Coronavirus 2019 (COVID-19) Guidance for Fully Vaccinated People

This document provides guidance for fully vaccinated people about what activities they can safely resume. **This guidance applies to the general public and non-healthcare facility settings. Separate guidance will be provided for healthcare settings.**

COVID-19 vaccines have proven to be very effective at protecting vaccinated people against symptomatic and severe COVID-19. There is also evidence emerging that being vaccinated makes people less likely to have asymptomatic infection and spread the virus to others. There are still questions to be answered including:

- how long vaccine protection lasts
- how long protection from re-infection lasts after a person has COVID-19
- how well the vaccines protect against the variant strains of the virus that causes COVID-19
- how well the vaccines protect people with weakened immune systems
- whether the vaccines are safe and effective in children younger than age 16

Until we know more, and a higher percentage of Americans take the vaccine, **all people, including fully vaccinated people, will need to maintain some precautions** in any setting when they are around people from outside their household.

However, scientific evidence suggests that **there are activities that fully vaccinated people can participate in at low risk to themselves**. Fully vaccinated people should continue to choose their activities wisely and stay mindful of the potential risk to spread the virus to others.

Definitions

- Fully vaccinated: An individual can be considered fully vaccinated **14 days after completion** of a COVID-19 vaccination series (after the second dose of a 2-dose series, or after one dose of a single-dose vaccine).

  - Find out more about COVID-19 vaccines at coronavirus.dc.gov/vaccine
  - If you are **immunocompromised** (e.g., taking medications that suppress your immune system, history of organ transplant, autoimmune disorders, cancer), you may not be fully protected even if you are fully vaccinated. You may need to continue taking all the same precautions as unvaccinated people. Discuss your situation with your health care provider and follow their advice.
- Small Gathering: Casual gatherings with family and friends with whom you regularly socialize, often at someone's residence, and usually does not involve travel.
- Large gathering: Bringing together many people from multiple households in a private or public space and may involve participants travelling longer distances.

Activities for Fully Vaccinated People

General principles:

- The safest social and leisure activities are **small gatherings with friends and family**, whether the setting is indoors or outdoors.
- Outdoor settings are safer than indoor settings.
- The level of precautions recommended for fully vaccinated people in any setting, depends on the characteristics of any **unvaccinated** people in the setting.
- Other things that can increase the risk of spread of COVID-19 in any setting are:
  - How much COVID-19 spread there is in the community
    - Communities with moderate, substantial, or high transmission levels of COVID-19 have higher risk.

- ▪ See the level of COVID-19 transmission in DC at coronavirus.dc.gov/page/reopening-metrics.
    - o Settings with more unvaccinated people present (including children) or people at higher risk for severe COVID-19
    - o Poorly ventilated indoor spaces
    - o Crowded settings where it is difficult to maintain social distancing
    - o Higher risk activities occurring in the setting such as: singing, shouting, physical exertion/heavy breathing
- No one (including fully vaccinated people) should participate in activities with other people or leave their homes (except for medical care) if they are sick.
- Everyone should practice hand hygiene (with soap and water or alcohol-based hand sanitizer) before and after visits and other activities.
- Fully vaccinated people should follow work policies of their employer (individual employers may have stricter policies for employees to follow).

Fully vaccinated people MAY:
- Participate in **casual outdoor activities with members of your household without the need to wear a mask.**
    - o Examples of casual activities are visits to an uncrowded park or playground, going for a walk, run, or bike ride.
- Participate in **small, outdoor gatherings with friends and/or family without the need to wear a mask.**
    - o Unvaccinated people also do not need to wear a mask, as long as no one is at higher risk of having severe COVID-19[1].
- Attend a **small, outdoor gathering with fully vaccinated and unvaccinated people (who you don't usually socialize with).**
    - o Friends and/or family who are unvaccinated must wear a face mask, and social distance of 6 feet should be maintained.
- Visit with **a small group of fully vaccinated people in an indoor private setting** without need to wear a mask or social distance**.**
    - o If a fully vaccinated person visits an unvaccinated person who is at higher risk of having severe COVID-19[1], everyone should wear a mask and socially distance.
    - o To learn more about how to safely visit with people indoors who are fully vaccinated and unvaccinated, please **see the chart in the "Social Visits" section below**.

