

COVID-19 GUIDANCE

Based on current Vermont Department of Health guidance
Updated 1.19.22

IF YOU HAVE A POSITIVE TEST (PCR, LAMP or ANTIGEN):

This guidance is for people who are vaccinated, boosted or unvaccinated.

1. Stay home and isolate for 5 days (day 0 is the day symptoms began or the day of the positive test).
2. You can leave your home (and attend school, work, etc.) **AFTER Day 5 if:**
 - ✓ You never had symptoms or your symptoms have significantly improved and you feel better **AND**
 - ✓ You have had no fever for at least 24 hours without the use of medicine that reduces fevers **AND**
 - ✓ You wear a well fitting mask (that covers both the nose **AND** mouth) around others through day 10 (and at school until further notice) **AND**
 - ✓ You have 2 negative antigen tests, performed at least 24 hours apart, beginning no earlier than day 4. Testing is highly recommended.
3. Notify your close contacts of the positive test results.
4. Notify the school nurse and your health care provider of the positive test result.
5. Report the positive at-home test results by using this link.

IF YOU ARE IDENTIFIED AS A CLOSE CONTACT:

AND YOU:

1. Had your booster shot **OR**
2. Completed your Pfizer or Moderna vaccine series within the last 5 months **OR**
3. Completed your Johnson & Johnson vaccine within the last 2 months **OR**
4. Are 5-17 years old or are enrolled in a K-12 school and have completed your Pfizer vaccine series.

THEN DO THE FOLLOWING:

- ✓ Wear a mask around other people for 10 days. You do not need to quarantine.
- ✓ Test on day 5 (recommended). If you test positive, follow the guidance above "If you have a positive test."
- ✓ If you develop symptoms at any time, get a test and stay home and away from others until you get your test results. You can take an antigen/rapid test: if negative, follow-up with a PCR test.

IF YOU:

1. Are not vaccinated **OR**
2. Completed your Pfizer or Moderna vaccine series more than 5 months ago and have not had a booster shot **OR**
3. Completed your Johnson & Johnson vaccine series more than 2 months ago and have not had a booster shot **OR**

THEN DO THE FOLLOWING:

1. Stay home and quarantine.
2. You may leave your home (and attend school, work, etc.) **ON Day 5 if:**
 - ✓ You have no symptoms **AND**
 - ✓ You wear a mask around others through day 10 (and at school until further notice) **AND**
 - ✓ Test on or after day 5 with a PCR or LAMP test or 2 negative antigen tests performed at least 24 hours apart, beginning no earlier than day 4 (highly recommended).
3. If you test positive, follow the guidance above "If you have a positive test."
4. If you develop symptoms at any time, get a test and isolate yourself from others, until you receive your test results.