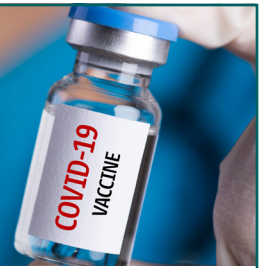


COVID-19 NEWS & UPDATES



ADOLESCENTS APPROVED TO RECEIVE THE COVID-19 VACCINE

The FDA expanded the emergency use authorization for the Pfizer COVID-19 Vaccine to include children 5 to 11 years of age.

Benefits:

- May prevent serious illness even if you do get COVID-19
- Vaccinating children can help protect family members, including siblings who are not eligible for vaccination and family members who may be at increased risk of getting very sick if they are infected.
- Vaccination can also keep children from getting seriously sick even if they do get COVID-19.
- Vaccinating children ages 5 years and older can help keep them in school and help them safely participate in sports, playdates, and other group activities.

DOMESTIC & INTERNATIONAL TRAVEL UPDATES

DOMESTIC TRAVEL Recommendations and Requirements	Not Vaccinated	Fully Vaccinated
Get tested 1-3 days before travel	X	
Get tested 3-5 days after travel and Self-quarantine 7 days. Self-quarantine for 10 days if you don't get tested	X	
Self-monitor for symptoms	X	X
Wear a mask and take other precautions during travel	X	X

INTERNATIONAL TRAVEL Recommendations and Requirements CDC recommends delaying international travel until you are fully vaccinated.	Fully Vaccinated
Get tested 1-3 days before travel	If required by destination
Get tested 3-5 days after travel	X
Self-monitor for symptoms	X
Wear a mask and take other precautions during travel	X



SAFETY GUIDELINES FOR FULLY-VACCINATED INDIVIDUALS

New safety guidelines have been introduced by the CDC for those who are fully-vaccinated. You are considered fully vaccinated for COVID-19 two weeks after receiving the second dose in a 2-dose Vaccine from Pfizer or Moderna or two weeks after receiving a single-dose vaccine from Johnson & Johnson.

Fully vaccinated people can:

- You can resume activities that you did prior to the pandemic.
 - To reduce the risk of being infected with the Delta variant and possibly spreading it to others, wear a mask indoors in public if you are in an area of substantial or high transmission.
 - You might choose to wear a mask regardless of the level of transmission if you have a weakened immune system or if, because of your age or an underlying medical condition, you are at increased risk for severe disease or if a member of your household has a weakened immune system, is at increased risk for severe disease, or is unvaccinated.
- You can travel.
 - 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.
 - Wearing a mask over your nose and mouth is required on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and while indoors at U.S. transportation hubs such as airports and stations. Travelers are not required to wear a mask in outdoor areas of a conveyance (like on open deck areas of a ferry or the uncovered top deck of a bus).



For now, fully vaccinated people should continue to:

- Wear masks in indoor public settings or with unvaccinated people at risk for severe COVID-19
- Wear masks indoors with unvaccinated people from multiple households
- Avoid indoor large in-person gatherings
- Get tested if experiencing COVID-19 symptoms
- Follow guidance issued by individual employers

McLeod Health

For the most up-to-date information on COVID-19, visit McLeodCOVID.org.