Fully vaccinated people should continue to follow everyday precautions like wearing a well-fitted mask and social distancing from people not from their household if:
- In organized public outdoor settings (e.g., neighborhood gatherings, an outdoor worship service, outdoor festival, outdoor wedding)
- In indoor public settings (restaurants, stores, places of worship, offices, schools), as in these settings, it is difficult to know the vaccination status of other people present, so the risk is higher.

Fully vaccinated people should continue to AVOID:
- crowded settings
- large gatherings in any setting
- indoor settings with poor ventilation

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[1] For a list of conditions which put people at risk for severe COVID-19 see *Guidance for People with Chronic Conditions* at **coronavirus.dc.gov/healthguidance**

Social Visits Indoors

This table describes what actions fully vaccinated people need to take during **social visits in a private setting**, based on who they are visiting.

If fully vaccinated people are visiting:	Then...	ACTIONS TO TAKE
Fully vaccinated people	→	**It is low-risk to visit indoors without using masks or social distancing.** **Small gatherings with no more than 2 households are recommended.**
Unvaccinated people from a single household with no people at risk of severe COVID-19	→	**It is low-risk to visit indoors without using masks or social distancing.** **Example:** fully vaccinated grandparents visiting their unvaccinated healthy daughter and her healthy unvaccinated children
Unvaccinated people from a single household with people at risk of severe COVID-19[1]	→	**All people involved in the visit should wear masks and maintain physical distance of at least 6 feet distance from other people not from their household during visit.** **Visiting outdoors or in a well-ventilated space is recommended** **Example:** a fully vaccinated person visits with their 70-year old unvaccinated friend
Multiple households including some unvaccinated people	→	**All people involved in the visit should wear masks and maintain physical distance of at least 6 feet distance from other people not from their household during visit.** **Visiting outdoors or in a well-ventilated space is recommended.** **Example:** fully vaccinated grandparents visit their healthy unvaccinated daughter and her healthy children, and the unvaccinated neighbors also come over

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Steps for those who are Sick, Test Positive, or are Exposed

- Fully vaccinated people who experience any symptoms suggestive of COVID-19 should isolate, see their healthcare provider, get tested if indicated.
  - Symptoms of COVID-19 may include: fever (subjective or 100.4 degrees Fahrenheit), chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, or otherwise feeling unwell.
- Fully vaccinated people should isolate for 10 days after they test positive. For details see *Guidance for Persons who Test Positive* at **coronavirus.dc.gov/healthguidance**.
- Fully vaccinated people generally do not need to quarantine, be restricted from work, or be tested if they have a close contact exposure to someone with COVID-19, as long as they don't have symptoms. For details see *Guidance for Quarantine after COVID-19 Exposure* at **coronavirus.dc.gov/healthguidance**.

Testing, Exposure, and Quarantine in Special Settings

- Fully vaccinated people in the following higher-risk settings **do not need to quarantine but still should have COVID-19 testing if exposed to COVID-19** (provided they remain asymptomatic):
  - Residents and staff of non-healthcare congregate settings (e.g., correctional facilities, homeless shelters)
  - Employees of high-density workplaces (e.g. food and beverage processing plants)
  - Dormitory residents at educational facilities
- Fully vaccinated people with no symptoms and no exposure to COVID-19 in these settings **should be exempted from routine screening testing, if feasible**
- All vaccinated people who are exposed to COVID-19 should still monitor themselves for 14 days for the development of symptoms. For more information, please see *Guidance for Quarantine after COVID-19 Exposure* at **coronavirus.dc.gov/healthguidance**.

More Information

- Fully vaccinated people have certain exemptions from travel-related quarantine and testing requirements. For more information, see *Guidance for Travel* at **coronavirus.dc.gov/healthguidance**.
- For answers to common questions about the COVID-19 vaccines, see COVID-19 Vaccine Information at **coronavirus.dc.gov/vaccine-information**.

The guidelines above will continue to be updated as the outbreak evolves. Please visit **coronavirus.dc.gov** regularly for the most current information.