

# Guidance for Visitors and Returning Travelers

## Step One: Select Counties in the Northeast (Effective June 8, 2020)

As Vermont slowly reopens, that includes welcoming visitors and returning travelers. We must do so safely to limit the spread of COVID-19. If we all do our part to keep Vermont safe and healthy, the sooner we can get back to enjoying all Vermont has to offer.



### Travelers from select counties do not need to quarantine.

- ✓ Travelers from counties in the Northeast (New York and New England) with low numbers of active infections do not need quarantine when they arrive in Vermont. This is defined as 400 or fewer active cases of COVID-19 per million residents.
- ✓ Visit [Agency of Commerce and Community Development website](#) for an up-to-date map of counties that qualify.
- ✓ All other travelers must [quarantine for 14 days](#) when they arrive in Vermont.



### Travel by personal vehicle and do not stop along the way.

- ✓ Fill up your gas tank and pack food, water and other essentials before you leave.
- ✓ Visitors and travelers coming to Vermont by plane, bus or train — or those who make stops in a personal vehicle — must quarantine for 14 days when they arrive.



### Sign up for daily symptom check reminders when you arrive.

- ✓ Get two weeks of daily reminders to check for common symptoms of COVID-19 using [Sara Alert](#).
- ✓ Sara Alert is a free, secure and automated system that sends reminders by email, text or phone. Sara Alert is not a contact tracing system and does not track location.
- ✓ If symptoms are reported, a Health Department staff member will reach out to provide guidance and next steps. This includes how to get tested.



### Safely connect with friends and family.

- ✓ Wash hands, stay 6 feet apart, and wear a cloth face mask or covering.
- ✓ Keep your social circle small and keep a list of your close contacts.
- ✓ Protect those at higher risk of serious illness from COVID-19.

[healthvermont.gov/COVID19-travel](https://healthvermont.gov/COVID19-travel)

  @healthvermont

 VERMONT  
DEPARTMENT OF HEALTH