



# INFECTION PREVENTION & YOU

## I'M VACCINATED—NOW WHAT?

Congratulations on getting vaccinated against COVID-19! Vaccination is an important tool to help stop the current pandemic; the more vaccinated people there are, the better off we all are.

On May 13, the CDC updated their [guidance for fully vaccinated individuals](#). Below you will find answers to common questions to help you make the most of your vaccination status!

### What does it mean to be fully vaccinated?

“Fully vaccinated” means 1) you have received all necessary doses of your COVID-19 vaccine and 2) it has been at least two weeks since you received your last dose. It’s important to remember that you are not considered fully vaccinated until 14 days after your last vaccine.

### How do I know if these new guidelines apply to me?

The CDC’s new guidelines are for the fully vaccinated public, but exclude those who work in a healthcare setting. Masks are still required in healthcare settings. The CDC defines a healthcare setting as a place where healthcare is delivered and includes, but is not limited to, hospitals, long-term care facilities, inpatient rehabilitation facilities, nursing homes and assisted living facilities, home healthcare, vehicles where healthcare is delivered (e.g., mobile clinics), and outpatient facilities, such as dialysis centers, physician offices, and others.

### What if I am fully vaccinated, and I start to show signs of having COVID-19?

Although rare, it is possible to still catch COVID-19 if you have been fully vaccinated. These are known as “vaccine break-through” cases. If you are showing signs or symptoms of COVID-19 infection, self-isolate and contact your primary care provider for further direction. And get a COVID test—the CDC recommends individuals experiencing symptoms of COVID-19 get tested.

## If I am fully vaccinated, what am I allowed to do now?

According to the CDC, fully vaccinated people:

- No longer need to wear a mask or practice social distancing except where required by law or workplace rules and regulations (masks are still required in healthcare settings)
- Can resume domestic travel and do not need to quarantine after travel or get tested before/after traveling
- Do not need to be tested or isolated after a known exposure if they are asymptomatic (have no symptoms)

Some specific examples of what you can do without a mask if you are fully vaccinated include:

- Attend a small, indoor gathering with fully vaccinated family and friends
- Attend a small, outdoor gathering with fully vaccinated and unvaccinated people
- Dine at an outdoor and/or indoor restaurant with friends from multiple households
- Attend a crowded, outdoor event, like a live performance, parade, or sports event
- Visit a barber or hair salon
- Go to an indoor movie theater
- Participate in an indoor, high intensity exercise class
- Attend a full-capacity worship service
- Go to an uncrowded, indoor shopping center or museum

According to the CDC, these activities can still be risky for unvaccinated individuals—even when wearing a mask.

## ADDITIONAL RESOURCES

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“Choosing Safer Activities”. CDC. Retrieved 17 May 2021. [www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/participate-in-activities.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/participate-in-activities.html)

“Choosing Safer Activities Infographic”. CDC. Retrieved 13 May 2021. [www.cdc.gov/coronavirus/2019-ncov/vaccines/pdfs/choosingSaferAct.pdf](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/pdfs/choosingSaferAct.pdf)

“Different COVID-19 Vaccines”. CDC. Retrieved 15 May 2021. [www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines.html](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines.html)

“Interim Public Health Recommendations for Fully Vaccinated People”. CDC. Retrieved 13 May 2021. [www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html)

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The Association for Professionals in Infection Control and Epidemiology (APIC) is creating a safer world through the prevention of infection. APIC's nearly 16,000 members develop and direct infection prevention and control programs that save lives and improve the bottom line for healthcare facilities. APIC advances its mission through patient safety, education, implementation science, competencies and certification, advocacy, and data standardization. Visit us at [apic.org](https://www.apic.org).