

COVID-19 Updates

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www.umdf.org/coronavirus



Getting Back to In-Person – Things to Consider

For any live, in-person support gatherings – each person must weigh the risks and benefits prior to attending. We ask that everyone adhere to the CDC guidelines noted below and we will make every effort to have virtual options available for those uncomfortable with attending a live gathering.

If you are attending a gathering, think about the steps you need to take to [protect yourself and your loved ones](#) from COVID-19.

- If you are not fully vaccinated and aged 2 or older, you should wear a mask in indoor public places.
- In general, you do not need to wear a mask in outdoor settings
 - In areas with [high numbers of COVID-19 cases](#), consider wearing a mask in crowded outdoor settings and for activities with [close contact](#) with others who are not fully vaccinated.
- People who have a condition or are taking medications that weaken their immune system may not be fully protected even if they are fully vaccinated. They should continue to take all [precautions recommended for unvaccinated people, including wearing a well-fitted mask](#), until advised otherwise by their healthcare provider.
- If you are fully vaccinated, to maximize protection from the Delta variant and prevent possibly spreading it to others, wear a mask indoors in public if you are in an area [of substantial or high transmission](#).
- Just keep in mind the following and the gathering can be safe for all who attend:
 - Social distance
 - Wear a mask if indoors
 - Avoid crowded areas and poorly ventilated rooms
 - Wash your hands often
 - Cover when coughing or sneezing
 - Clean and disinfect any high touch areas of your gathering