

## Do I need to quarantine?

|  | <b>General Guidance</b><br> | <b>I had COVID-19</b><br>   | <b>I am vaccinated</b><br>  |
|--|--|--|--|
| <br><b>I am a close contact and was exposed to someone with COVID-19</b>                          | <b>Yes.</b> You will need to quarantine.   | <b>No.</b> You will not need to quarantine if: <ul style="list-style-type: none"> <li>You have met the criteria to end isolation, <b>and</b></li> <li>It's been within 3 months since symptoms first started or since your first positive test, if you didn't have symptoms, <b>and</b></li> <li>You have not had any COVID-19 symptoms since the new exposure.</li> </ul> | <b>No.</b> You will not need to quarantine if it has been 14 days since you got your final vaccine dose.<br><br>Note: Staff, residents, and inpatients in health care settings will likely still need to quarantine per <a href="#">CDC guidance</a> . |
| <br><b>I am traveling or returning to Vermont from out-of-state for a non-essential purpose</b> | <b>Yes.</b> You will need to quarantine.   | <b>Yes.</b> You will need to quarantine.   | <b>No.</b> You will not need to quarantine if it has been 14 days since you got your final vaccine dose.   |

- Quarantine means staying home and away from other people for 14 days.
- You may end quarantine early with a negative PCR test on or after day 7, if you don't have any symptoms. Continue to monitor yourself for symptoms for the full 14 days. Staff and residents in certain group living settings must complete the full 14-day quarantine period.
- Examples of travel for an [essential purpose](#): for personal safety, health care, medicine, or work.
- This guidance is subject to change.
- [Get more information about quarantine.](#)