

## 1st CDC Guidance for Those Fully Vaccinated Against COVID-19 How to Protect Yourself & Others (3/7/21)

There may be some people & families that are actually enjoying being isolated from normal life and not closely interacting with other people. But, for most of us, COVID Fatigue is a real thing and we all want our normal lives back. We need to be able to resume normal activities that we took for granted, and reconnect with people that have been kept at two-arms distance or seen only from a door, window, or via a screen.

This article explains the reason for caution & the slow approach to throwing away precautions once individuals are fully vaccinated and links to the New CDC Guidance. Hopefully, it also shows that there is an end in sight for most of the people in the US **after** being fully vaccinated. Most? Why not all?

**As we look at COVID vaccinations and lifting and/or changing restrictions, it's important that everyone understand that not every individual is medically able to get vaccinated against COVID (or any disease, for that matter); some for a while and others for a lifetime. And, to realize that for even more people, many of whom are very vulnerable if they were to get COVID, we can't be sure they will have adequate protection against the COVID virus even after full vaccination.** In many cases, part of the reason that they are extra vulnerable, is because they have compromised immune systems due to a variety of causes, and no one is sure how much, if any, their immune system can mount a protective response. The elderly, particularly the 'extreme elderly', are also in this group. **See: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/immunocompromised.html> & <https://www.everydayhealth.com/infectious-diseases/what-you-need-to-know-about-living-with-a-compromised-immune-system-during-covid-19-outbreak/> .**

We also really don't know how long anyone will be protected against COVID. There have only been a handful of months since the different vaccine trials finished and, although there are signs of a robust response in many, it just hasn't been long enough to say how long it will last. Also, we don't know which individuals are in the "percentage" of those that 'statistically didn't become covered', even though the current vaccines show high percentages of effective coverage. At this time in the US, there is no recommended post-vaccination testing to determine the level of immunity, if any, unless there are some associated with vaccine trials, by independent practitioners, or as part of scientific studies. Israel has released results of following more than a million of their population after the Pfizer vaccine, and it seems to show a robust response against COVID, even with the B.1.1.7 variant circulating widely. Other countries are likely also doing post vaccination immunity testing.

Lastly, one other variable that may affect the immunity conveyed by COVID vaccination is the response of the different vaccines to the Virus Variants of Concern (VoC) currently circulating, and those that may continue to occur as long as the COVID virus is spreading from person to person. Any time a virus replicates, it is capable of mutating (changing its genetic code) and becoming different enough to escape (avoid immune responses, either

naturally acquired or via vaccination). Note: to address this, the three approved companies (two for Canada) currently providing vaccines in the US & Canada, are already testing their current vaccines against the known Variants, but also working on producing vaccine boosters specifically for them. This work will continue until no longer necessary.

What is also known is that we will learn more about all these issues as each day passes. And, the CDC & other health officials, expect to expand the recommendations for what those that have been vaccinated can do as more & more of the population become vaccinated. Assuming that the reporting of case numbers, hospitalizations, and deaths continue at current levels or decrease, many have suggested that changes will be made with each 10% of the population that becomes fully vaccinated. Also in the plan is that vaccinations will continue to increase as the supply of vaccines & sites to vaccinate do.

**This Guidance ONLY applies if you are considered Fully Vaccinated:**

**Most** people are considered **Fully Vaccinated** when it been:

1. **2 weeks after their 2<sup>nd</sup> dose of a 2-series** vaccine like Pfizer or Moderna **OR**
2. **2 weeks after single dose vaccine** like the Johnson & Johnson (Janssen)

**If it hasn't been two weeks after the 2<sup>nd</sup> shot in a 2-series vaccine or after a single dose vaccine, you are NOT considered fully protected and must continue recommended precautions against getting COVID to protect yourself and others.**  
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

**Some of these include:**

1. Wear an appropriate mask correctly. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>
2. Stay 6 feet away from anyone not in your household or "safe bubble". Wear masks even within you household/safe bubble if someone is sick and/or been exposed to COVID.
3. Avoid crowds and indoor spaces.
4. Wash your hands with soap & water often; you may use > **60%** alcohol sanitizer **until** you can wash with soap & water.
5. Cover your cough & sneezes.
6. Disinfect common surfaces & areas at least daily.
7. Avoid being around anyone who is sick.

8. Monitor your health daily. Know ALL the signs of COVID and remember that about half of the people will not show any signs or symptoms and won't know they're sick. <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>.
9. Continue to protect those that are more vulnerable, even if they have been vaccinated, by maintaining precautions yourself when around them and encouraging them to do the same. <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-increased-risk.html>
10. Read the Post Vaccination Guidance completely. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html> . Investigate the attached links as needed.
11. To monitor your states vaccination rates, see this NPR interactive link: <https://www.npr.org/sections/health-shots/2021/01/28/960901166/how-is-the-covid-19-vaccination-campaign-going-in-your-state>