

**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](mailto: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.