



GUIDELINES FOR GATHERINGS – APRIL 9, 2021

BEFORE YOU GO OUT

Community spread of COVID-19 in Vermont means there is a higher risk of getting or spreading COVID-19. Consider this increased risk when deciding to go out or make plans. Our decisions have an impact on our own health and safety, as well as our family, community, and Vermont.

When you go out to run errands, visit a trail or something else, a quick and easy way to measure the risk is to look for these three things:

- Six-Foot Spaces – Are people staying at least six feet away from each other?
- Masks on Faces – Are people wearing face masks?
- Uncrowded Places – Is there enough space to spread out? Is it outside or is there good air flow inside (open windows or doors)?

To slow the spread of COVID-19 in Vermont, there are limits on gathering. Vermont has restrictions on social gatherings based on whether you are fully vaccinated or not. You are fully vaccinated 14 days after your final shot. Since children cannot get vaccinated at this time, a household with children is not considered a fully-vaccinated household.

Visit the Vermont Department of Health website at <https://www.healthvermont.gov/covid-19/protect-yourself-others/tips-you-get-together> for details on gathering restrictions.

If you are fully vaccinated:

- You may gather with other fully-vaccinated people or households. You don't need to wear a mask or stay six feet apart when you gather.
- You may gather with up to two unvaccinated people or households at a time. 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 six feet apart.

If you are not fully vaccinated:

- You may gather with fully vaccinated people or households. You don't need to wear a mask or stay six 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. Fully-vaccinated people or households can also be at the gathering. Everyone should wear a mask and stay six feet apart.
- An unvaccinated household may gather with one other unvaccinated household. You can gather with multiple unvaccinated households, as long as you are with only one other household at a time. Everyone should wear a mask and stay six feet apart.
- You can do outdoor recreation and fitness activities with anyone. This includes biking, hiking, walking, running, hunting and fishing, skiing, snowboarding, skating, snow machining and other

no-contact outdoor activities. However, you must stay at least six 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. Everyone should wear a mask and stay six feet apart.
- You can take in and shelter people from another household who are living in a dangerous, unhealthy or otherwise unsafe situation. Everyone should wear a mask and stay six feet apart.

If you are a visitor traveling to Vermont and staying at a lodging establishment, short-term rental, or with friends and family, 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 six 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.

TRAVEL GUIDELINES – APRIL 9, 2021

As part of Vermont's phased reopening plan, there is new travel guidance, effective April 9, 2021.

<https://www.healthvermont.gov/covid-19/travel-quarantine>

Unvaccinated Vermonters

- Unvaccinated Vermonters who have traveled outside the state must be tested within 3 days of returning to Vermont.
- Unvaccinated people planning to visit Vermont must have a COVID-19 test within 3 days before arriving in Vermont.
- The test you get must be for a current infection (like a PCR test), except it cannot be an antigen test (also known as a rapid test).
- You do not need to quarantine while you wait for a result. But if you have any symptoms, stay home and away from other people.

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.

Vaccinated Vermonters do not need to get tested or quarantine.

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.