



Public Health Brief

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This is For You If You are Fully Vaccinated!

Anyone who is **fully vaccinated** can participate in indoor and outdoor activities – large or small – without wearing a mask or physically distancing – effective immediately!

This is according to the CDC as of 11 AM PDT today May 13th. Over the course of the pandemic, we are regularly monitoring new data as it comes in and reviewing the science to inform guidance and decision making. The science is now clear – If you are fully vaccinated, you are protected, and you can start doing the things that you stopped doing because of the pandemic.

Over the past few weeks, cases have continued falling dramatically across the nation, and a growing number of studies have repeatedly shown 3 things:

- Our vaccines are working in the real world. Although not perfect, they are >90% effective in the real-world settings of preventing mild and severe disease, hospitalization, and death.
- Our vaccines are proving to be effective against the SARS-CoV-2 variants currently circulating in the country.
- If you are vaccinated, you're less likely to spread the virus. Fully vaccinated people are less likely to have asymptomatic infection and to be able to transmit SARS-CoV-2 to others.

This means that for vaccinated people life can begin to return to normal. Vaccine is now readily available for all persons 12 years of age and older. Alpine County has one of the highest rates of vaccination among residents in the entire state of California. Anyone who wants a vaccine can get it! Call our Warm Line at 530-694-1011 for information specific to Alpine County.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html>

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/participate-in-activities.html>



Public Health
Prevent. Promote. Protect.

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