



## Protecting Yourself and Others

The COVID-19 vaccines that are currently available in the US protect vaccinated people from getting infected with the virus that causes COVID-19, including the Delta variant. People who are fully vaccinated can do more activities with fewer restrictions than people who are not fully vaccinated.

### Breakthrough infection

A small percent of people who are fully vaccinated are getting infected with the Delta variant of the COVID-19 virus. These "breakthrough infections" are expected even with highly effective vaccines. Importantly, breakthrough infections usually cause mild disease. If you get vaccinated, your risk of getting infected, having symptomatic disease, and especially of being hospitalized or dying is far lower than if you are not vaccinated. New data suggest that some vaccinated people who are infected with the Delta variant can spread the virus to others; this appears to only be a small part of the spread of the virus.

### Even after you are fully vaccinated against COVID-19, continue to take precautions to protect yourself and others including:

- Wear a well-fitting mask when required - including in all indoor public places, worksites, K-12 schools, and at outdoor Mega Events in Los Angeles County (see below).
- Wash (or sanitize) your hands often.
- Stay home when you are sick. If you have symptoms of COVID-19, you should isolate, talk with a doctor, and get tested.

For information on what to expect after you get a vaccine, including vaccine side effects and how to report them, see [After you get a vaccine](#).

## When Am I Fully Vaccinated?

You are considered fully vaccinated against COVID-19 2 weeks after:

- You got a Johnson & Johnson (J&J)/Janssen COVID-19 vaccine, or
- You got a second dose of a Pfizer or Moderna COVID-19 vaccine, or
- You finished the series of a COVID-19 [vaccine](#) that has been listed for emergency use by the World Health Organization (WHO)

**WHO has listed the following COVID-19 vaccines for emergency use:**

- Pfizer-BioNTech (e.g., COMIRNATY, Tozinameran)
- Moderna
- Johnson & Johnson (Janssen)
- AstraZeneca-Oxford (e.g., Covishield, Vaxzevria)
- Sinopharm
- Sinovac





## Important information for people with weak immune systems

If you have a health condition or are taking medications that severely weaken your immune system<sup>1</sup> (such as treatment for cancer, organ transplants or rheumatological conditions), vaccination may not be as effective.

- Talk with your doctor to discuss your activities. You may need to continue taking all precautions after vaccination to prevent COVID-19.
- If you received 2 doses of Pfizer or Moderna vaccine, CDC recommends that you receive an additional dose of vaccine. Talk to your doctor about the need to get an additional dose of COVID-19 vaccine. If you need a 3rd dose, ask about the best timing based on your current treatment plan. This is especially important if you are about to start or restart immunosuppressive treatment. For more information, see '[Additional doses for people with weakened immune systems \(immunocompromised\)](#)'.

## PUBLIC TRANSPORTATION AND TRAVELING

- You always need to wear a mask:
  - On planes, buses, trains, and other forms of public transportation or ride share when traveling into, within, or out of the US.
  - In U.S. transportation hubs such as airports, train, and bus stations.
- You can travel [domestically](#) and [internationally](#). Be sure to follow the requirements of the area(s) that you are visiting. Some places may require you to show a negative test result before traveling. Be prepared and plan ahead.
- Upon return to Los Angeles County from outside of California:
  - You should [monitor your health](#) for 14 days. As long as you have no symptoms<sup>2</sup>, quarantine and testing are not needed after domestic travel.
  - If you [traveled internationally](#), you do not need to quarantine as long as you have no symptoms. It is recommended that you get tested 3-5 days after your return.
    - Note: you must have [proof of a negative COVID-19 test](#) to fly back to the US.

## PUBLIC SPACES

- Everyone 2 years of age and older must wear a mask in all indoor public settings, venues, gatherings, public and private businesses, and at outdoor Mega Events in Los Angeles County, whether they have been vaccinated or not.

