

预防 COVID-19：供给居住在一起的大户，大家庭或一大家族的提示

如果一群人要在为数不多的房间里一起生活，这里有多种方法可以保护自己和家庭成员。这些提示是补充所有基本的预防建议、隔离指南以及生病时的处理方法。请阅读 [帮助防止疾病蔓延](#)，如何进行 COVID-19 自我隔离 如要更多信息，请前往下面网址 healthvermont.gov/covid19-translations。



保护家庭成员

将自己作为家庭中最脆弱，具有感染 COVID-19 最大风险的人那样行事。65 岁或以上的人群在感染 COVID-19 后，罹患严重症状的风险非常高。对于所有 65 岁以下，如有健康问题（例如长久性疾病，免疫系统受损），罹患严重症状的风险也会相当高。

- 尽量待在家中。
- 遵循预防建议。请阅读。 [帮助防止疾病蔓延](#)。
- 如非必要，不要接待访客。
- 与感染 COVID-19 风险极高的家庭成员保持一定距离。
- 感染 COVID-19 风险极高的家庭成员应该避免照顾孩子。

如您需要外出：

- 与不是住在您家中的人保持至少 6 英尺（2 米）的距离。
- 避开人群和社交聚会。 [佩戴布料面罩有助于减缓 COVID-19 的传播](#)。
- 避免乘坐公共交通工具或避免与不是住在您家中的人共乘一辆车。
- 不要接触公共场所中经常被触摸的表面，如电梯按钮或扶手。
- 如果需要接触公共场所任何表面，之后该避免触摸眼睛，鼻子和嘴巴，并必需洗手或使用消毒洗手液。
- 到家后立即洗手。

当有家庭成员患有 COVID-19 时

大多数 COVID-19 患者可能只带有轻微症状，但必需待在家中自行康复，期间也必需与其他人隔离。如有任何疑虑，致电您的医护人员。请阅读 [如果您已确诊患有 COVID-19，该怎样做](#)。

防止将病毒传播给其他家庭成员：

- 患者必需与其他家庭成员（尤其是感染 COVID-19 风险极高的成员）保持 6 英尺（2 米）或以上的距离。
- 只应由一人看护患者。
 - 感染 COVID-19 风险极高的成员（65 岁或以上或任何有健康问题的成员）不能作为看护人。
 - 看护人应减少与其他家庭成员接触。
 - 看护人不应同时照顾家庭中的其他成员。
- 患者在任何时候若有人在附近应常佩戴布面罩，除非他们呼吸困难或无法自行取下面罩。
- 不能与患者共用私人用品，如手机、餐具、寝具或玩具等。
- 如果可以的话，为患者安排单独使用的房间和卫生间。如需更多信息，请访问

如果你必须与患者共用房间：

- 确保房间内空气流通。打开窗户或风扇。
- 为患者留出单独空间，该空间应尽可能远离房间内的其他家庭成员。
- 使用窗帘或其他分隔物将患者的空间和房间的其余部分隔离开来。
- 尽可能将床分开放置，至少相隔 6 英尺（2 米）。
- 睡觉时头脚相对：躺下时，一个人的头与另一个人的脚相对。

如果你必须与患者共用卫生间：

- 请吩咐患者在离开卫生间之前清洁和消毒接触过的任何物体表面、门把手和扶手。如果患者因身体状况不能进行清洁消毒，看护人应该随手援助。
- 患者使用卫生间后，其他家庭成员应尽可能等待足够长的时间再使用卫生间。他们还要在使用前再次清洁经常接触的物体表面。

用餐时间

- 只有非患者可允许在洗手后准备食物、摆放餐具和提供食物。
- 准备一盘食物，让患者在另一个房间单独用餐。如果不可能的话，患者应与其他家庭成员保持最小 6 英尺（2 米）的距离。
- 看护人应是唯一为患者提供饭食、清洁消毒和清洗餐具的人员。
- 患者不能与其他人共用餐具。看护人应尽量戴上手套来处理患者的餐具和杯子。
- 请在处理餐具、玻璃杯和厨房用具后洗手。

