

UVM COVID-19 GUIDELINES

The University of Vermont is currently following recommendations from the Vermont Department of Health which can be found [here](#). Additional University-specific guidance including contact information, where applicable, is listed below.

ALL MEMBERS OF THE UVM COMMUNITY ⁽¹⁾				
TESTING REQUIREMENTS	MASK USE	IDENTIFIED AS A CLOSE CONTACT ⁽²⁾	SYMPTOMS	TESTED POSITIVE FOR COVID-19 ⁽²⁾
<p>No requirement for routine testing.</p> <p>The Vermont Department of Health recommends getting tested if you develop symptoms at any time.</p> <p>Students: Schedule an appointment through the Center for Health and Wellbeing and follow the instructions under the Symptoms column.</p> <p>Employees/Affiliates: Follow the instructions under the Symptoms column. You should contact your primary healthcare provider or visit the Vermont Department of Health for testing options.</p>	<p>Optional in most areas.</p> <p>With the exception of vaccines, masks remain one of the best ways to protect you and the people around you from getting or spreading COVID-19.</p> <p>Use of masks is optional in most areas. You may choose to wear a mask at any time, especially when in crowded areas, before important events, when traveling, and other times when the risks are elevated. For more information, see UVM's face covering guidance.</p> <p>REQUIRED: After completing isolation, whenever you are around others, wear a mask for an additional 5 days.</p>	<p>Regardless of your vaccine status, if you are a close contact, you should consider wearing a mask whenever you are around others.</p> <p>Watch for symptoms.</p> <p>If you develop symptoms at any time, get tested and follow guidelines in the SYMPTOMS column.</p> <p>Even if you do not develop symptoms, if you are identified as a close contact but are not fully vaccinated: (1) test on day 4 or later with two antigen tests (rapid self-tests) taken at least 24 hours apart; OR (2) test on day 5 or later with a PCR or LAMP test.</p>	<p>Stay home/in your room and get tested. Do not come to work, to class, or to a UVM facility or location. Wear a mask whenever you are around others.</p> <p>Students: Contact the Center for Health and Wellbeing online or call 802-656-3350 to schedule an appointment for a test.</p> <p>Employees, Affiliates, Visitors, Vendors, and Others: Contact your primary healthcare provider to arrange for a test.</p> <p>Immediately call 9-1-1 if you have trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, or changes in color on your lips, gums, face, around the eyes, or nails.</p>	<p>Isolate as soon as you receive your positive result.</p> <p>Students: If your test was not done through Student Health Services, notify Student Health Services and isolate. You will need to isolate in your on-campus room or in your off-campus residence for at least 5 days⁽³⁾.</p> <p>Employees & Affiliates: Regardless of where your test was taken, notify your supervisor and isolate. You will need to isolate at home for at least 5 days⁽³⁾.</p> <p>Visitors, Vendors and Others: Isolate. Do not come to a UVM facility or location until you have completed your isolation⁽³⁾.</p> <p>Once you have completed isolation, wear a mask for an additional 5 days whenever you are around others.</p>

- (1) There is different guidance for healthcare workers. If you are a student, employee or affiliate who is also a healthcare worker, contact the Center for Health and Wellbeing at 656-3350 to discuss your requirements.
- (2) If you are a close contact or have tested positive, use the [CDC's Quarantine and Isolation Calculator](#) to determine how long you need to isolate, quarantine or take other steps to prevent spreading COVID-19.
- (3) Isolation is AT LEAST 5 days. It may be longer. According to [the Vermont Department of Health](#), you can leave isolation after day 5 if your symptoms have improved AND you have had no fever for at least 24 hours without the use of medicine that reduces fevers. Otherwise, remain in isolation until your symptoms have improved AND you have had no fever for at least 24 hours without the use of fever reducing medication. Continue to wear a mask whenever you are around others for an additional 5 days.

