**UVM* COVID-19 Quarantine Guidelines**

**OFF-CAMPUS STUDENTS**

*Adopted from the Vermont Department of Health Guidelines*

**EFFECTIVE DATE:** APRIL 15, 2021

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<table>
<thead>
<tr>
<th>AFFILIATION:</th>
<th>GENERAL GUIDANCE</th>
<th>I HAD COVID-19</th>
<th>I AM VACCINATED</th>
</tr>
</thead>
<tbody>
<tr>
<td>OFF-CAMPUS STUDENT</td>
<td>Yes. You will need to quarantine in your off-campus housing. You should quarantine in your own room and remain away from roommates.</td>
<td>No. You will not need to quarantine if:</td>
<td>No. You will not need to quarantine if it has been at least 14 days since you received your final vaccine dose.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• You have met the criteria to end isolation, and</td>
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<td></td>
<td>• Not more than 3 months have passed since symptoms first stated or since your first positive test, if you didn’t have symptoms, and</td>
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<tr>
<td></td>
<td></td>
<td>• You have not had any COVID-19 symptoms since the new exposure.</td>
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<tr>
<td></td>
<td></td>
<td>All three of the above criteria must be met. If not, then you will need to quarantine.</td>
<td></td>
</tr>
</tbody>
</table>

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**DO I NEED TO QUARANTINE?**

- **I am a close contact and was exposed to someone with COVID-19.**
  - **Yes.** You will need to quarantine in your off-campus housing. You should quarantine in your own room and remain away from roommates.
  - **No.** You will not need to quarantine if:
    - You have met the criteria to end isolation, and
    - Not more than 3 months have passed since symptoms first stated or since your first positive test, if you didn’t have symptoms, and
    - You have not had any COVID-19 symptoms since the new exposure.
    - All three of the above criteria must be met. If not, then you will need to quarantine.

- **Per UVM’s Green & Gold Promise, students are required to: “Limit all travel out of state and within Vermont unless essential.”** If you choose to travel for non-essential purposes, you are in violation of the Green & Gold Promise and are subject to sanctions. At this time, exceptions are not being made to UVM’s travel requirements even for students who have recovered from COVID-19 or have completed a full cycle of the COVID-19 vaccine.

- **I am traveling or returning to Vermont from out-of-state for a non-essential purpose.**
  - **No.** Vermont requires that anyone traveling out of state must be tested within 3 days of their return to the state. If you travel for non-essential purposes, you do not need to quarantine but you cannot attend in-person classes or return to campus unless you are symptom-free and are coming only to obtain a COVID test. You can return to campus once you have received a negative test result.
  - **No.** You will not need to quarantine or get tested outside of the current testing protocol if it has been at least 14 days since you received your final vaccine dose.

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- Quarantine means staying in a separate room within your off-campus housing location and away from other people for 14 days. Do not gather with roommates in common areas including for meals.
- You may end quarantine early with a negative PCR test on or after day 7, if you don't have any symptoms. You should continue to monitor yourself for symptoms for the full 14 days.
- Examples of essential travel include: for your own personal safety, to receive health care treatment, for childcare purposes, or to work or to attend classes. Going home to visit family is not an essential purpose.
- If you are a student who also works in a health care setting, your employer may require you to quarantine according to CDC guidance.
- This guidance will be updated as circumstances change. It remains in effect until further notice.
- See CHWB information for students at [https://www.uvm.edu/health/covid19](https://www.uvm.edu/health/covid19) and direct questions to uvm.strong@uvm.edu.