

Please be aware if you experience any symptoms of COVID-19.

The Health Department recommends getting tested if you develop symptoms at any time. Tests are available at your local pharmacy, or, they can be ordered online for free at: [www.covid.gov/tests](http://www.covid.gov/tests).

If you test positive for COVID-19, notify the Legislative Office of Human Resources at [HRC19@leg.state.vt.us](mailto:HRC19@leg.state.vt.us) and/or the Office of the Sergeant at Arms at [Sgtatarms@leg.state.vt.us](mailto:Sgtatarms@leg.state.vt.us) and follow the Vermont Department of Health guidance which states:

- Isolate (stay home and away from other people) for at least 5 days from the date of your positive test or the start of your symptoms, whichever is earlier.
- You can end 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.

You can help to prevent the spread of contagious illnesses, such as COVID-19, flu and RSV by taking the following measures:

- Wash your hands often with soap and water.
- Cover your coughs and sneezes with your elbow or tissue.
- Avoid contact with others if you or they are sick.
- Consider wearing a mask, especially if you or people you are with are at higher risk of serious illness, or if you have recently been around someone with symptoms of COVID-19.

Masks are available at the entrances of the State House, in the Office of the Sergeant at Arms, the Office of the Speaker of the House and/or in the Office of the Pro Tempore, if needed.

If you have any questions, please reach out to the Sergeant at Arms or the Legislative Office of Human Resources.

The most up-to-date COVID-19 guidance can be found at the Vermont Department of Health at: <https://www.healthvermont.gov/disease-control/covid-19>