

保护自己和他人

COVID-19 目前正在以较高水平在佛蒙特州传播。在此期间，请务必重新评估您的个人风险，并认真考虑何时采取预防措施，如在室内公共场所佩戴高质量口罩。如果您有任何症状，请进行检测。如果您的检测结果为阳性并且风险较高，请立即联系您的医疗保健提供者以接受治疗。

COVID-19 病毒将长期与我们共存。佛蒙特人拥有保护自己和他人免受病毒感染或避免病毒传播所需工具。

及时了解疫苗接种信息

疫苗是我们用以保护自己免受 COVID19 侵害的最佳工具，尤其是保护我们免受重症、住院和死亡的侵害。

未接种疫苗的人感染和传播病毒的风险要高得多。我们强烈鼓励所有符合接种疫苗者尽快接种疫苗以保护自己，并在符合条件情况下，接种加强剂以获得全面保护。[查找可以接种疫苗的地点](#)。

在需要时进行检测

如果您出现 [COVID19 症状](#) 或接触过 COVID19，您可以通过接受检测来保护他人。如果您 [感染 COVID19 的风险较高](#)，那么接受检测尤为重要，以便您可以联系您的医疗保健提供者询问治疗方法。[查找可以接受检测的地点](#)。

生病时待在家中

无论您是否有 COVID-19、流感或其他传染性疾病的症状，如果您生病，请待在家中，并在需要时致电您的医疗保健提供者。这有助于防止病菌传播，保护那些可能面临重症风险的人，并让您有机会康复。

您可以选择佩戴口罩和采取其他预防措施

由于我们社区的重症水平较低，每个人都可以根据自己的个人风险水平决定是否要采取预防措施。

采取额外预防措施的决定取决于您的风险

您的决定可能会受到以下因素的影响：

- 您的年龄或健康状况
- 您是否有免疫功能受损
- 您是否与高风险者或未接种疫苗者有接触

这些预防措施可能包括[佩戴口罩](#)，这有助于保护您和您周围的人，防止感染或传播 COVID-19。高质量口罩的例子是 N95 或 KN95 口罩，它们非常擅长阻挡飞沫。您也可以戴上至少有两层紧密编织织物的贴合良好的口罩，或在布面罩下叠一层一次性口罩以提高效果。

了解自己是否面临较高的 COVID-19 风险

如果您[感染 COVID-19 的风险较高](#)，您可以考虑采取额外的预防措施，确保您可以快速进行检测，准备好在检测结果为阳性时联系您的医疗保健提供者进行[治疗](#)。如果您对自己的风险有疑问，请咨询您的医疗保健提供者。

了解[如果您的检测结果为阳性或成为密切接触者](#)该怎么做。

Protect Yourself and Others

COVID-19 is currently spreading at higher levels in Vermont. During these times, it is important to reassess your personal risk and strongly consider when to take prevention steps, such as wearing a high-quality mask in indoor public spaces. If you have any symptoms, get tested. If you test positive and are at higher risk, contact your health care provider right away to get treatment.

The COVID-19 virus will be with us for a long time. Vermonters have the tools needed to protect themselves and others from getting or spreading the virus.

Stay Up to Date on Vaccinations

Vaccines are the best tool we have to protect ourselves against COVID-19, especially from severe illness, hospitalization and death.

Unvaccinated people are at a much higher risk of getting and spreading the virus. We strongly encourage everyone who is eligible to protect themselves by getting vaccinated as soon as possible, and get their booster shot for full protection when eligible. [Find out where you can get your shot.](#)

Get Tested When Needed

You can protect others by getting tested if you have [COVID-19 symptoms](#) or an exposure to COVID-19. It's especially important to get tested if you are [at higher risk for COVID-19](#), so you can reach out to your health care provider to ask about treatment. [Find out where to get tested.](#)

Stay Home if Sick

Whether you have symptoms of COVID-19, the flu, or another contagious illness, please stay home if you are sick and call your health care provider if needed. This helps keep germs from spreading, protects those who may be at risk of serious illness, and gives you a chance to get well.

Masking and Other Precautions You Can Choose

As the level of severe disease is low in our communities, each person can decide if they want to take precautions based on their own personal level of risk.

Decisions about additional precautions depend on your risk

Your decisions might be influenced by:

- your age or health condition
- if you are immunocompromised
- if you spend time with people at higher risk or who are unvaccinated

These precautions might include [wearing a mask](#), which helps protect you and the people around you from getting or spreading COVID-19. Examples of high-quality masks are N95 or KN95 masks, which are very good at blocking droplets. You can also wear a well-fitting mask with at least two layers of tightly-woven fabric or layer a disposable mask under a cloth mask to increase effectiveness.

Know if you are at higher risk for COVID-19

If you are [at higher risk for COVID-19](#), you can consider taking additional precautions, make sure you have quick access to testing, and be ready to reach out to your health care provider for [treatment](#) if you do test positive. Talk to your health care provider if you have questions about your risk.

Learn what to do [if you test positive](#) or [are a close contact](#).