



COVID-19

IF YOU ARE FULLY VACCINATED

Find [new guidance for fully vaccinated people](#). If you are not vaccinated, [find a vaccine](#).

Choosing Safer Activities

Updated May 28, 2021

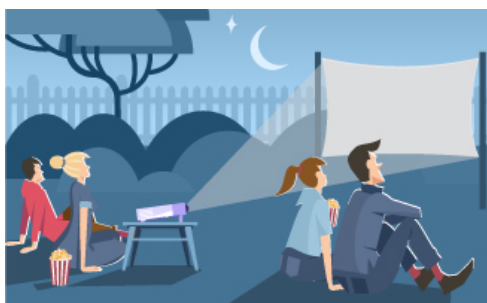
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What You Need to Know

- 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](#).

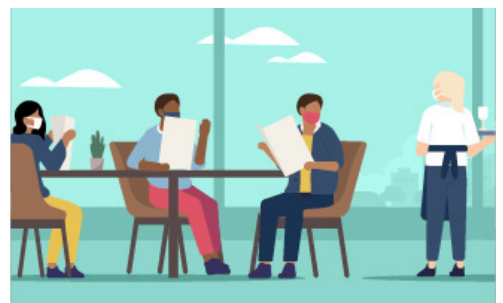
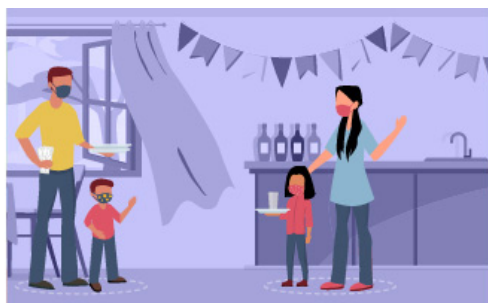
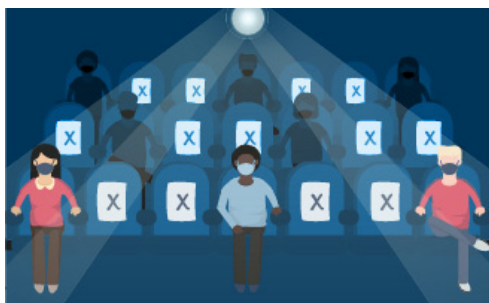
















Examples of Outdoor Activities



Unvaccinated People	Example Activities	Fully Vaccinated People
 <p>Safest</p>	<p>Walk, run, wheelchair roll, or bike outdoors with members of your household</p>	 <p>Safest</p>
 <p>Safest</p>	<p>Attend a small, outdoor gathering with fully vaccinated family and friends</p>	 <p>Safest</p>
 <p>Safest</p>	<p>Attend a small, outdoor gathering with fully vaccinated and unvaccinated people, particularly in areas of substantial to high transmission</p>	 <p>Safest</p>
 <p>Less Safe</p>	<p>Dine at an outdoor restaurant with friends from multiple households</p>	 <p>Safest</p>
 <p>Least Safe</p>	<p>Attend a crowded, outdoor event, like a live performance, parade, or sports event</p>	 <p>Safest</p>

Examples of Indoor Activities



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



Least Safe

Participate in an indoor, high intensity exercise class



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 28, 2021

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