As part of Vermont's phased reopening plan, there is new travel guidance, effective April 9, 2021.

CDC recommends delaying travel until you are fully vaccinated, because travel increases your chance of getting and spreading COVID-19.

**Unvaccinated Vermonters** who have traveled outside the state **must be tested within 3 days of returning to Vermont.**

The test you get must be for a current infection (like a PCR test), except it cannot be an antigen test (also known as a rapid test).

Find free and fast testing near you. <https://www.healthvermont.gov/covid-19/testing/where-get-tested>

You do not need to quarantine while you wait for a result. But if you have any symptoms, stay home and away from other people.

Quarantining does not exempt you from the testing requirement. You may choose to quarantine, but are still required to get a test when you return to Vermont.

**Vaccinated Vermonters** do not need to get tested.

People traveling for essential purposes do not need to get tested. However, if you travel the Health Department recommends that you get tested regularly.

Essential travel includes travel for personal safety, health care, care of others, parental shared custody, for food, beverage or medicine, for students to attend preK-12 school or college commuting daily, or a school-sponsored activity, or for work.

The testing exemption only applies to the person under essential travel rules. It does not apply to anyone else who travels with you, for non-essential reasons.

**People who have recovered from COVID-19 within the last 3 months** do not need to test unless they develop new symptoms. If it has been more than 3 months since you recovered from COVID-19, you will need to get tested