



COVID-19

Get Vaccinated: [Find a vaccine](#) and learn what you can do after you're [fully vaccinated](#).

Choosing Safer Activities

Updated May 13, 2021

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What You Need to Know

- If you are [fully vaccinated](#), you can resume activities that you did before the pandemic.
- Fully vaccinated people can resume activities without wearing a mask or physically distancing, except where required by federal, state, local, tribal, or territorial laws, rules, and regulations, including local business and workplace guidance.
- If you haven't been vaccinated yet, [find a vaccine](#).



Examples of Outdoor Activities



| Unvaccinated People | Example Activities | Fully Vaccinated People |
|--|--|--|
|  <p data-bbox="212 516 266 537">Safest</p> | <p data-bbox="451 352 768 495">Walk, run, wheelchair roll, or bike outdoors with members of your household</p> |  <p data-bbox="976 516 1029 537">Safest</p> |
|  <p data-bbox="212 732 266 753">Safest</p> | <p data-bbox="451 569 740 711">Attend a small, outdoor gathering with fully vaccinated family and friends</p> |  <p data-bbox="976 732 1029 753">Safest</p> |
|  <p data-bbox="212 949 266 970">Safest</p> | <p data-bbox="451 785 740 928">Attend a small, outdoor gathering with fully vaccinated and unvaccinated people</p> |  <p data-bbox="976 949 1029 970">Safest</p> |
|  <p data-bbox="201 1165 277 1186">Less Safe</p> | <p data-bbox="451 1001 768 1115">Dine at an outdoor restaurant with friends from multiple households</p> |  <p data-bbox="976 1165 1029 1186">Safest</p> |
|  <p data-bbox="196 1381 282 1402">Least Safe</p> | <p data-bbox="451 1218 781 1369">Attend a crowded, outdoor event, like a live performance, parade, or sports event</p> |  <p data-bbox="976 1381 1029 1402">Safest</p> |

Examples of Indoor Activities



| Unvaccinated People | Example Activities | Fully Vaccinated People |
|--|---|---|
|  <p>Less Safe</p> | Visit a barber or hair salon |  <p>Safest</p> |
|  <p>Less Safe</p> | Go to an uncrowded, indoor shopping center or museum |  <p>Safest</p> |
|  <p>Less Safe</p> | Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households |  <p>Safest</p> |
|  <p>Least Safe</p> | Go to an indoor movie theater |  <p>Safest</p> |
|  <p>Least Safe</p> | Attend a full-capacity worship service |  <p>Safest</p> |
|  <p>Least Safe</p> | Sing in an indoor chorus |  <p>Safest</p> |

| | | |
|--|---|---|
|  Least Safe | <p>Eat at an indoor restaurant or bar</p> |  Safest |
|--|---|---|

| | | |
|--|--|---|
|  Least Safe | <p>Participate in an indoor, high intensity exercise class</p> |  Safest |
|--|--|---|

Key to Prevention Steps



Prevention measures not needed



Take prevention measures

- **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.

More Information

[When You've Been Fully Vaccinated](#)

[Getting Your Vaccination](#)

[Find a Vaccine](#)

Last Updated May 13, 2021

Content source: [National Center for Immunization and Respiratory Diseases \(NCIRD\), Division of Viral Diseases](#)