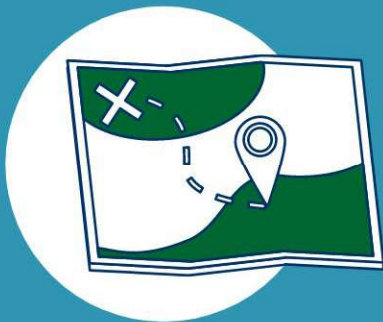


# Keep Vermont Safe Over the Holidays

While the Health Department does not recommend travel during the holidays, we understand that many of us are missing family at this time. **Consider the following when traveling out of state:**



**CHECK** the **MAP** to find the risk of COVID-19 infection. Does your destination require a negative test result?



**DECIDE** if the **risk** is worth it for your family.



**PLAN** to have a safe trip if you decide to go. Get a **flu shot**, remain flexible in case somebody is sick at the time of travel and schedule time away from work or school to quarantine when you return.

**QUARANTINE** in Vermont means staying home for 14 days or 7 days followed by a negative test. You may go outside to exercise or be in private outdoor space.

We are counting on you to keep yourself, your family, and other Vermonters safe. For prevention tips, please go to our website [www.healthvermont.gov/covid19-prevention](http://www.healthvermont.gov/covid19-prevention).