

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 <u>close contact</u> AND:	Then do this:
<ul style="list-style-type: none">• Are not vaccinated OR• Completed your Pfizer or Moderna vaccine series more than 6 months ago and have not had a booster shot OR• Completed your Johnson & Johnson vaccine series more than 2 months ago and have not had a booster shot	<ul style="list-style-type: none">• Stay home and quarantine for 5 days.• You can leave your home on day 5 if:<ul style="list-style-type: none">○ you have no symptoms○ 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○ AND you wear a mask around others through day 10.○ 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• If you test positive, follow What to do if you test positive for COVID-19 guidance.• If you develop symptoms at any time, get a test and isolate from others until you receive your test results.

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

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"> ● Stay home and isolate for 5 days. ● You can leave your home on day 5 if: <ul style="list-style-type: none"> ○ you have two negative antigen tests performed at least 24 hours apart beginning no earlier than day 4 ○ You never had symptoms, or your symptoms have 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 mask around others through day 10. ● Notify your close contacts that you have tested positive.