



Interim Guidance for Individuals Who Have Been Vaccinated Against COVID-19

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Tested, safe and effective COVID-19 vaccines will help us get back in control of our lives and back to the people and places we love.

There are now three vaccines from Pfizer-BioNTech, Moderna and Johnson & Johnson (Janssen). The vaccines help protect you from COVID-19 and are extremely effective in preventing death and hospitalization from COVID-19 with no serious safety concerns noted in any of the clinical trials.

When are you considered fully vaccinated against COVID-19?

- **Two weeks after your second dose of the Pfizer or Moderna vaccines.** These vaccines require two shots a set number of days apart. You need two doses to build up strong immunity against COVID-19. The goal of the first vaccine dose is to “prime” the immune response, which means that it gets your body ready to have the best protection against COVID-19. The second dose “boosts” the immune response to be fully protected.
- **Two weeks after a single dose of the Johnson & Johnson (Janssen) vaccine.** It is a single dose vaccine, so you do not need to return for a second shot.

What should you keep doing after you have been fully vaccinated against COVID-19?

- **Continue practicing the 3 Ws - wearing a mask, waiting 6 feet apart, washing your hands – when in public, gathering with unvaccinated people from more than one household, or visiting with an unvaccinated person who is at [increased risk for severe COVID-19 illness](#)**
 - Controlling the pandemic requires using all the tools we have available. As experts learn more about how COVID-19 vaccination may help reduce spread of the disease in communities, this guidance will be updated using the latest science and recommendations from the CDC to protect communities.
- **Avoid medium and large-sized gatherings**
 - The vaccines are very effective in preventing infections and preventing hospitalization and death from COVID-19. We are still learning how well COVID-19 vaccines keep people from spreading COVID-19, but we are learning more as more people get vaccinated.
- **Parents should continue to help their unvaccinated children practice the 3Ws** (wearing a mask, waiting 6 feet apart, washing hands) when in public, gathering with other children, or visiting an unvaccinated person who is at increased risk for severe COVID-19 illness.
 - When parents become fully vaccinated, it does not mean that their children are fully protected.

- [Activities](#) can be conducted in ways that lower the risk for children and their contacts, such as encouraging outdoor activities with small groups of friends.
- [Schools](#) offer a more controlled environment, and there is evidence that physical distancing of at least 3 feet between students can safely be adopted in classroom settings where mask use is universal and other prevention measures are taken.

What can you start doing differently after you are fully vaccinated?

- **You can gather indoors with fully vaccinated people without wearing a mask.**
- **You can gather indoors with unvaccinated people from one other household (for example, visiting with relatives who all live together) without masks, unless any of those people or anyone they live with is at [increased risk for severe COVID-19 illness](#)**
 - For gatherings with people from multiple households, you should continue to wear a mask, social distance, and move the gathering outside if possible
- **You do not need to quarantine or get tested if you are exposed to someone with COVID-19 and meet the following criteria:**
 - Are fully vaccinated (i.e., at least 2 weeks after getting the second dose in a 2-dose series or one dose of single-dose vaccine)
 - Have had no symptoms from when you were exposed to someone with COVID-19
 - You live outside of a group setting. Individuals in group settings such as group homes, jails, etc., still need to quarantine following an exposure.
 - It is very important to still monitor yourself for symptoms following an exposure. If you develop [symptoms of COVID-19](#), you should get tested and isolate from other people.
- **You can travel domestically without getting tested before or after, and you do not need to self-quarantine after travel, although you should still self-isolate if you develop symptoms of COVID-19. You should still follow the [CDC's recommendations for travelling safely](#):**
 - Wear a mask over your nose and mouth
 - Stay 6 feet from others and avoid crowds
 - Wash your hands often or use hand sanitizer
- **You do not need to get tested before leaving the United States (unless required by the destination) or self-quarantine after arriving back in the United States, although you should still self-isolate if you develop symptoms of COVID-19. You should still follow the [CDC's recommendations for travelling safely](#):**
 - Wear a mask over your nose and mouth
 - Stay 6 feet from others and avoid crowds
 - Wash your hands often or use hand sanitizer
 - [Show a negative test result](#) no more than 3 days before travel or documentation of recovery from COVID-19 in the past 3 months before boarding a flight to the United States.
 - Get tested 3-5 days **after** international travel.

What are other considerations after you have been vaccinated?

- **Determine if you need to isolate if you have symptoms after your vaccination**

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- Temporary reactions can happen after getting vaccinated against COVID-19. The temporary reactions are similar among all vaccines, although they are more common after the second dose with the Pfizer and Moderna vaccines.
- Temporary reactions may include symptoms like a sore arm, headache or feeling tired and achy for a day or two and in some cases, fever or chills. These temporary reactions are normal. They are good signs that your body is building protection. Contact your doctor if the temporary reactions get worse after 24 hours or if they are worrying you and do not go away after a few days.
- If you have symptoms that are common after vaccination – e.g., sore arm, headache or feeling tired and achy, chills – within 3 days after vaccination and have not been exposed to someone with COVID-19 in the last 2 weeks, you can continue with your usual activities, including going to work or school, if you feel well enough. If your symptoms are not improving or continue for more than 2 days you should contact your doctor.
- If you have symptoms that are consistent with COVID-19 and not common after vaccination – cough, shortness of breath, runny nose, sore throat, loss of taste or smell – you should *not* go to work or school, isolate, and consider getting tested for COVID-19.
- If you have a fever of at least 100.4 °F, you should *not* go to work or school. If your fever lasts more than two days, contact your doctor and consider getting tested for COVID-19.
- **Share your positive vaccine experience with others!**
 - This [tip sheet](#) can help you create and share your own video to promote vaccination.
- **Know how you can show proof of your vaccination against COVID-19**
 - You should receive a vaccination card that tells you which COVID-19 vaccine you received, the date you received it, and where you received it. Keep the card in a safe spot and take a picture of it just in case it gets misplaced. Depending on where they were vaccinated, some people with access to email will also receive an email with proof of vaccination or can access their vaccine record online in the [Portal](#). If people lose their vaccine card or have questions about accessing their vaccine records, they should contact their vaccine provider.
- **Let your health care provider or public health officials know if you have questions or concerns about the vaccine**
 - Though unlikely, if you have any adverse reactions caused by a COVID-19 Vaccine, report them to [Vaccine Adverse Event Reporting System \(VAERS\)](#). Reports to VAERS help the CDC monitor the safety of vaccines. There is also a smartphone-based health checker called [V-SAFE](#) that uses text messaging and web surveys to do health check-ins after people receive a COVID-19 vaccination. You can report any problems you may have with a vaccine through V-SAFE.