

The Public Health Agency of Canada has released its official guidelines for Canadians who have been vaccinated against COVID-19.

With over 75 per cent of eligible Canadians with one dose and 27 per cent fully vaccinated, the guidelines are intended to share what activities are safe to do.

Residents will still need to follow their local public health restrictions.

“If you’re fully vaccinated there’s a lot that you can do now with a lowered risk,” said chief public health officer Dr. Theresa Tam Friday, adding people still need to “think twice” about going into crowded indoor areas.

Deputy chief public health officer Dr. Howard Njoo said generally, developing guidelines for people better protected from COVID-19 is “much more nuanced” than simply providing a list of things someone can do after getting their second dose.

Different factors have to be considered, he said, such as the vaccination status of the people around them, as well as what’s happening to the infection rate where they live.

According to the guidelines, physical distancing and masks are not required for fully vaccinated residents in the following circumstances:

- Outdoors with a group of fully vaccinated individuals
- Indoors with a small group of fully vaccinated individuals
- Outdoors with people from multiple households who are unvaccinated, partially vaccinated, or their vaccination status is unknown

If you are a greater risk of serious illness, these are the circumstances where fully vaccinated residents should consider wearing a mask and physically distance from others:

- Indoors with people from multiple households who are unvaccinated, partially vaccinated, or their vaccination status is unknown
- Indoors or outdoors in a large crowd where people are closely gathering, e.g. a concert, house party or sports event.

It is recommended to continue wearing a mask indoors for those who are partially vaccinated or have not been vaccinated yet.

The full guidelines can be read below:

[Vaccinated Against Covid 19 Public Health Measures](#) by [CityNewsToronto](#) on Scribd