March 15th, 2022

Dear Parents/Guardians:

The Vermont Department of Health has updated their Covid-19 public health [recommendations](#). Per the AOE, schools are no longer required to contact trace or inform families of positive cases in school. The general thought is to test if and when you become symptomatic. We will still be handing out tests upon request, and will still offer to test any symptomatic students or staff in school.

STAY UP TO DATE ON VACCINATIONS: Vaccines are the best tool we have to protect ourselves against COVID-19, especially from severe illness, hospitalization and death. Unvaccinated people are at a much higher risk of getting and spreading the virus. We strongly encourage everyone who is eligible to protect themselves by getting vaccinated as soon as possible, and get their booster shot for full protection when eligible. Find out where you can get your shot.

GET TESTED WHEN NEEDED: You can protect others by getting tested if you have COVID-19 symptoms or if you are a close contact of someone who tested positive for COVID-19 and you are not vaccinated or not up to date on your vaccines. It's especially important to get tested if you are at higher risk for COVID-19, so you can reach out to your health care provider to ask about treatment. Find out where to get tested.

STAY HOME IF SICK: Whether you have symptoms of COVID-19 , the flu, or ANY other contagious illness, please stay home if you are sick and call your healthcare provider if needed. This helps keep germs from spreading, protects those who may be at risk of serious illness, and gives you a chance to get well.

MASKING AND OTHER PRECAUTIONS YOU CAN CHOOSE: As the level of severe disease is low in our communities, each person can decide if they want to take precautions based on their own personal level of risk.

Your decisions might be influenced by:

- your age or health condition
- if you are immunocompromised
- if you spend time with people at higher risk or who are unvaccinated
- These precautions might include wearing a mask, which helps protect you and the people around you from getting or spreading COVID-19.

WHAT IS CLOSE CONTACT? Close contact means being within 6 feet, for a total of 15 minutes or more over a 24-hour period, of someone with COVID-19 while they are contagious. You can be contagious two days before your symptoms begin and until you are recovered. For people who haven't had symptoms, you may be contagious two days before you have a positive test.

If you are a close contact or think you had close contact with someone who tested positive for COVID-19, follow the guidance below.

IF YOU:	PUBLIC HEALTH RECOMMENDATION
Are up to date on your COVID-19 vaccines	If you develop symptoms at any time, get tested.

IF YOU:	PUBLIC HEALTH RECOMMENDATION
Are NOT up to date on your COVID-19 vaccines or are not vaccinated	- No earlier than day 4, take two antigen tests 24 hours apart (or longer) OR - On or after day 5 take a PCR or LAMP test If you develop symptoms at any time, get tested.

What to do if you test positive for COVID-19:

People with COVID-19 can spread the virus to others. If you test positive for COVID-19, even if you are vaccinated or never have symptoms, isolate as soon as you receive your test result. Isolation means staying home and away from other people – including the people who live with you – for at least 5 days.

IF YOU TEST POSITIVE:

Stay home and isolate for 5 days.

- You can leave your home after day 5 if your symptoms have resolved and you have had no fever for at least 24 hours without the use of medicine that reduces fevers.

You can report self-test results by following instructions on your test kit to automatically provide your results to your local health department or by filling out the Vermont COVID-19 Self-Test Result Reporting Form. **Please also alert your School Nurse and/or the Covid Coordinator.**

When you test positive, you may get a call from the Health Department. If you have questions about this guidance, or if you miss a call from the Health Department, call us at 802-863-7240.

*Please note that negative antigen tests are not required to end isolation, and masks are no longer required from days 6-10 post-positive Covid test results. *

Please reach out to mmelekos@u32.org with any questions or concerns.