



## VPPSA COVID UPDATE

May 17, 2021

Recently the CDC has eased restrictions with regards to COVID-19 if you have been fully vaccinated. I have listed their recommendations below. VPPSA employees interact with residents as part of their jobs, so I urge everyone to take the necessary precautions to remain safe for you and your family. We are waiting to hear the recommendations of the Virginia Health Department and our community partners as how best to navigate this next phase of the Pandemic. I will say that there will be times when it will be in your best interest to wear a mask. It is a common belief that masks are not going away, but if we are smart and cautious, we can remain infection free and stay healthy.

At this point, if you have not been fully vaccinated, **refer to the VPPSA COVID guidelines as they remain in full effect.** Additionally, continue to social distance and wear a mask. VPPSA will continue to provide masks, sanitizer, and wipes to keep everyone safe. If you are fully vaccinated and prefer to continue to wear a mask, please do so with our support. Being free of the mask is exciting and scary at the same time. We are not done with the COVID impact on our lives so do not get frustrated when a situation causes a reversal. If we continue to be smart about the situations we put ourselves in, then we can keep ourselves and family safe.

David

### Here is what they recommend:

#### *If you've been fully vaccinated: [cdc.gov](https://www.cdc.gov)*

- 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.
- However, if you live or work in a correctional or detention facility or a homeless shelter and are around someone who has COVID-19, you should still get tested, even if you don't have symptoms.
- 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 3 days before travel by air into the United States (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.

**What We Know**

- COVID-19 vaccines are effective at preventing COVID-19 disease, especially severe illness and death.
- COVID-19 vaccines reduce the risk of people spreading COVID-19.

**What We're Still Learning**

- How effective the vaccines are against variants of the virus that causes COVID-19. Early data show the vaccines may work against some variants but could be less effective against others.
- How well the vaccines protect people with weakened immune systems, including people who take immunosuppressive medications.
- How long COVID-19 vaccines can protect people.

± This guidance applies to COVID-19 vaccines currently authorized for emergency use by the U.S. Food and Drug Administration: Pfizer-BioNTech, Moderna, and Johnson & Johnson (J&J)/Janssen COVID-19 vaccines. This guidance can also be applied to COVID-19 vaccines that have been authorized for emergency use by the World Health Organization (e.g. AstraZeneca/Oxford).