



CDC Updates Outdoor Mask Guidance for Fully Vaccinated People

The Centers for Disease Control and Prevention (CDC) has released new [guidance](#) for people who have been fully vaccinated with a COVID-19 vaccine. This update loosens the CDC's mask-wearing recommendations for those fully vaccinated, allowing many outdoor activities without a mask.

People are considered fully vaccinated two weeks after their second dose in a two-dose vaccine series, like the Pfizer or Moderna vaccines, or two weeks after a single-dose vaccine, like the Johnson & Johnson vaccine.

CDC Guidance for Fully Vaccinated People

The new CDC guidance says that people fully vaccinated can gather or conduct activities outdoors without wearing a mask except in certain crowded settings and venues. Fully vaccinated people can participate in the following outdoor activities without a mask:

- Walking, running or biking outdoors with members of the same household
- Attending a small, outdoor gathering with fully vaccinated family and friends
- Attending a small, outdoor gathering with fully vaccinated and unvaccinated people
- Dining at an outdoor restaurant with friends from multiple households

Also, fully vaccinated people can participate in the following specific indoor activities without a mask:

- Attending an indoor gathering with fully vaccinated people
- Attending an indoor gathering with unvaccinated people of any age from one other household, unless any of those people or anyone they live with has an increased risk for severe illness from COVID-19

However, fully vaccinated people are recommended to wear a mask when:

- In indoor public settings
- Attending an indoor gathering with unvaccinated people (including children) from more than one other household
- Attending an indoor gathering with an unvaccinated person who is at increased risk of severe illness or death from COVID-19 or who lives with a person at increased risk

CDC Guidance for Unvaccinated People

According to the CDC, it is also safe for unvaccinated people to walk, run or bike outdoors with members of their household or attend a small, outdoor gathering with fully vaccinated family and friends without wearing a mask.

To Learn More

To learn more about mask-wearing guidance and choosing safer activities, the CDC offers this resource.

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