

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

With the arrival of the COVID-19 vaccines, DC residents can finally begin to take steps towards resuming some activities that had stopped because of the pandemic. Science shows us that the vaccines are very effective at protecting people against symptomatic and severe COVID-19. There is also evidence emerging that being vaccinated makes people less likely to have asymptomatic disease or spread the virus to others. There are still questions to be answered about how long vaccine protection lasts, how long protection from re-infection lasts after a person has COVID-19, and how well the vaccines protect against the variant strains of the virus that causes COVID-19. However, there are some activities that fully vaccinated people can participate in at low-risk to themselves, but they should be mindful of the potential risk to spread the virus to others.

This document provides guidance for fully vaccinated people about what activities they can resume. This guidance does not apply to healthcare or non-healthcare congregate settings.

### Definition of 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).

### Small Gatherings and Personal Activities

Some activities, such as small gatherings, shopping, or getting a haircut, are likely low-risk for fully vaccinated people. For any activities in a public space, fully vaccinated people should continue to take preventive measures such as wearing a face mask and maintaining social distance of 6 feet from others. Small gatherings in a private setting are likely low-risk for fully vaccinated people, in some cases even without face masks and social distancing.

While small gatherings likely present minimal risk to people who are fully vaccinated, it is important to remember that you still may be able to spread the virus to others. If you are visiting with a group that includes any unvaccinated people, **the actions to take depend on the characteristics of the unvaccinated people**, meaning their risk of developing severe illness from COVID-19. It is important to remember during any visit to practice good hand hygiene, and that social gatherings should not take place if anyone has symptoms that are consistent with COVID-19.

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

If fully vaccinated people are visiting:	Then...	ACTIONS TO TAKE
Fully vaccinated people	→	<p>It is low-risk to visit indoors without using masks or social distancing.</p> <p>Small gatherings with <b>no more than 2 households</b> are recommended.</p>
Unvaccinated people from a single household with no people at risk of severe	→	<p>It is low-risk to visit indoors without using masks or social distancing.</p> <p><b>Example:</b> fully vaccinated grandparents visiting their unvaccinated healthy daughter and her healthy unvaccinated children</p>
Unvaccinated people from a single household with people at risk of severe COVID-19 <sup>1</sup>	→	<p><b>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.</b></p> <p>Visiting outdoors or in a well-ventilated space is recommended</p> <p><b>Example:</b> a fully vaccinated person visits with their 70-year old unvaccinated friend</p>
Multiple households including some unvaccinated people	→	<p><b>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.</b></p> <p>Visiting outdoors or in a well-ventilated space is recommended.</p> <p><b>Example:</b> fully vaccinated grandparents visit their healthy unvaccinated daughter and her healthy children, and the unvaccinated neighbors also come over</p>

<sup>1</sup> 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](https://coronavirus.dc.gov/healthguidance)

## Practice Everyday Prevention Measures in Public

Fully vaccinated people should continue to take the following measures when they are in public settings:

- Wear a well-fitted mask and maintain physical distance of at least 6 feet from others whenever they are in public spaces (e.g., at the grocery store, at a park, at a place of worship).
- Follow other everyday precautions including:
  - Frequent hand hygiene (with soap and water or alcohol-based hand sanitizer) before and after visits and other activities
  - Frequent cleaning and disinfection of high-touch surfaces at home
- Avoid medium and large size in-person gatherings.
- Avoid crowds.
- Follow work policies of their employer (individual employers may have more stringent policies for employees to follow).

## 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](https://coronavirus.dc.gov/healthguidance).
- Fully vaccinated people do not need to quarantine if they have a close contact exposure to someone with COVID-19 for 90 days after the last dose in the vaccine series, as long as they don't have symptoms. For details see *Guidance for Quarantine after COVID-19 Exposure* at [coronavirus.dc.gov/healthguidance](https://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](https://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](https://coronavirus.dc.gov/vaccine-information)

The guidelines above will continue to be updated as the outbreak evolves. Please visit [coronavirus.dc.gov](https://coronavirus.dc.gov) regularly for the most current information.