VERMONT
DEPARTMENT OF HEALTH

SMALL MODIFICATION MADE TO COVID-19 GATHERING RESTRICTIONS FOR UPCOMING HOLIDAYS

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SMALL MODIFICATION MADE TO COVID-19 GATHERING RESTRICTIONS FOR UPCOMING HOLIDAYS

Restrictions on outdoor recreation and youth sports reduced

Montpelier, Vt. – As COVID-19 case growth in Vermont (https://dfr.vermont.gov/about-us/covid-19/modeling) has stabilized, Governor Phil Scott today announced a small, temporary modification to restrictions on multi-household gatherings (https://governor.vermont.gov/press-release/covid-19-cases-rise-governor-phil-scott-announces-new-mitigation-measures) during the holidays, a phased restart of youth sports and restoration of earlier guidance allowing outdoor activities.

Between December 23 and January 2, households may gather with one other trusted household. State officials stress that, while gathering with one other household is allowed, anyone over the age of 65, those with pre-existing conditions and those who work with vulnerable populations should avoid gatherings.

“While we’re providing a narrow path to very small holiday gatherings, we’d rather you not do it at all,” said Governor Scott. “But we’ve improved our numbers in Vermont, all other

prevention measures will remain in place, and we understand that mental health has to be considered alongside physical health."

It is strongly recommended that everyone who participates in a multi-household gathering be tested seven days after the gathering. If a Vermont household gathers with a trusted household from outside of Vermont, all participants from both households must quarantine for seven days followed by a negative test (or a 14-day quarantine) after the gathering. The cross-state travel policy (https://accd.vermont.gov/covid-19/restart/cross-state-travel) remains in place and anyone traveling to Vermont must follow the quarantine requirements.

Governor Scott also announced youth sports may resume with no-contact practices and Vermonters may resume outdoor activities with those outside their household, as long as physical distancing, masking and other precautions are observed.

Effective December 26, school-based and youth recreational programs may begin practices with individual skills, strength and conditioning. No contact between athletes is permitted at this time, and physically distanced and masking are required. Adult recreational sports and spectators at sporting events remain suspended.

"I'm grateful for the work Vermonters have done to level out our number of cases and I believe these are the right steps at this time, but it's important to remember that the gains we've made are fragile and we'll only hold them steady if we remain smart," said Governor Scott.

For more information on:

- COVID-19 health information, guidance and case data, visit www.healthvermont.gov/covid19 (http://www.healthvermont.gov/covid19).
- The Governor's actions, visit governor.vermont.gov/covid19response (https://governor.vermont.gov/covid19response).
- The state's modeling, visit dfr.vermont.gov/about-us/covid-19/modeling (https://dfr.vermont.gov/about-us/covid-19/modeling).

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