

今天，您提供了一份 COVID-19 检测标本。如果您已要求通过电子邮件接收检测结果，则您会在检测结果出来后收到一封电子邮件，通常需要 2-3 天得出检测结果。该电子邮件会提示您登录并在线获取检测结果并打印检测结果信函。如果您已要求通过邮件接收检测结果，则您会在检测后 7 天内收到一封信函。

等待检测结果期间可以做什么？

无论您是否患有 COVID-19，都应始终遵守以下规定：

- 外出时，与他人**保持 6 英尺或 2 米距离**。
- 如果您无法避免与他人密切接触，则**戴上布质口罩**。
- **经常用肥皂和水洗手**至少 20 秒钟，如果没有肥皂和水，则使用含酒精洗手液。
- **咳嗽和打喷嚏时用袖子或纸巾遮住**口鼻，然后将纸巾丢进垃圾桶。
- **避免触摸眼睛、鼻子和嘴巴**。
- 对经常接触的表面和物体进行**定期清洁和消毒**。

您的检测结果有什么含义？

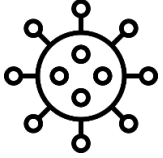
如果您的检测结果是阴性：

- 继续采取上述预防措施，阻止 COVID-19 传播。
- 如果您开始出现 COVID-19 症状，请立即致电您的医疗保健提供者。您可能需要再次检测。症状包括：
 - 发热
 - 咳嗽
 - 呼吸急促或呼吸困难
 - 畏寒
 - 反复颤抖伴畏寒
 - 肌肉疼痛
 - 头痛
 - 咽喉痛
 - 新出现的味觉或嗅觉丧失
- **切记：今天的检测结果会告诉您今天是否感染或患病。** 您日后也有可能检测出阳性。卫生部门的血清学工作组的分析表明，血清学（也称为抗体）检测的准确性尚不足以提供可靠的个人健康信息。

如果您的检测结果是阳性：

- 您的医疗保健提供者会与您讨论针对任何症状的护理和治疗。
- 在与医疗保健提供者讨论之前，请您留在家中。
- 卫生部门会跟进您的情况，告诉您何时可以恢复正常活动。他们还会与您讨论您的密切接触者情况。

如需获取更多信息，请访问 healthvermont.gov/COVID-19。



Today you gave a specimen that will be tested for COVID-19. If you asked to receive your results by email, you will receive an email when your test results are ready, which is usually within 2-3 days. The email will prompt you to log in and get your results online where you may also print your results letter. If you asked to receive your results by mail, you will get a letter within 7 days of being tested.

What can you do while you wait for your results?

Whether you have COVID-19 or not, you should always:

- **Keep a 6-foot or 2-meter distance** from others when you are out.
- **Wear a cloth face mask** if you cannot avoid close contact with other people.
- **Wash your hands often** for at least 20 seconds with soap and water or use an alcohol-based hand sanitizer if soap and water are not available.
- **Cover your coughs and sneezes** with your sleeve or a tissue and throw the tissue in the trash.
- **Avoid touching your eyes, nose and mouth.**
- **Routinely clean and disinfect** frequently touched surfaces and objects.

What do your test results mean?

If your results are negative:

- Continue taking the prevention steps above to stop the spread of COVID-19.
- Call your health care provider right away if you start to have symptoms of COVID-19. You might need to be tested again. Symptoms include:
 - Fever
 - Cough
 - Shortness of breath or difficulty breathing
 - Chills
 - Repeated shaking with chills
 - Muscle pain
 - Headache
 - Sore throat
 - New loss of taste or smell
- **Remember: Results from today's test will tell you if you are infected or sick today.** It is possible that you could test positive in the future. Based on an analysis by the Health Department's Serology Working Group, serologic (also known as antibody) testing is not yet accurate enough to give individuals reliable information about their health.

If your results are positive:

- Your health care provider will talk to you about your care and treatment of any symptoms.
- Stay home until you speak with your health care provider.
- The Health Department will follow up with you and let you know when you can return to your regular activities. They will also talk to you about your close contacts.

Get more information at [healthvermont.gov/COVID-19](https://www.healthvermont.gov/COVID-19).