

# WHAT THE HEALTH!?

## I GOT MY COVID-19 VACCINE! NOW WHAT?

### PEOPLE ARE CONSIDERED FULLY VACCINATED:

- 2 weeks after their second dose in a 2-dose series, like the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, like Johnson & Johnson's Janssen vaccine

### EVEN AFTER YOU'RE FULLY VACCINATED, YOU SHOULD CONTINUE TO:

- Wear a mask, stay at least 6 feet apart from others, and avoid crowds and poorly ventilated spaces
- Avoid medium or large-sized gatherings
- Delay domestic and international travel
- Continue watching for symptoms of COVID-19



**IF YOU HAVE NOT BEEN VACCINATED, IT HAS BEEN LESS THAN TWO WEEKS SINCE YOUR SHOT, OR IF YOU STILL NEED TO GET YOUR SECOND DOSE, YOU ARE NOT FULLY PROTECTED FROM COVID-19. KEEP TAKING ALL PRECAUTIONS UNTIL YOU ARE FULLY VACCINATED!**

**DO NOT IGNORE THE SYMPTOMS OF COVID-19!  
PLEASE CONTINUE TO GET TESTED AS NEEDED!**



### Do your part to help protect the environment!

- Use environmentally friendly, non-toxic cleaning supplies
- Replace inefficient lightbulbs with energy efficient bulbs
- Car pool, ride your bike, drive electric or hybrid vehicles, or walk when possible
- Reduce paper use by doing online banking, using cloth towels instead of paper ones, and reading documents online
- Reduce waste by using reusable water bottles, travel mugs, and reusable bags
- Buy food from local farms or join a food co-op, and try to shop local when possible
- Be mindful of unplugging electronics when not in use and turning off lights
- Recycle paper, plastic and glass



NATIONAL  
PUBLIC  
HEALTH  
WEEK

NATIONAL PUBLIC HEALTH WEEK  
Building Bridges to Better Health

April 5-11 2021