



Choosing Safer Activities

If you are fully vaccinated against COVID-19, you can start doing many things that you had stopped doing because of the pandemic. Outdoor visits and activities are safer than indoor activities, and fully vaccinated people can participate in some indoor events with little risk. Fully vaccinated people can attend a small, outdoor gathering with fully vaccinated and unvaccinated people, as well as eat at outdoor restaurants with friends from multiple households.

[More information](#)



People with Certain Medical Conditions

Adults of any age with certain conditions can be more likely to get severely ill from COVID-19. Older adults are more likely to get severely ill from COVID-19 as well. More than 80% of COVID-19 deaths occur in people over age 65, and more than 95% of COVID-19 deaths occur in people older than 45. Preventive measures for COVID-19 (including [vaccination](#), [wearing a mask](#) and [social distancing](#)) are important especially if you are older or have multiple or severe health conditions. If you have a medical condition, speak with your healthcare provider about steps you can take to manage your health and risks.

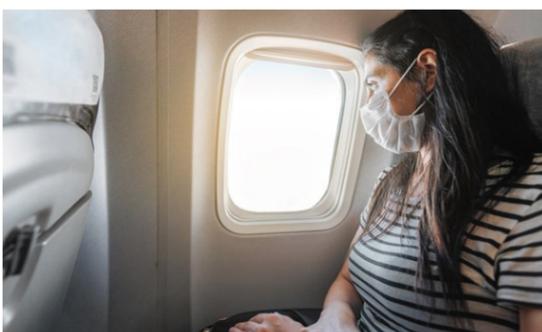
[Learn more](#)



COVID Data Tracker Weekly Review

CDC is monitoring COVID-19 cases, variants, and vaccinations across the globe. If you are traveling, make sure you understand the situation with COVID-19 where you are going so you can travel as safely as possible. Read more in the [COVID Data Tracker Weekly Review](#).

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Domestic Travel During COVID-19

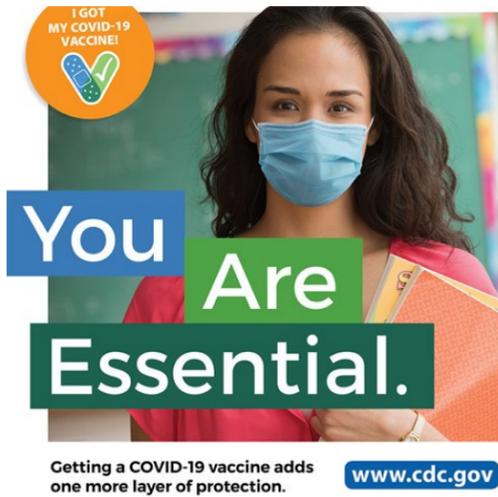
Fully vaccinated travelers are less likely to get and spread COVID-19. CDC recommends delaying travel until you are fully vaccinated, because travel increases your chance of getting and spreading COVID-19. People who are fully vaccinated with an FDA-authorized vaccine or a vaccine authorized for emergency use by the World Health Organization can travel safely within the United States. Fully vaccinated travelers do not need to get tested before or after travel unless their destination requires it. Fully vaccinated travelers do not need to self-quarantine, but should still follow CDC's recommendations for travel, including:

- Wear a mask over your nose and mouth
- Stay 6 feet from others and avoid crowds

- Wash your hands often or use hand sanitizer

If you are not fully vaccinated and must travel, follow CDC's recommendations for unvaccinated people.

More information



Essential Workers COVID-19 Vaccine Toolkit

Essential workers like police officers, firefighters, and people working in education, child care centers, and grocery stores maintain the services and functions that U.S. residents depend on daily. CDC designed a toolkit to help employers educate essential workers about COVID-19 vaccines, raise awareness about the benefits of vaccination, and address common questions and concerns.

Learn More

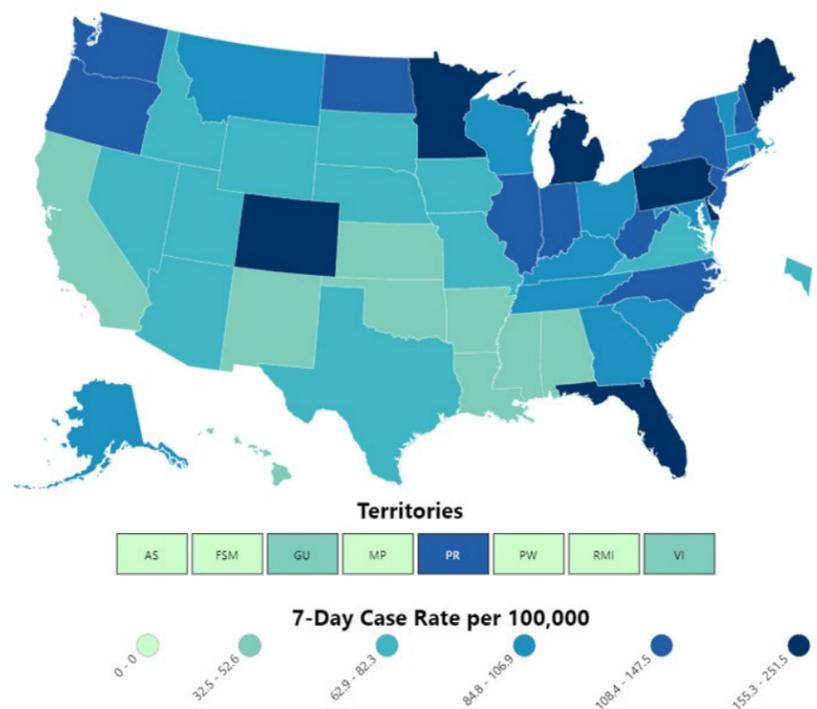
Coronavirus Disease 2019 (COVID-19) in the U.S.

May 3, 2021

US states, territories, and District of Columbia have reported 32,228,003 cases of COVID-19 in the United States.

CDC provides updated U.S. case information online daily.

In addition to cases, deaths, and laboratory testing, CDC's COVID Data Tracker now has a [Vaccinations](#) tab to track distribution of COVID-19 vaccines in your state.



U.S. Cases



Centers for Disease Control and Prevention

1600 Clifton Rd Atlanta, GA 30329 1-800-CDC-INFO (800-232-4636) TTY: 888-232-6348

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