



# **NCDHHS Recommendations for Protecting Each Other from COVID-19**

**(May 19, 2021)**

## **Everyone is required to wear face coverings (regardless of vaccination status) in the following indoor settings:**

- Health care settings including hospitals, nursing homes and other non-hospital health care settings [as defined by CDC](#).
- Planes, buses, trains, and other forms of public transportation.
- Correctional facilities and homeless shelters.
- Settings that primarily serve children (i.e., child care, schools, camps).

## **Everyone should:**

- Get a vaccine to protect against COVID-19 if eligible and encourage others to do the same. Visit [MySpot.nc.gov](https://www.myspot.nc.gov) to find a vaccine location near you.
- Wear a face covering and practice social distancing (even if fully vaccinated) in other high-density congregate living settings (e.g. migrant farm camps), in large crowded indoor venues (e.g. arenas, stadiums) and in indoor settings with a large number of children or child-focused activities (e.g. children's museums).
- [Get tested](#) if you have any [symptoms](#) of COVID-19.

## **If you are fully vaccinated, you can:**

- Gather with others who are vaccinated or unvaccinated.
- Be in most indoor and outdoor public spaces without wearing a face covering or staying 6 feet apart.
- Not get tested, and not quarantine, after being exposed to COVID-19 if you do not have symptoms of COVID-19.
- Travel in the United States without needing to get tested before or after travel or self-quarantine after travel. International travelers need to pay close attention to the situation at their international destinations before traveling due to the spread of new variants and because the burden of COVID-19 varies globally.

## **If you are not fully vaccinated, you should:**

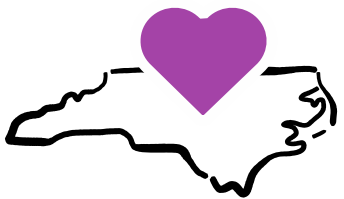
- Wear a face covering and maintain social distance in all indoor public settings and in outdoor public settings when it is difficult to maintain 6 feet of distance.
- Avoid indoor settings where people are not wearing face coverings.
- Participate in routine screening when offered.
- Limit gatherings with unvaccinated individuals you do not live with. If you do gather, do so while wearing face coverings and outside, if possible.

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- Get tested and quarantine if you've been exposed to COVID-19, even if you don't have symptoms.
- Delay travel until fully vaccinated. If you do travel, get tested 1-3 days before and 3-5 days after travel AND stay home and self-quarantine for a full 7 days after travel.

### Employers should:

- Have employees who are not fully vaccinated maintain social distance and wear a face covering. Because it can be hard to know who is vaccinated and who is not, some employers may decide to ask all employees to wear a face covering until more people in North Carolina are vaccinated.
- Post signage reminding employees and visitors to social distance and wear a face covering if they are not fully vaccinated. Because it can be hard to know who is vaccinated and who is not, employers may decide to post signage asking all employees and visitors to wear a face covering until more people in North Carolina are vaccinated.
- Remind employees to self-monitor for symptoms of COVID-19.
- Have a plan to immediately isolate and remove sick workers.
- Clean high-touch surfaces once a day.



**#StayStrongNC**

**Protect your family and neighbors.  
Learn more at [covid19.ncdhhs.gov](https://covid19.ncdhhs.gov).**



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