**Centers for Disease Control and Prevention**
CDC 24/7: Saving Lives, Protecting People™

**CORONAVIRUS DISEASE 2019**
(COVID-19)

CDC.gov/COVID-19

**January 20, 2021**

This message includes updates on the COVID-19 response from CDC. The COVID-19 Outbreak is a rapidly evolving situation and information will be updated as it becomes available.

# Masks Protect You & Me

Masks are an additional step to prevent people from getting and spreading COVID-19. They provide a barrier that keeps respiratory droplets from spreading. When we all wear masks, we take care of each other and everyone is protected.

For the most protection, take all these steps.

- Wear a mask
- Stay 6 feet apart
- Avoid crowds and poorly ventilated places
- Wash your hands

**Masks Protect**

## V-safe After Vaccination Health Checker

V-safe is a smartphone-based tool that uses text messaging and web surveys to provide personalized health check-ins after you receive a COVID-19 vaccination. Through v-safe, you can quickly tell CDC if you have any side effects from the COVID-19 vaccine. This information helps CDC monitor the safety of COVID-19 vaccines in near real time. Depending on your answers, someone from CDC may call to check on you and get more information.

## Isolate If You Are Sick

Isolation is used to separate people infected with COVID-19 from those who are not infected. People who are in isolation should stay home until it's safe for them to be around others.

If you think or know you had COVID-19 and had symptoms you can be with others after

- At least 10 days since symptoms first appeared AND
- At least 24 hours with no fever without fever-reducing medication AND
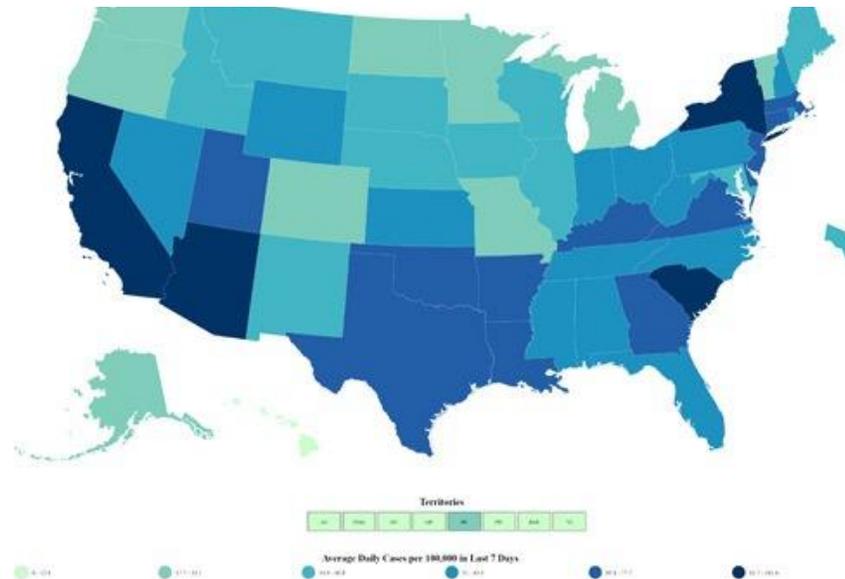- Other symptoms of COVID-19 are improving

**Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation

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

**January 20, 2021**

In the United States, there have been 23,982,584 confirmed cases of COVID-19 detected through U.S. public health surveillance systems in 50 states and the District of Columbia, Puerto Rico, Guam, the Northern Marianas Islands, and U.S. Virgin Islands.

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**