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<sup>1</sup> People who have health conditions or who take medications that weaken their immune system may not get full protection from vaccination. This includes people who have: been receiving active cancer treatment for tumors or cancers of the blood, received an organ transplant and are taking medicine to suppress the immune system, received a stem cell transplant within the last 2 years or are taking medicine to suppress the immune system, moderate or severe primary immunodeficiency (such as DiGeorge syndrome, Wiskott-Aldrich syndrome), advanced or untreated HIV infection, or active treatment with high-dose corticosteroids or other drugs that may suppress the immune response. Talk to your doctor if you have one of these or a similar condition. For more information, including when additional doses of vaccines are recommended, visit the CDC webpage [COVID-19 Vaccines for Moderately to Severely Immunocompromised People](#).

<sup>2</sup> Symptoms may appear 2-14 days after being exposed to the virus and may include: fever or chills, cough, shortness of breath/difficulty breathing, new loss of taste or smell, fatigue, runny or stuffy nose, muscle or body aches, headache, sore throat, nausea or vomiting, or diarrhea. This list does not include all possible symptoms of COVID-19. Some people with COVID-19 never get symptoms. Visit [ph.lacounty.gov/covidcare](https://ph.lacounty.gov/covidcare) to learn more about what to do if you are sick.





- Everyone\*, regardless of vaccination status, must wear a mask:
  - On all forms of public transportation and transportation hubs
  - In healthcare settings (including long-term care facilities)
  - In shelters and cooling centers
  - Indoors at any youth-serving facility (such as TK-12 schools, childcare, day camps, etc.)
  - At outdoor Mega Events (events with over 10,000 attendees like concerts, sports games and parades)
  - In any other outdoor location where it is the policy of the business or venue

Note: You are allowed to take off your mask while you are:

- Actively eating or drinking as long as you are sitting or standing in a specific place such as a table, counter, or ticketed seat. This means that you can briefly remove your mask when you are actually eating or drinking but you must put it back on immediately afterwards. You must also wear a mask when you are waiting to be served, between courses or drinks, and while seated after finishing your food or drink.
- Alone in a separate room or space.
- Showering or swimming.
- Receiving personal hygiene or personal care services (like a facial or shave) that cannot be done without removing your mask.

**\*There are some people who should not wear a mask**, such as children younger than 2, people with certain medical conditions or disabilities, and people instructed by their medical provider not to wear a mask. Children ages 2 to 8 should wear a mask only when under adult supervision. See [Who should not wear a mask](#) and [Special considerations for persons with communication difficulties or certain disabilities](#) for details and information on alternative types of face coverings.

**\*In the workplace**, workers must follow the most protective mask requirements as stated by Cal/OSHA and the County Health Officer Order. Certain employees may be exempt from wearing a mask in specific situations provided alternative safety measures are in place. See the [Health Officer Order](#) and [Best Practices for Businesses](#) webpage for details of workplace requirements.

## TESTING FOR COVID-19

As long as you do not have symptoms, you usually do not need to get tested for COVID-19. However,

- If you have close contact to someone with COVID-19, it is recommended that you get tested for COVID-19.
- If you are part of an outbreak investigation, you may be required to be tested.
- In some high-risk settings when community transmission levels are high, you may be required to participate in routine surveillance testing.

See [COVID-19 Tests](#) for more information.



## QUARANTINE

- As long as you do not have symptoms, you do not have to quarantine if you are a close contact to someone with COVID-19 or after you have returned from out of state or international travel.
- You still should [get tested](#) and [monitor your health](#) for symptoms of COVID-19 for 14 days after your last contact with the infected person or upon return to LA County. If you live with someone who is immunosuppressed, at increased risk of severe disease, or unvaccinated (including children <12 years of age) consider wearing a mask at home for 14 days or until you receive a negative test result.

Visit the [quarantine webpage](#) for more information.

## PERSONS WITH COVID-19

- If you are diagnosed with COVID-19, you need to follow all [isolation instructions](#).
- If you live with or are caring for someone who has COVID-19, you should continue to take precautions including masking and physically distancing where possible.