



Public Health Brief

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New Recommendations for Fully Vaccinated Persons

[Interim Public Health Recommendations for Fully Vaccinated People | CDC](#)

Fully vaccinated people can:

- Visit with other fully vaccinated people indoors without wearing masks or physical distancing
- Visit with unvaccinated people (including children) from a single household who are at low risk for severe COVID-19 disease indoors without wearing masks or physical distancing
- Participate in outdoor activities and recreation without a mask, except in certain crowded settings and venues
- Resume domestic travel and refrain from testing before or after travel or self-quarantine after travel.
- Refrain from testing before leaving the United States for international travel (unless required by the destination) and refrain from self-quarantine after arriving back in the United States.
- Refrain from testing following a known exposure, if asymptomatic, with some exceptions for specific settings
- Refrain from quarantine following a known exposure if asymptomatic
- Refrain from routine screening testing if asymptomatic and feasible



Public Health

Prevent. Promote. Protect.

Alpine County Health Department, 75-B Diamond Valley Rd., Markleeville, CA 96120

Alpine County Board of Supervisors, Phone: (530) 694-2281

District 1: January Riddle, District 2: Ron Hames, District 3: Irvin Jim,

District 4: Terry Woodrow, District 5: David Griffith

For now, fully vaccinated people should continue to:

- Take precautions in indoor public settings like wearing a well-fitted mask
- Wear masks that fit snugly when visiting indoors with unvaccinated people who are at [increased risk for severe COVID-19](#) disease or who have an unvaccinated household member who is at increased risk for severe COVID-19 disease
- Wear well-fitted masks when visiting indoors with unvaccinated people from multiple households
- Avoid indoor large-sized in-person gatherings
- Get tested if experiencing [COVID-19 symptoms](#)
- Follow guidance issued by individual employers



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Choosing Safer Activities

	Unvaccinated People	Your Activity	Fully Vaccinated People
		Outdoor	
Safest		Walk, run, or bike outdoors with members of your household	
		Attend a small, outdoor gathering with fully vaccinated family and friends	
		Attend a small, outdoor gathering with fully vaccinated and unvaccinated people	
Less Safe		Dine at an outdoor restaurant with friends from multiple households	
Least Safe		Attend a crowded, outdoor event, like a live performance, parade, or sports event	
		Indoor	
Less Safe		Visit a barber or hair salon	
		Go to an uncrowded, indoor shopping center or museum	
		Ride public transport with limited occupancy	
		Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households	
Least Safe		Go to an indoor movie theater	
		Attend a full-capacity worship service	
		Sing in an indoor chorus	
		Eat at an indoor restaurant or bar	
		Participate in an indoor, high intensity exercise class	

Get a COVID-19 vaccine



Prevention measures not needed



Take prevention measures

Fully vaccinated people: wear a mask
Unvaccinated people: wear a mask, stay 6 feet apart, and wash your hands.

- Safety levels assume the recommended prevention measures are followed, both by the individual and the venue (if applicable).
- CDC cannot provide the specific risk level for every activity in every community. It is important to consider your own personal situation and the risk to you, your family, and your community before venturing out.

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