

A SUMMARY OF VERMONT STATE COVID-19 GUIDELINES 4-13-21

	VACCINATED	UNVACCINATED
Definition	<ul style="list-style-type: none"> You are fully vaccinated 14 days after your final shot. Until you are fully vaccinated, you should follow the same guidance as unvaccinated people. You should still watch out for symptoms of COVID-19, especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should call your health care provider to get tested, stay home and away from others. The vaccine protects you from illness, but we don't know for sure if you can give the virus to someone else. 	<ul style="list-style-type: none"> You have received one shot of a 2 shot vaccine (Moderna or Pfizer). It has not been 14 days since your final shot. Information about getting the vaccine. You should watch out for symptoms of COVID-19, especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should call your health care provider to get tested, stay home and away from others. Not everyone with COVID-19 has a fever. Even mild symptoms (like a headache or dry cough) could be signs of COVID-19. Not everyone infected with the COVID-19 virus has symptoms. People with COVID-19 who don't have any symptoms can spread the virus to other people. Learn how to protect yourself and others.
Travel	<p>Vermonters traveling out of state:</p> <ul style="list-style-type: none"> You may travel without quarantine two weeks after your final shot. You may travel to or return to Vermont without getting tested. Find out more about travel, including staying in someone's home. People who had COVID-19 within the last 3 months and have recovered do not need to test or quarantine unless they develop new symptoms. <p>Visitors to Vermont:</p> <ul style="list-style-type: none"> Vaccinated people do not need to get tested. <p>Hosting visitors:</p> <ul style="list-style-type: none"> Under the current gathering guidelines, hosting visitors is considered a social gathering. Both you and your guests must follow Vermont's gathering restrictions. <p>Rules for international travel are different:</p> <ul style="list-style-type: none"> International travel link. 	<p>Vermonters traveling out of state:</p> <ul style="list-style-type: none"> CDC recommends delaying travel until you are fully vaccinated, because travel increases your chance of getting and spreading COVID-19. If you travel outside the state you do not have to quarantine however you must be tested within 3 days of returning to Vermont. Learn more. <ul style="list-style-type: none"> The test you get must be a PCR test. Find free and fast testing near you. You do not need to quarantine while you wait for a test result. But if you have any symptoms, stay home and away from other people. <p>Visitors to Vermont:</p> <ul style="list-style-type: none"> Unvaccinated people planning to visit Vermont must have a COVID-19 test within 3 days before arriving in Vermont. Learn more. <ul style="list-style-type: none"> The test you get must be a PCR test. Please bring proof of your negative test result with you. If the test is positive, do not come to Vermont. <p>Hosting visitors:</p> <ul style="list-style-type: none"> Under the current gathering guidelines, hosting visitors is considered a social gathering. Both you and your guests must follow Vermont's gathering restrictions. <p>Rules for international travel are different:</p> <ul style="list-style-type: none"> International travel link. <p>If you live within 5 miles of the Vermont border:</p> <ul style="list-style-type: none"> You may make day trips for certain activities without getting a test if you travel 5 miles into the neighboring state. This includes going to worship, going to a gym, getting a haircut, and participating in place-based outdoor recreation. Find out more about travel to and from border towns. People who live near the Vermont state border and regularly travel to and from Vermont may make day trips to Vermont for work, health care, for students who commute daily to attend preK-12 school or college if commuting daily, and for

