

# CDC Guidelines on Masks

**5/18/2021**

Effective May 19, 2021 in the state of Connecticut, those that are fully vaccinated and meet the guidelines noted will no longer need to wear masks. Keep in mind that some business, like retail, restaurant, or medical field will continue to require masks.

Please review the chart below to make sure you are fully aware of the Guidelines for Mask wearing Outdoor and Indoor. Remember that you are considered fully vaccinated two weeks after receiving the single dose Johnson & Johnson vaccine and two weeks after the second dose of the Pfizer or Moderna vaccine.

What does that mean for you when working with your clients?

- If ***you and your client*** have both received the vaccine and met the two week requirement then as long as the client approves the change it will no longer be necessary to wear the mask.
- If ***your client has not*** been vaccinated ***but you have***, you will still be required to wear a mask.
- If ***you have not*** been vaccinated and ***your client has***, you will still be required to wear a mask.
- If ***both the client and the staff have not been vaccinated*** then both client and staff should continue wearing masks.

The positivity rate is decreasing in the state of CT and I look forward to sending out another update on Mask wearing soon.











<https://portal.ct.gov/coronavirus>

**CDC Guidelines on Masks**

The CDC has released new guidance on the safety of various activities and when people should wear face masks to reduce the possibility of contracting COVID-19



A person is considered fully vaccinated two weeks AFTER getting either the single-dose Johnson & Johnson vaccine or the 2nd dose of the Pfizer or Moderna vaccine

	Unvaccinated or Partially Vaccinated	Fully Vaccinated	
<b>OUTDOOR ACTIVITIES</b>	 <p>Safest</p>	Walk, run, wheelchair roll, or bike outdoors with members of your household	 <p>Safest</p>
	 <p>Safest</p>	Attend a small, outdoor gathering with fully vaccinated family and friends	 <p>Safest</p>
	 <p>Safest</p>	Attend a small, outdoor gathering with fully vaccinated and unvaccinated people	 <p>Safest</p>
	 <p>Less Safe</p>	Dine at an outdoor restaurant with friends from multiple households	 <p>Safest</p>
	 <p>Least Safe</p>	Attend a crowded, outdoor event, like a live performance, parade, or sports event	 <p>Safest</p>

# INDOOR ACTIVITIES



Less Safe

Visit a barber or hair salon



Safest



Less Safe

Go to an uncrowded, indoor shopping center or museum



Safest



Less Safe

Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households



Safest



Least Safe

Go to an indoor movie theater



Safest



Least Safe

Attend a full-capacity worship service



Safest



Least Safe

Sing in an indoor chorus



Safest



Least Safe

Eat at an indoor restaurant or bar



Safest



Least Safe

Participate in an indoor, high intensity exercise class



Safest

Get the latest information on state and federal COVID-19 health guidelines

Connecticut:

[ct.gov/coronavirus](https://ct.gov/coronavirus)

Federal:

[cdc.gov/coronavirus](https://cdc.gov/coronavirus)