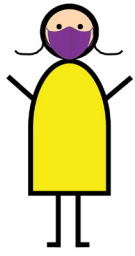




# Guide to Vermont Travel & Quarantine Rules



Governor Scott's Executive Orders now stipulate that if you travel outside of Vermont for any reason other than those considered essential - whether for a day trip or longer - you and all of your passengers/fellow travelers are required to quarantine for 14 days immediately upon your return to Vermont.

**Essential Travel is:**

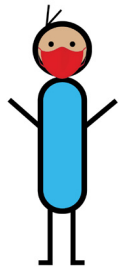
- PERSONAL SAFETY\*
- MEDICAL CARE\*
- WORK
- SCHOOL\*: daily commute to pre-K thru college for class or school-sponsored activity
- ESSENTIAL NEEDS: food, medicine
- CARE OF OTHERS
- PARENTAL SHARED CUSTODY VISITATION\*

Quarantine exemption applies to only ONE adult and only CHILD traveling for child's essential activity

**Essential Travel is NOT:**

- Visiting friends or family
- Dining at restaurants or bars
- Travel sports, gym, fitness class
- Attending faith services, weddings, funerals
- Recreation: movies, bowling, hiking, hunting
- Personal care: haircut, spa, etc.
- Shopping for non-essentials: gifts, decor, etc.
- Picking up a college or boarding student

**ALL TRAVELERS MUST QUARANTINE immediately upon return to Vermont**



## If you must travel out of Vermont:

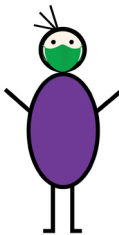
- Do not go if you are sick
- Before you leave, stock up on groceries and essentials for post-travel quarantine
- Wear a mask and wash your hands often
- Stay at least 6 feet away from people who aren't traveling with you
- Limit your stops to necessities (fuel, food, bathroom or rest)

**Quarantine is:**

- Staying at home for 14 days upon return
- Wearing masks in the home
- Using separate bathrooms
- Eating separately
- Disinfecting surfaces frequently
- Monitoring yourself for [Covid-19 symptoms](#)

**Quarantine is NOT:**

- Grocery shopping
- Going to work
- Getting together with friends
- Watching TV with your household
- Activities outside the house, even wearing a mask

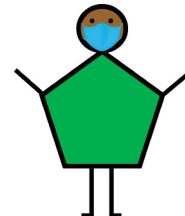


## To exit quarantine, you must:

- Remain in quarantine for 14 days and still have no symptoms
  - **OR** If you are still symptom-free, get a PCR test on or after Day 7 of quarantine, then stay in quarantine until you receive a **NEGATIVE** result
- You must continue to monitor yourself for symptoms for 14 days

## Ways to obtain a PCR COVID-19 test to end quarantine early:

- Contact your healthcare provider
- Schedule an appointment at a pop-up test site:
  - call 802-863-7240 and select option 8
  - [Register online](#)
- Call 2-1-1 for information about testing centers near you



If you develop symptoms, remain in isolation and contact your health care provider or call 2-1-1