



# Health Alert



City of Chicago  
Lori E. Lightfoot, Mayor

[www.chicagohan.org](http://www.chicagohan.org)

Chicago Department of Public Health  
Allison Arwady MD MPH, Commissioner

## Updates on CDC Guidance for COVID-19 Vaccinated Individuals May 13, 2021

- CDC updated its [Interim Public Health Recommendations for Fully Vaccinated People](#) guidance today to describe what you and your patients can do [When You've Been Fully Vaccinated | CDC](#) based on the continuing downward trajectory of COVID-19 cases, the scientific data on the performance of vaccines, and our understanding of how the virus spreads. **Fully vaccinated people can resume activities without wearing a mask or physically distancing indoors and outdoors**, except where required by federal, state, local, tribal, or territorial laws, rules, and regulations, including local business and workplace guidance. IDPH and CDPH will be working on adjusting existing guidance documents in response.
- An exception to this change applies to certain crowded indoor spaces, such as buses, and planes, and in congregate settings, such as hospitals, homeless shelters and jails, where masking is still required for vaccinated individuals. See CDC patient education graphic below on ["Choosing Safer Activities"](#).
- Recommendations for vaccinated individuals:
  - You still need to follow guidance at your workplace and local businesses.
  - If you [travel](#), you should still take steps to [protect yourself and others](#). You will still be [required to wear a mask](#) on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States, and in U.S. transportation hubs such as airports and stations.
  - Fully vaccinated [international travelers](#) arriving in the United States are still [required to get tested](#) within 3 days of their flight (or show documentation of recovery from COVID-19 in the past 3 months) and should still get tested 3-5 days after their trip.
  - You should still watch out for [symptoms of COVID-19](#), especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should get [tested](#) and [stay home](#) and away from others.
  - People who have a condition or are taking medications that weaken the immune system, should talk to their healthcare provider to discuss their activities. They may need to keep taking all [precautions](#) to prevent COVID-19.
  - Guidance for healthcare settings remains unchanged and can be found at [Updated Healthcare Infection Prevention and Control Recommendations in Response to COVID-19 Vaccination](#).
  - Similarly, schools should continue to follow the CDC's [Operational Strategy for K-12 Schools through Phased Prevention | CDC](#) until more teachers and children are vaccinated.

### Choosing Safer Activities

Available at: <https://www.cdc.gov/coronavirus/2019-ncov/safely-06-08-2020/participate-in-a-traffic.html>

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

### Resources for Patients about the NEW CDC Guidance for Vaccinated Individuals

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/pdfs/choosingSaferAct.pdf>