Spring is in the air and COVID vaccines have been administered to 93.7 million individuals across the United States. Going back to a more normal way of living has begun to look promising. The CDC has released important changes if you have been fully vaccinated! To date there are 3 authorized and recommended vaccines: Pfizer-BioNTech, Moderna and Johnson & Johnson/Janssen.

VACCINE BASICS:
- **Pfizer-BioNTech**:
  - 2 dose series shot with each shot 21 days apart.
  - Shot is given in the muscle of the upper arm.
  - Recommended for people 16 years and older.
- **Moderna**:
  - 2 dose series shot with each shot 28 days apart.
  - Shot is given in the muscle of the upper arm.
  - Recommended for people 18 years and older.
- **Johnson & Johnson/Janssen**:
  - Single dose vaccine.
  - Shot is given in the muscle of the upper arm.
  - Recommended for people 18 years and older.

WHAT HAS CHANGED?
If you are FULLY vaccinated you can:
- Gather indoors with fully vaccinated people without wearing a mask.
- Gather indoors with unvaccinated people from ONE other household (i.e. relatives who live together) without masks, UNLESS any of those individuals has an increased risk for illness from COVID-19.
- 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.

If you have been fully vaccinated, you should still take precautions in public places. These precautions include:
- Wearing a mask.
- Staying 6 feet apart from others.
- Avoiding crowds and poorly ventilated spaces.
- Gathering with unvaccinated people from more than one household.
- Visiting unvaccinated people who are at an increased risk of severe illness or death from COVID-19.
- Avoid medium/large size gatherings.
- Delay domestic and international travel.
- Be vigilant for symptoms of COVID-19, especially if you’ve been around someone who is sick.

Throughout this process the CDC has confirmed that we **KNOW** that COVID-19 vaccines are effective at preventing COVID-19 disease, especially severe illness and death. We **KNOW** that other steps help stop the spread of COVID-19, and these are still important as the vaccines are distributed. In any situation there are still questions to be answered and things to still learn. According the CDC we are **STILL LEARNING** how effective the vaccines are against variants of the virus that causes COVID-19. We are **STILL LEARNING** how well COVID-19 keeps people from spreading the disease and we are **STILL LEARNING** how long COVID-19 vaccines can protect people.

QUESTIONS:
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