

Can I travel across state lines? Who can travel to Vermont?

Commuter (day trip) traffic to and from Vermont by those who travel daily between Vermont and adjacent states is authorized for essential travel (e.g. essential work, healthcare, groceries) and currently authorized daily work, family visitation, or recreation.

Travel to and from Vermont from outside the daily commuting area AND by those who do not travel to and from adjacent states daily is currently restricted and subject to mandatory quarantine upon arrival in Vermont. **Quarantine** means **STAY HOME** and monitor your health for 14 days. Volunteers are available to deliver food and supplies to your door. To request this assistance, call **802-457-7516**.

Residents and non-residents coming into Vermont – for anything other than an essential purpose – should quarantine at home for 14 days. If you are returning to Vermont – including those who spend winter outside of Vermont, second homeowners and college students – you are required to quarantine for 14 days. **Quarantine** means **STAY HOME** and monitor your health for 14 days. Volunteers are available to deliver food and supplies to your door. To request this assistance, call **802-457-7516**.

If, during your quarantine, you have not had symptoms of COVID-19, on or after Day 7 you can be tested at one of the pop-up testing sites. If your test is negative, you can end your quarantine period, if you continue to have no symptoms

Leisure travel to Vermont – either for the day or overnight – remains prohibited unless the traveler self-quarantines for 14 days upon arrival.

[This table](#) explains the difference between isolation, quarantine, and self-observation