Recommendations in Response to COVID-19 Vaccination.](#))

### **How do you know if you're fully vaccinated?**

You are considered fully vaccinated if:

- It's been at least 2 weeks since your SECOND dose of Pfizer-BioNTech or Moderna vaccine, or
- It's been at least 2 weeks since your Johnson & Johnson Janssen vaccine, which only needs 1 dose.

Check your vaccination card if you're not sure which vaccine you received.

## If you're fully vaccinated, what does this mean for you?

- You can visit with other fully vaccinated people indoors without wearing masks or physical distancing.

- You can gather indoors with unvaccinated people from one other household (for example, visiting with relatives who all live together) without masks, unless any of those people or anyone they live with has an [increased risk for severe illness from COVID-19](#).
- If you are exposed to someone with COVID-19 and you do not have any symptoms, you do not have to quarantine or get a COVID-19 test.

Even if you're fully vaccinated, some recommendations haven't changed at this time:

- You should still take steps to [protect yourself and others](#) in many situations, like wearing a mask, staying at least 6 feet apart from others, and avoiding crowds and poorly ventilated spaces. Take these precautions whenever you are:
  - In public
  - Gathering with unvaccinated people from more than one other household
  - Visiting with an unvaccinated person who is at [increased risk of severe illness or death from COVID-19](#) or who lives with a person at increased risk
- Avoid medium- and large-sized in-person gatherings.
- Get tested if experiencing [COVID-19 symptoms](#).
- Follow CDC and health department travel [requirements and recommendations](#).
- Follow guidance at your workplace.

## Contact Us

**Email:** [EPIC@cdc.gov](mailto:EPIC@cdc.gov)

Centers for Disease Control and Prevention  
1600 Clifton Rd  
Atlanta, GA 30333

**Questions?**

[Contact CDC-INFO](#)

800-CDC-INFO (800-232-4636) TTY: 888-232-6348



## Centers for Disease Control and Prevention

1600 Clifton Rd Atlanta, GA 30329 1-800-CDC-INFO (800-232-4636) TTY: 888-232-6348

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