

TO: Vermont Health Care Providers and Health Care Facilities
FROM: Patsy Kelso, PhD; State Epidemiologist

New Novel Coronavirus 2019 (COVID-19)-Related Recommendations

As we RESTART VT, the goal is to minimize restrictions on Vermonters when reasonable, while remaining focused on identification of all cases and containment of the spread of SARS-CoV-2, the etiologic agent for COVID-19. Quarantine is indicated for asymptomatic people who have potential exposure to a COVID-19 case (e.g., identified through contact tracing, returning travelers).

[Based on data in the medical literature](#), almost 100% of individuals develop symptoms within 11 ½ days after exposure to an individual with COVID-19. Therefore, the recommended period of quarantine is being changed to 12 days. Individuals who are in quarantine can be tested on or after day 7; if the results are negative and they are asymptomatic, they can end quarantine (they should remain in quarantine while awaiting test results).

REQUESTED ACTION:

Order testing for SARS-CoV-2 for asymptomatic patients on day 7 or later of quarantine if they would like to end their quarantine period early based upon a negative test result.

If you have any questions, please contact the HAN Coordinator at 802-859-5900 or vthan@vermont.gov

HAN Message Type Definitions

Health Alert: Conveys the highest level of importance; warrants immediate action or attention.

Health Advisory: Provides important information for a specific incident or situation may not require immediate action.

Health Update: Provides updated information regarding an incident or situation; unlikely to require immediate action.

Info Service Message: Provides general correspondence from VDH, which is not necessarily considered to be of an emergent nature.