

# COVID-19 Questions

Last Updated: July 20, 2020

For the most up to date information on COVID-19, visit <https://www.healthvermont.gov/response/coronavirus-covid-19>.

## [What are the requirements for leaving Vermont?](#)

According to the ACCD, “Vermonters may travel outside of Vermont to counties across the Northeast including New England, New York, Pennsylvania, Ohio, New Jersey, Delaware, Maryland, Washington, D.C., Virginia, and West Virginia that have a similar active COVID-19 caseload to Vermont (less than 400 cases per million) and return without quarantining if they do so in a personal vehicle (including private air travel).” The Agency is currently updating a map every Friday at 5pm determining which counties are quarantine vs non-quarantine counties throughout the Northeast and can be found [here](#). For traveling to more at-risk counties, please follow all restrictions and quarantine guidelines upon arrival and return to Vermont, if applicable.

## [What are the requirements for coming to Vermont from out of state?](#)

According to the ACCD, Vermont travelers or “residents of other states who live in counties across the Northeast including New England, New York, Pennsylvania, Ohio, New Jersey, Delaware, Maryland, Washington, D.C., Virginia, and West Virginia that have a similar active COVID-19 caseload to Vermont (less than 400 cases per million) may enter the state for leisure travel without quarantining under specific conditions.

Residents from a non-quarantine county may travel to Vermont without quarantine restrictions if they travel directly to Vermont in their personal vehicle. This includes overnight travel, commuting for work, leisure visits and recreation. Travelers are encouraged to register with [Sara Alert](#) upon arrival to Vermont to get two weeks of daily reminders to check for common symptoms of COVID-19. Travelers must remember to follow any travel restrictions and quarantine requirements in their home upon return.

Travelers, including Vermonters, that visit or are from a quarantine county must still quarantine for 14-days upon entrance into Vermont or quarantine for at least seven days upon entrance into Vermont and receive a negative COVID-19 test.

Authorized Work Exemption: The State of Vermont currently allows those traveling to or from Vermont for authorized work, whether they are a Vermonter or a non-resident traveler, to enter Vermont without quarantining when:

- Traveling to conduct authorized work; and
- If the individual has not been in contact with someone with COVID-19 in the past 24 hours, has not experienced COVID-19-like symptoms in the past 24 hours including a fever a fever above 100.4 F, chills, muscle pain, sore throat, headache or new loss of taste or smell

Travelers may complete either: (i) a 14-day quarantine; or (ii) a 7-day quarantine followed by a negative test - in their home state and enter Vermont without further quarantine restrictions **if they drive directly from their home via their personal vehicle.**

“Travelers may complete either: (i) a 14-day quarantine; or (ii) a 7-day quarantine followed by a negative test - in a Vermont lodging establishment **regardless of destination origin or manner of travel** (travelers must stay in their quarantine location for the duration of quarantine other than to travel to and from a test site).

For more information about how to quarantine, visit the Vermont Department of Health’s [quarantine chart](#) as well as the [cross-state travel information](#)“.

### [What are the protocols for checking into 12-22 North?](#)

Upon arrival at 12-22 North, a check-in form must be filled out, in accordance with the CDC guidelines for businesses. This form is required to ensure employees and tenants do not have symptoms and have been practicing social distancing and other safe practices in and out of the work place. Similarly, a contact-free temperature check will be administered upon entering.



### [What are the protocols for disinfecting the office space?](#)

In accordance with CDC guidelines, cleaning and disinfecting common areas is required at regular intervals throughout the day. Additionally, personal office spaces should be cleaned after use with disinfecting supplies which may be found in the common lobby space. Disinfectant, paper towels, hand sanitizer, and other supplies are easily available to all



tenants and strongly encouraged to use frequently.

### [Where/when are masks required?](#)

Following mandatory CDC guidelines from the state of Vermont, face coverings over the nose and mouth are to be worn when in the presence of others. This includes any indoor (and outdoor) spaces where 6 feet between people is not possible, like shared common spaces or maneuvering past others. This applies to people over the age of 2 and makes exceptions for eating, drinking, or exercising. “Additionally, those with medical reasons not to wear a mask will also be exempt; no written documentation will be required in order to preserve the medical privacy of individuals.”