如需更多信息，请前往下面网址 www.healthvermont.gov/covid19-translations

Preventing COVID-19: Tips for Large Households or Extended Families Living in the Same Space

If you have few rooms for a group of people, there are ways to protect yourself and the people living in your household. These tips are in addition to basic prevention advice, guidance for isolation, and what to do if someone is sick. Read [Help Keep Illness from Spreading](#), [How to self-isolate for COVID-19](#) and more at healthvermont.gov/covid19-translations.



Protect the household

Act as if you are as much at risk as the most vulnerable person in your home. People who are 65 years or older are at high risk of getting a more severe illness if infected with COVID-19. People who are any age and have health problems are also at higher risk.

- Stay home as much as possible.
- Follow prevention advice. Read [Help Keep Illness from Spreading](#).
- Do not have visitors come to your home unless they need to be there.
- Stay physically distant from members of your home who are at high risk.
- People at high risk should avoid taking care of children.

If you need to go outside of the house:

- Stay 6 feet (2 meters) from people who do not live in your house.
- Avoid crowds and social gatherings.
- Wear a cloth mask. Read [Using Cloth Face Coverings to Help Slow the Spread of COVID-19](#).
- Avoid public transportation or riding in a car with people from a different household.
- Don't touch frequently touched surfaces in public areas, like elevator buttons or handrails.
- If you need to touch surfaces in public areas, avoid touching your eyes, nose, and mouth, and wash your hands or use hand sanitizer right after.
- Wash your hands as soon as you get home.

When a household member is sick with COVID-19

Most people sick from COVID-19 will have only a mild illness and should stay at home, apart from others, to recover. Call your health care provider if you have any concerns. Read [What to do if you are diagnosed with COVID-19](#).

Prevent the spread of the virus to other people in the house:

- Keep a distance of 6 feet (2 meters) between the person who is sick and other people of the household, especially those people at higher risk.
- Only one person should take care of the person who is sick.

- The caregiver should not be someone who is high risk (65 years or older or anyone with a health problem).
- The caregiver should limit contact with other people in the household.
- The caregiver should not take care of other members of the household.
- The person who is sick should wear a cloth face covering any time they are around people, unless they have trouble breathing or cannot remove the face covering on their own.
- Don't share personal items with the sick person, like phones, dishes, bedding or toys.
- Provide a separate room and bathroom for a person who is sick if possible.

If you must share a room with someone who is sick:

- Make sure the room has good air flow. Open a window or run a fan.
- Make a separate space for the person who is sick that is as far from the other people in the room as possible.
- Put a curtain or other physical divider between the sick person's space and the rest of the room.
- Place the beds as far apart as possible, at least 6 feet (2 meters).
- Sleep head to toe: when laying down, one person's head is facing the same direction as the other person's feet.

If you must share a bathroom with someone who is sick:

- Ask the sick person to clean and disinfect surfaces, doorknobs, and handles as they leave the bathroom. If they are not well enough to clean up, the caregiver should disinfect the commonly used areas.
- Other people in the home should wait as long as possible before using the bathroom after a sick person used it. They should also clean high touch areas before they use them.

Mealtimes

- Only people who are not sick should prepare food, set place settings, and serve food, after they wash their hands.
- Make a plate for the sick person to eat in another room. If this is not possible, they should stay 6 feet (2 meters) apart from the rest of the household members.
- The caregiver of the sick person should be the only person who serves them their meals and clears and washes their dishes.
- The person who is sick should not share dishes with anyone else. The caregiver should wear gloves to handle those dishes, glasses, and utensils, if possible.
- Wash your hands after handling dishes, glasses and utensils.

For more information, visit www.healthvermont.gov/covid19-translations