

COVID Policy

Updated August 2021

In order to keep everyone safe and healthy, given the new realities of the Delta variant, we have revised our COVID policies based on the [CDC's updated recommendations](#).

Visitor / Participant / Returning Residents Safety Measures

Day Visitors

All day visitors are required to mask indoors, regardless of vaccination status and where they are traveling from. Day visitors may be unmasked outside in situations where they can maintain social distancing.

Returning Residents / Overnight Visitors / Incoming Residents

1. **1st COVID Test:** Everyone is required to get a COVID test within 48 hrs. prior to arrival at KCL. You must test before your arrival at KCL to ensure you do not arrive with COVID. At-home tests are available at many stores and pharmacies.
If you think you may have been exposed to COVID-19, please postpone your arrival to KCL by 3-5 days after your exposure. Watch for COVID symptoms and test accordingly.
2. **Mask indoors:** You will need to mask for 4 days after arrival in all common areas of the house. This includes at meal times. With the good weather, people have sat out on the porch to eat. You can also eat in your private room.
3. **2nd COVID Test:** After 4 days, we require everyone to be PCR tested, regardless of their vaccination status (ex. Arrive on Sunday, test on Thursday). Tests are available for free in St. Johnsbury. Please consider booking your test in advance here.

Ongoing Masking:

VACCINATED:

- You may unmask indoors at KCL, at your discretion, after you receive a negative COVID test on the 4th day.

- This is contingent on following the **COVID Policy for KCL Residents** (See below)

UNVACCINATED:

- Anyone who is unvaccinated is required to wear a mask indoors, per the CDC guidelines, even after receiving a negative COVID test result.
- Unvaccinated people may choose not to wear a mask outside as long as they stay socially distanced
- During outdoor activities that don't allow social distancing, unvaccinated people must mask.

COVID Policy for KCL Residents

Residents - Out and About

- When outside the KCL household, we require all residents to mask and social distance at indoor venues where you do not know that everyone is vaccinated.
- Eat only at outdoor/open-air venues where socially distanced eating between tables/parties is available.

Temperature Checks

1. We ask that everyone do a daily temperature check. There is a station in the dining room with forehead thermometers.
2. If your temperature check shows a fever, first check your temperature with a second thermometer.
3. If you still have a fever, wear a mask and test yourself as soon as possible for COVID - tests are available for purchase at KCL, local pharmacies, or for free in St. J.
4. Please mask until you have a negative test result. You may want to purchase a test ahead of time so you have one on hand. [If you would like to buy online, click here.](#)

