

Dear Lamoille North Families,

What are you planning for the holidays this year? Families are making hard decisions about holiday plans to travel and gather with loved ones.

Since last spring Vermonters have changed their lives to stay healthy during the pandemic, and many are tired of the daily effort required to prevent the virus from spreading. We are all longing for connection and crave things that feel normal, like our traditional holiday celebrations.

But travel and gathering does increase your chance of getting and spreading COVID-19. Students and staff who arrive from out-of-state must follow Agency of Commerce and Community Development (ACCD) and Health Department guidance around quarantine before returning to school, which also applies to travel out-of-state at any point during the school year, including breaks and holidays. Students and staff will be excluded from in-person school and sports activities if they are currently quarantining due to out of state travel. We will be screening students and staff as part of our daily health screens.

As the virus continues to spread throughout the country, we encourage families to make safe choices about travel and gathering this holiday season by taking the following steps:



**Make sure COVID doesn't come home for the holidays!**

- ✓ **Check** the Vermont travel map to find out the risk of COVID-19 infection at your destination
- ✓ **Decide** if the risk is worth it for your family
- ✓ **Plan** to have a safe trip, remain flexible and get your flu shot
- ✓ **Quarantine** when you return



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[healthvermont.gov/covid-19](https://healthvermont.gov/covid-19)

If people are coming to visit you:

- Look at Vermont’s cross-state travel map to find where your visitors are traveling from. The map is updated every Tuesday, so it will change, but you can start watching to see how the “colors” on the map are trending.
- Tell your visitors about the Vermont requirements for quarantining. They will need to quarantine at the place they are staying for 14 days. Or they can quarantine for 7 days, get a COVID-19 test, and end their quarantine after receiving a negative test result. (Check the Health Department website in advance for testing availability). Visitors can also complete these quarantine options in their home state if they are driving to Vermont in their personal vehicle.
- If you are hosting travelers under quarantine in your home, you do not also need to quarantine. But if you’re sharing space, you should stay at least 6 feet from the people under quarantine. People under quarantine should wear a mask in common spaces. They should eat in separate spaces and use separate bathrooms. Be sure to disinfect commonly touched surfaces, and check yourself for symptoms for 14 days.
- Discuss your expectations for visitors during their stay. Will people wear masks, stay 6-feet apart, keep the gatherings small?
- Ask your visitors to get a flu shot two weeks before they arrive

**Keep Vermont Safe Over the Holidays**

While the Health Department does not recommend travel during the holidays, we understand that many of us are missing family at this time. **Ask yourself the following questions before your family travels to you:**

-  Have we checked the travel **MAP**? Is our family traveling from a green area or will they need to **quarantine** (either with us or at their home before traveling)?
-  Is the **risk** of getting COVID-19 during travel worth it to our visitors and our family?
-  Is everybody healthy at the time of travel? Do not welcome sick visitors!

Can we talk about **expectations** for the visit and agree to have masks on faces, 6-foot spaces, uncrowded places, **flu shots** for everyone.

We are counting on you to keep yourself, your family, and other Vermonters safe. For prevention tips, please go to our website [www.healthvermont.gov/covid19-prevention](http://www.healthvermont.gov/covid19-prevention).

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**Resources:**

- <https://www.healthvermont.gov/covid-19/travel-quarantine>
- <https://dfr.vermont.gov/about-us/covid-19/modeling/covid-19-modeling-graphics>
- [https://www.healthvermont.gov/sites/default/files/documents/pdf/COVID-19-chart-observation-isolation-quarantine\\_final.pdf](https://www.healthvermont.gov/sites/default/files/documents/pdf/COVID-19-chart-observation-isolation-quarantine_final.pdf)
- <https://www.healthvermont.gov/immunizations-infectious-disease/influenza/prevention>