**­Vermont Forward Key-Points Addendum 1**

**Know the Symptoms of COVID-19**

COVID-19 affects different people in different ways. Infected people have had a wide range of symptoms reported – from mild symptoms to severe illness.

**Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:**

Fever or chills

Cough

Shortness of breath or difficulty breathing

Fatigue

Muscle or body aches

Headache

New loss of taste or smell

Sore throat

Congestion or runny nose

Nausea or vomiting

Diarrhea

**Prevent the spread of COVID-19**

The requirements and recommendations in Preparedness Plans will help reduce the spread of COVID-19 and are based on the core principles below. Following the requirements and recommendations will reduce the risk of exposure to COVID-19 but will not eliminate it. COVID-19 is primarily spread through respiratory droplets produced when an infected person coughs, sneezes, or talks. Anytime people gather, the risk of spreading COVID-19 increases for everyone.

The best way to reduce your risk of getting sick from or spreading COVID-19 is to:

* wear a well-fitting face covering,
* keep at least 6 feet of physical distance from people not in the same household,
* people who are sick or exposed to someone with COVID-19 and have not been vaccinated, must stay home.

**Covid-19 vaccine is being administered across Vermont. We encourage employees to get vaccinated when it is your turn. Even after a person has recovered from COVID-19 or has not been fully vaccinated they should continue to stay distanced, wear a mask that fits well, wash their hands often and follow other precautions.**

**NOTE:** Per Vermont Forward Universal Precautions and Governors Scotts executive order, facial coverings are NOT mandatory PPE for vaccinated workers, when working within 6’ of other workers. Employers should be aware of any local ordinances that still require masks.

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**3. Unvaccinated Workers**

* Limit social gatherings of people.
* Limit worker and work crew interaction across floors, zones, buildings, and worksites to the extent possible.
* Evaluate locations and activities to implement social distancing of at least 6 feet.
* Identify and evaluate locations and activities where social distancing of at least 6-feet between workers may be difficult to implement and determine how the location can be re-configured or activities performed in alternate ways that will either minimize the social gathering of people or allow for social distancing of at least 6 feet.
* Implement and maintain social distancing in congestion areas, bottlenecks, and choke points, including by providing queuing (e.g., signage, markings, barriers, paint, tape, flags) to maintain 6 feet of social distancing.
* Maintain social distancing in all work areas, staging areas, storage areas, hoist areas, break areas, locker and changing areas, meeting areas, office trailers, parking areas, etc.
* Implement and maintain 6 feet of social distancing in specific situations.
* Eliminate activities and configurations that require workers to face each other, to the extent possible.
* Designate separate facilities, machinery, or equipment throughout the worksite to minimize the common use throughout the worksite.

**6. Use of face coverings**

* Require unvaccinated workers to always wear face coverings indoors and outdoors when social distancing of 6 feet cannot be maintained.
* Establish procedures for overseeing workers’ compliance with face covering requirements.

**8. TRAVEL**

* **Travel Restrictions and Quarantine Requirements Lifted by Executive Order 5/14/2021**