

		隔离	预防性隔离	自我观察
	适用人群	COVID-19 患病者或 COVID-19 检测阳性但未表现出症状者。	未出现症状者，且 <ul style="list-style-type: none"> • 与 COVID-19 患病者密切接触， 或 • 因非必需目的从外州（部分县除外）返回佛蒙特州。¹ 	未出现症状的其他佛蒙特州居民。
	我是否要待在家中？	是	是	待在家中仍然是降低您患病风险的最佳方法。外出时请遵循预防指导。
	我可以出去工作吗？	不可以。如果您的工作允许，并且您身体感觉良好，请在家工作。	不可以。如果您的工作允许，请在家工作。	在工作时请遵循健康与安全指南。 如果可以，请在家工作。

¹必需旅行可包括食品、医疗、照顾他人或为获准经营的企业工作。

		隔离	预防性隔离	自我观察
	我可以出去散步、骑自行车、远足吗？	不可以，要在您痊愈后才可以。 ²	不可以，须等到连续 14 天无症状才可以。 ³	可以，但是请与他人保持两米距离，您的同住者除外。在人群拥挤处请戴口罩。
	我可以出去买杂货和药物等必需品吗？	不可以，要在您痊愈后才可以。 ²	不可以，须等到连续 14 天无症状才可以。 ³	可以，但是请与非同住者保持两米距离。请佩戴口罩。经常洗手，不要触摸面部。
	我是否要在家中单独待在一个房间？	是，直到您痊愈。 ²	尽量单独待在一个房间，直到连续 14 天无症状。 ³	否
	如果我开始感到不适该怎么做？		开始隔离并致电您的医护人员。	开始隔离并致电您的医护人员。

²痊愈是指同时满足以下三个条件（除非您从医疗服务提供者那里得到不同的指示）：1) 在不使用退烧药物的情况下，24 小时未出现发热，并且，2) 其他症状有所改善，并且，3) 自出现任何症状以来，已经过去至少 10 天。

或者，如果您在首次检测阳性时没有任何症状，则治愈是指自首次检测阳性之日起，已持续 10 天无症状。

³对于密切接触者：自您最后一次与 COVID-19 患者密切接触之日起 14 天。对于旅行归来者：自您上一次离开佛蒙特州（不包括部分县）之日起 14 天。有关信息请访问 healthvermont.gov/covid19-travelguide。

*如果您在预防性隔离期间未出现任何症状，可以接受检测。请致电您的医疗或检测机构，安排在第 7 天或之后进行检测。请保持预防性隔离状态，直到获知结果。如果结果为阴性，且没有任何症状，则可以结束预防性隔离。

COVID-19: What is isolation, quarantine and self-observation?

		Isolation	Quarantine	Self-observation
	For whom?	People sick with COVID-19 or tested positive for COVID-19 but did not have any symptoms.	People with no symptoms and who <ul style="list-style-type: none"> were in close contact with someone sick with COVID-19, or are returning to Vermont from out of the state (except select counties) for anything other than an essential purpose.⁴ 	Other Vermonters who don't have symptoms.
	Do I stay home?	Yes	Yes	Staying home is still the best way to lower your risk. Follow prevention guidance when you go out.
	Can I go to work?	No. Work at home if your job allows it and if you feel well enough.	No. Work at home if your job allows it.	Follow health and safety guidance while at work. Work at home if you can.

⁴ Essential travel may include for food, medical care, care of others, or work for businesses that are allowed to operate.

COVID-19: What is isolation, quarantine and self-observation?

		Isolation	Quarantine	Self-observation
	Can I go outside for walks, bike rides, hikes?	No, not until you have recovered. ⁵	No, not until 14 days have passed and no symptoms have appeared. ⁶	Yes, but keep two meters away from others, except people you live with. Wear a mask if it's crowded.
	Can I go out for groceries and other essential items like medication?	No, not until you have recovered. ²	No, not until 14 days have passed and no symptoms have appeared. ³	Yes, but keep two meters away from people you don't live with. Wear a mask. Wash your hands often and don't touch your face.
	Do I stay in a separate room in my home?	Yes, until you have recovered. ²	If possible, until 14 days have passed, and no symptoms have appeared. ³	No
	What if I start to feel ill?		Start isolation and call your health care provider.	Start isolation and call your health care provider.

⁵ Recovery is when all three have happened (unless you get different instructions from your medical provider): 1) It's been 24 hours of no fever without the use of fever-reducing medication, **and** 2) Other symptoms have improved, **and** 3) At least 10 days have passed since any symptoms appeared.

Or if you didn't have symptoms when you were tested, recovery is when 10 days have passed since the date of your first positive test and you continued to have no symptoms.

⁶ For close contacts: 14 days since the day you were last in close contact with the person with COVID-19. For returning travelers: 14 days since you were last outside of Vermont (excluding select counties). Information at healthvermont.gov/covid19-travelguide.

*You may get tested during your quarantine period if you never had any symptoms. Call your provider to arrange for testing on or after day 7. Stay in quarantine until you get your results. If the results are negative, and you still don't have any symptoms, you can end your quarantine.