



Dear Lamoille North Families and Staff:

Please read carefully the guidance most recently adopted by the Vermont Department of Health.

## WHAT IS CLOSE CONTACT?

When someone tests positive for COVID-19, it is important to notify their close contacts to help keep COVID-19 from spreading. **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.

## EXAMPLES OF CLOSE CONTACT

If you are a close contact, or think you had close contact with someone who tested positive for COVID-19, immediately begin following the testing and quarantine guidance below. This guidance does not apply to health care workers. You may find out that you are a close contact from the person who tested positive, the Health Department (a text message from 89361 or a phone call), your employer, your college, your child's school, your health care provider, or another place you went to recently.

IF YOU:	THEN DO THE FOLLOWING:
Had your booster shot <b>OR</b> Completed your Pfizer or Moderna vaccine series within the last 6 months <b>OR</b> completed your Johnson & Johnson vaccine within the last 2 months	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 <a href="#">What to do if you test positive for COVID-19</a> .  If you develop symptoms at any time, get a test and stay home and away from others until you get your test results.
Are not vaccinated <b>OR</b>	Stay home and quarantine for 5 days.

IF YOU:	THEN DO THE FOLLOWING:
<p>Completed your Pfizer or Moderna vaccine series more than 6 months ago and have not had a booster shot <b>OR</b></p> <p>Completed your Johnson &amp; Johnson vaccine series more than 2 months ago and have not had a booster shot</p>	<p>You can leave your home on day 5 <b>if:</b></p> <p>you have no symptoms</p> <p>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</p> <p>AND you wear a mask around others through day 10.</p> <p>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</p> <p>If you test positive, follow <a href="#">What to do if you test positive for COVID-19</a> guidance</p> <p>If you develop symptoms at any time, get a test and isolate from others until you receive your test results.</p>

This guidance does not apply to [healthcare workers](#). Sector specific guidance will follow.

### [Find a free COVID-19 test](#)

## HOW DO I QUARANTINE?

### Here's what you need to do to quarantine:

- Day 0 is the day you were last in contact with the person who has COVID-19.
- Stay home, except to get tested, for urgent medical care, or if you feel unsafe at home. [Wear a mask](#) if you need to leave home.
- You can go outside to do outdoor activities, like exercise or recreation, if you: don't have any symptoms, are alone in an uncrowded place, and can stay at least 6 feet away from others at all times. If you are not alone, you should wear a mask at all times.
- Call ahead before visiting a health care provider or emergency department and tell them you are quarantining because you are a close contact of someone with COVID-19.
- Watch for symptoms, even if mild, of cough, shortness of breath or difficulty breathing, fever, chills, fatigue, muscle or body aches, headache, sore throat, new loss of taste or smell, congestion or runny nose, nausea or vomiting, or diarrhea.

- If possible, stay in a specific room in your home and use a separate bathroom.
- Stay at least 6 feet away from others in your home at all times.
- Wear a mask if you're in any room with other people, unless you have trouble breathing.
- Don't share household items.

Please be aware that guidance can change at any time depending on transmission in our communities and in Vermont.

Please feel free to call with any questions you may have.

Sincerely,

Flo Kelley, RN, BSN  
COVID-19 Coordinator  
LNSU