<p>Travel cont.</p>		<p>other essential needs like groceries or visitation for parental shared custody, without testing.</p> <ul style="list-style-type: none"> The testing exemption only applies to the person under essential travel rules. It does not apply to anyone else who travels with you, for non-essential reasons. <p>Essential travel:</p> <ul style="list-style-type: none"> People traveling for essential purposes do not need to get tested. However, if you travel the Health Department recommends that you get tested regularly. Essential travel includes travel for personal safety, health care, care of others, parental shared custody, for food, beverage or medicine, for students to attend preK-12 school or college commuting daily, or a school-sponsored activity, or for work. The testing exemption only applies to the person under essential travel rules. It does not apply to anyone else who travels with you, for non-essential reasons. People who have recovered from COVID-19 within the last 3 months do not need to test unless they develop new symptoms.
<p>Gathering</p>	<ul style="list-style-type: none"> You may gather with other fully vaccinated people or households. You don't need to wear a mask or stay 6 feet apart when you gather. You may gather with up to two unvaccinated people or households at a time. <ul style="list-style-type: none"> The gathering can also include other vaccinated people or households. If you gather with people from more than one unvaccinated household, or with someone who is at higher risk of severe COVID-19 or lives with someone at higher risk, everyone should wear a mask and stay 6 feet apart. See details on gathering restrictions in Vermont. 	<ul style="list-style-type: none"> Since children cannot get vaccinated at this time; a household with children is not considered a fully vaccinated household. You may gather with fully vaccinated people or households. <ul style="list-style-type: none"> You don't need to wear a mask or stay 6 feet apart, unless someone is at higher risk of severe COVID-19 or lives with someone at higher risk. You may gather with one other unvaccinated person or household at a time. <ul style="list-style-type: none"> Fully vaccinated people or households can also be at the gathering. Everyone should wear a mask and stay 6 feet apart. You can do no-contact outdoor recreation and fitness activities with anyone. <ul style="list-style-type: none"> You must stay at least 6 feet away from people you don't live with and wear a mask at all times. Do not gather at trailheads, access areas or other outdoor facilities before or after the activity. If you live alone, you may gather with people who live in one other household. You can take in and shelter people from another household who are living in a dangerous, unhealthy or otherwise unsafe situation. If you are a visitor traveling to Vermont and staying at a lodging establishment, short-term rental, or with friends and family, you must follow these gathering restrictions. Staying with another household is considered a social gathering and you must follow the rules listed above. Learn more about Vermonters hosting visitors in their homes. It is not considered a social gathering if you have contact with someone for less than 15 minutes, you both are wearing masks, and you stay at least 6 feet apart (for example, checking on a neighbor, friend or family member not in your household). You are allowed to come in contact with members of other households in settings that continue to operate – such as schools, workplaces, retail stores, close contact businesses, etc. – as long as all the required health protocols are followed.

<p>Close Contact</p>	<ul style="list-style-type: none"> • If you are a close contact of someone with COVID-19 and you do not have any symptoms and are not in a health care setting: <ul style="list-style-type: none"> - You do not need to get tested. - You do not need to quarantine. 	<ul style="list-style-type: none"> • When someone tests positive for COVID-19, the Health Department works with them to identify their close contacts. Generally, these are people you were within 6 feet of, for a total of 15 minutes or more over a 24-hour period, during the time they were infectious. • If you are identified as a close contact, you will be contacted. The notification will come from the Health Department or a place you went to recently (for example, your employer, your child's school, or your health care provider might contact you). They will tell you the date when you may have been exposed. They will give you guidance regarding testing and quarantine. • If you receive a text message from 89361, this is a notification from the Health Department that you are a close contact of someone who tested positive for COVID-19. Find out what you need to do if you are a close contact. • If you are <i>not</i> identified as a close contact, then you will not be called. If you think that you might be a close contact but didn't get a call, you may take precautions by quarantining for 14 days since the last day you were in contact with that person, and get tested on day 7 or after if you have not had any symptoms.
<p>Testing</p>	<ul style="list-style-type: none"> • Find out about testing. 	<ul style="list-style-type: none"> • Find out about testing. • The Health Department recommends testing as soon as possible when: <ul style="list-style-type: none"> - You have symptoms of COVID-19 (call your health care provider first). - You are referred by your health care provider. - You are not fully vaccinated and a person in your workplace or household, or a person you attended an event with, tests positive for COVID-19. - You are not fully vaccinated and you gather with multiple households at a time or attend an event. You should get tested as soon as 2 days after the gathering, and again 7 days after the gathering. Learn more about why you should get tested. • There are a variety of testing options available to you: your health care provider, pharmacies and Health Department testing sites. Testing is free to all. • If you do not have symptoms you can get tested at a Health Department testing site. This includes children 12 months or older, people who work in Vermont, visitors to Vermont and international travelers. Anyone under 18 should be accompanied by a parent or guardian or bring a signed parental consent form. • If you are visiting Vermont or are an international traveler, you will need to contact your primary care provider or call Vermont 2-1-1 if you do not have a provider.