**WHAT YOU CAN START DOING**

If you’ve been fully vaccinated:

- You can **resume activities** that you did prior to the pandemic.
- You can resume activities **without wearing a mask or staying 6 feet apart**, except where required by federal, state, local, tribal, or territorial laws, rules, and regulations, including local business and workplace guidance.
- If you **travel in the United States**, you do not need to get tested before or after travel or self-quarantine after travel.
- You need to pay close attention to the **situation at your international destination** before traveling outside the United States.
  - You do **NOT** need to get tested before leaving the United States unless your destination requires it.
  - You still need to **show a negative test result** or documentation of recovery from COVID-19 before boarding an international flight to the United States.
  - You should still get tested 3-5 days after international travel.
  - You do **NOT** need to self-quarantine after arriving in the United States.
- If you’ve been around someone who has COVID-19, you do not need to stay away from others or get tested unless you have symptoms.

**WHAT YOU SHOULD KEEP DOING**

For now, if you’ve been fully vaccinated:

- You will 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.

**CHOOSING SAFER ACTIVITIES**

[CLICK HERE](#) to see how safe certain activities are for those who are fully vaccinated and those who have not yet received the COVID-19 vaccine.
Key Things to Know About COVID-19 Vaccines

### Effectiveness

**What We Know**
- COVID-19 vaccines are effective at keeping you from getting COVID-19.
- You should keep using available tools to protect yourself and others until you are fully vaccinated.
- **After you are fully vaccinated**, you may be able to start doing some things you had stopped doing because of the pandemic.

**What Are Still Learning**
- Scientists are still learning how well vaccines prevent you from spreading the virus.
- We’re also still learning how long COVID-19 vaccines protect people.

### Safety

**What We Know**
- COVID-19 vaccines are safe and effective.
- These vaccines cannot give you COVID-19 or change your DNA.
- You may have side effects after vaccination, but these are normal.

### Cost of Vaccines

**What We Know**
- The federal government is providing the vaccine FREE OF CHARGE to all people living in the U.S., regardless of their immigration or health insurance status.

### Population Immunity

**What We Know**
- Population immunity means that enough people in a community are protected from getting a disease because they’ve already had the disease or because they’ve been vaccinated.

**What Are Still Learning**
- We are still learning how many people have to be vaccinated against COVID-19 before most people can be considered protected.

### New Variants

**What Are Still Learning**
- We are still learning how effective the vaccines are against new variants of the virus that causes COVID-19.

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At Your Vaccination Appointment

- **Before you arrive**, contact the site where you will be vaccinated or review your appointment confirmation email for details about what identification and proof of eligibility you may need to bring to your vaccination appointment.
- **When you get a vaccine**, you and your healthcare provider will both need to wear masks that cover your nose and mouth. Stay 6 feet away from others while inside and in lines.
- **You should receive a paper or electronic version of a fact sheet that tells you more about the specific COVID-19 vaccine you receive**. Each authorized COVID-19 vaccine has its own fact sheet that contains information to help you understand the risks and benefits of receiving that specific vaccine.
- **After getting a COVID-19 vaccine**, you should be monitored on site for at least 15 minutes.
- Ask your vaccination provider about getting started with v-safe, a free, smartphone-based tool that uses text messaging and web surveys to provide personalized health check-ins after you receive a COVID-19 vaccination. Through v-safe, you can quickly tell CDC if you have any side effects after vaccination. V-safe also reminds you to get your second dose if you need one.
- **You should get a vaccination card that tells you what COVID-19 vaccine you received**, the date you received it, and where you received it. Keep your vaccination card in case you need it for future use. Consider taking a picture of your vaccination card as a backup copy.
- **If you do not receive a COVID-19 vaccination card at your appointment**, contact your vaccination provider to find out how you can get a card.