

## Updated COVID Guidance from the Vermont Department of Health: January 3, 2022

*If you are a close contact with someone who tested positive for COVID-19, immediately begin following the guidance below.*

**Close contact** means being within 6 feet, for a total of 15 minutes or more over a 24-hour period, of someone with COVID-19 during their infectious period. **The infectious period** is when the person with COVID-19 is contagious. It starts two days before symptoms began and continues until [they are recovered](#). For people who haven't had symptoms, the infectious period starts two days before they had a positive test.

If you are a <a href="#">close contact</a> AND:	Then do this:
<ul style="list-style-type: none"><li>• Are not vaccinated</li></ul> <p><b>OR</b></p> <ul style="list-style-type: none"><li>• Completed your Pfizer or Moderna vaccine series more than 6 months ago and have not had a booster shot</li></ul> <p><b>OR</b></p> <ul style="list-style-type: none"><li>• Completed your Johnson &amp; Johnson vaccine series more than 2 months ago and have not had a booster shot</li></ul>	<ul style="list-style-type: none"><li>• Stay home and <a href="#">quarantine</a> for 5 days.</li><li>• You can leave your home on day 5 if:<ul style="list-style-type: none"><li>○ you have no symptoms</li><li>○ AND had one negative PCR or LAMP test OR two negative antigen tests performed at least 24 hours apart beginning no earlier than day 4</li><li>○ AND you wear a mask around others through day 10.</li><li>○ AND, when possible, it is recommended that you have one negative PCR or LAMP test on or after day 5 or two negative antigen tests performed at least 24 hours apart beginning no earlier than day 4</li></ul></li><li>• If you test positive, follow <a href="#">What to do if you test positive for COVID-19</a> guidance.</li><li>• If you develop symptoms at any time, get a test and isolate from others until you receive your test results.</li></ul>

If you are a <u>close contact</u> AND:	Then do this:
<ul style="list-style-type: none"> <li>● Completed your Johnson &amp; Johnson vaccine within the last 2 months</li> <li>OR</li> <li>● Completed your Pfizer or Moderna vaccine series within the last 6 months</li> <li>OR</li> <li>● Had your booster shot</li> </ul>	<ul style="list-style-type: none"> <li>● Wear a mask around other people for 10 days. You do not need to <a href="#">quarantine</a>.</li> <li>● A test on day 5 is recommended. If you test positive, follow the steps in <a href="#">What do do if you test positive for COVID-19</a>.</li> <li>● If you develop symptoms at any time, get a test and stay home and away from others until you get your test results.</li> </ul>

If you have a POSITIVE test (PCR, LAMP, or antigen)
<p>This guidance is for EVERYONE, whether you are vaccinated, boosted or unvaccinated.</p> <ul style="list-style-type: none"> <li>● Stay home and <a href="#">isolate</a> for 5 days.</li> <li>● You can leave your home on day 5 if: <ul style="list-style-type: none"> <li>○ you have two negative antigen tests performed at least 24 hours apart beginning no earlier than day 4</li> <li>○ You never had symptoms, or your symptoms have improved and you feel better</li> <li>○ AND you have had no fever for at least 24 hours without the use of medicine that reduces fevers</li> <li>○ AND you wear a mask around others through day 10.</li> </ul> </li> <li>● <a href="#">Notify your close contacts</a> that you have tested positive.</li> </ul>