

HIGHER-RISK ACTIVITIES FOR UNVACCINATED INDIVIDUALS DURING COVID-19

If you have been fully vaccinated for COVID-19 (it has either been two weeks after receiving your second dose of the Pfizer or Moderna vaccines or two weeks after a single dose of the Johnson & Johnson's Janssen vaccine), you can finally participate in normal activities again. The Centers for Disease Control and Prevention (CDC) is no longer recommending the use of masks and social distancing for fully vaccinated people, unless mandated by a law or regulation.



Tip: Even if you are fully vaccinated, keep your mask with you at all times. Work places and local businesses may still require you to wear one.

However, unvaccinated individuals should still follow recommended preventive measures including regular hand washing, mask wearing and social distancing and **avoid** the following higher-risk activities:



Watching a movie or performance at an indoor theater



Dining indoors at restaurants or bars



Taking part in high-intensity, indoor group exercise classes



Participating in crowded indoor religious services/events



Going to crowded concerts, parades or sports events



For the most up-to-date COVID-19 information and recommendations, visit the Centers for Disease Control and Prevention (CDC) website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>