

Please use this information to inform communication from post-secondary institutions to their student populations. It can be used like a content bank from which to pull whenever the opportunity to communicate with students arises. The details may shift over time depending on the complexities of the COVID-19 response in Vermont. Staying updated on the latest guidance from the State will continue to be essential.

Wash your hands, cover your coughs and sneezes, and watch for symptoms.

- Wash your hands often with soap and water and carry hand sanitizer with you when soap and water may not be available.
- Don't touch your eyes, nose or mouth with unwashed hands.
- Cough and sneeze into your elbow or into a tissue that you throw away.
- Avoid close contact (being within 6 feet for a long period of time) with people who are sick.
- Call [STUDENT HEALTH] if you have any COVID-19 symptoms, even if they are very mild. Symptoms can look different from person to person, and include:
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - Sore throat
 - New loss of taste or smell
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

Know the rules about quarantine.

- Quarantine is required for people coming into Vermont. [Find out if you need to quarantine.](#)
- Quarantine is also for people who were in [close contact](#) with someone who tested positive. If you are identified as a close contact, you will be contacted and provided guidance and information on staying home and away from others for a certain amount of time.
- **Quarantine means you need to:**
 - Stay home until 14 days after your last contact with someone who had COVID-19, or from your arrival in Vermont.
 - Stay 6 feet away from others at all times, including roommates.
 - Monitor for symptoms of COVID-19.
- You can end your quarantine early by testing negative on or after day 7 of your quarantine, if you have not had any symptoms the entire time you have been in quarantine. You have to stay in quarantine until you get your test results.
- When you are in quarantine, you should wear a mask in common spaces, use a separate bathroom, eat separately, and otherwise not be in close contact with roommates. Be sure to disinfect commonly touched surfaces.
- Your roommates can go to work or school, but they'll need to be the ones who pick up groceries and prescriptions and help take care of other things while you're staying at home. You can also

Student Messaging Toolkit for Post-Secondary Institutions in Vermont

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check out some of the delivery services and restaurants that provide contactless delivery in your area.

- If you are in quarantine due to travel, [register for Sara Alert](#) to get symptom check reminders for two weeks following your arrival in Vermont. Sara Alert also gives you a quick and easy way to contact the Health Department if you need to.
- If you or anyone else in your house or apartment starts showing symptoms of COVID-19 reach out to [STUDENT HEALTH] right away to see about getting tested.

Mask up and connect from a distance.

- In Vermont, masks are required in public wherever it is not possible to stay 6 feet away from other people you don't live with. Masks protect the people around you in case you are sick and may not know it.
- Check out Health Department [guidance on the use of masks to help slow the spread of COVID-19](#).

Take care of each other.

- Much like a family that lives together, you and your roommates should take steps to protect each other, especially if anyone is at a [higher risk for developing severe COVID-19 illness](#).
- If you or a roommate are at a higher risk, consider a “no visitor” rule for your house and let someone else host the parties.
- Don't share cups, glasses or utensils.
- Clean and disinfect commonly touched surfaces – like sinks, tables, door knobs, and remotes – at least once each day. Anything that might have germs on it, like your toothbrush, should be kept away from surfaces other people touch.
- Bathrooms are germ hot spots, so disinfect them frequently using [products that are known to remove or kill the virus that causes COVID-19](#). Soap and water help get rid of the virus on surfaces, and disinfecting products like bleach kill the virus. Both are good to have on hand.
- Have a plan in case someone gets sick. They'll need a place to isolate safely while still being able to access essentials like food and medicine.
- Keep a list of your emergency contact information and consider sharing the list with your roommates.
- Keep a list of your close contacts each day. If you do get sick, this will make it easier to get in touch with those people and so they can help prevent further spread of COVID-19.
- Getting together with friends? Try to take it outside to keep everyone as safe as possible. If you're bringing it indoors, keep gatherings small, wear masks and stay 6 feet apart. Anyone who is sick should stay home.
- Wherever you meet up with other people, make sure you can stay 6 feet apart and wear a mask.

Helpful Links

Link	Full URL	Short URL
“Traveling to Vermont” Web Page (Health Department)	www.healthvermont.gov/response/coronavirus-covid-19/traveling-vermont	www.healthvermont.gov/COVID19-travel
“Frequently Asked Questions” Web Page (Health Department)	www.healthvermont.gov/response/coronavirus-covid-19/frequently-asked-questions	www.healthvermont.gov/COVID19-faq
“Data Dashboard” Web Page (Health Department)	www.healthvermont.gov/response/coronavirus-covid-19/current-activity-vermont	www.healthvermont.gov/COVID19-currentactivity
“About Coronavirus” (Health Department)	www.healthvermont.gov/response/coronavirus-covid-19/about-coronavirus-disease-covid-19	www.healthvermont.gov/COVID19-basics
“COVID-19 Recovery Resource Center” (Agency of Commerce and Community Development)	www.accd.vermont.gov/covid-19	
“COVID-19 & Food Access” Web Page (Hunger Free Vermont)	www.hungerfreevt.org/coronavirus	
VT Helplink Alcohol & Drug Support Center	www.vthelplink.org	
802Quits Tobacco Quit Resource	www.802quits.org	
“Coronavirus (COVID-19)” Web Page CDC	www.cdc.gov/coronavirus/2019-nCoV/index.html	