

佩戴口罩防止COVID-19传播

佛蒙特州公共场所要求佩戴口罩。

自2020年8月1日起，当您处于佛蒙特州公共场所且无法与非家人的其他人保持6英尺距离时，您须佩戴口罩。这些公共场所包括室内和室外空间以及集体居住环境（例如，长期护理机构、疗养院、公寓和公寓大楼）。

如果您已被感染但自己并不知道，口罩有助于保护您周围的其他人。无症状感染者可能会通过呼吸、说话或清嗓子时产生的飞沫传播病毒。口罩是我们可以采取的有助于减缓COVID-19传播的另一种预防措施，但不能代替保持身体距离和其他预防措施。



何时要求佩戴口罩的示例：

- 前往任何商店、药房、医生或医院处
- 与非共同生活的朋友和家人在公园聚会
- 在任何室内或室外公共活动中，如集会、抗议活动、农贸市场或竞选活动
- 乘坐公共汽车、出租车或拼车
- 在拥挤的街道上行走
- 瑜伽课或运动课前后

何时不要求或不应该佩戴口罩的示例：

- 在树林中或家附近散步
- 做剧烈运动或活动，如跑步、骑自行车或瑜伽课
- 2岁以下儿童
- 任何呼吸困难的人
- 任何无法自己独立摘下口罩的人
- 任何出于医学或行为原因无法佩戴口罩的人。

如果您患有医学或发育疾病，或存在呼吸困难症状，您无需为您的疾病出示证据或证明。

在私人空间和环境中有哪一些佩戴口罩方面的规定？

在与非共同居住的人员共处于同一个私密环境且无法彼此保持6英尺距离时，建议佩戴口罩。例如，在您的后院与家人和朋友聚会时，或与非共同居住的人共同乘坐一辆车时。如果您已生病，并且有其他人与您共同居住，则请您在家中佩戴口罩。

如何佩戴口罩：

必须正确佩戴口罩或面罩才能有效避免病菌传播：

- 佩戴前先洗手。
- 确保遮住您的口鼻。
- 将头带挂在您的耳朵上或将其紧紧系好。
- 在公共场所请勿触摸它或将其拉下。
- 在您到家之前始终佩戴。
- 摘下时不要碰到眼睛、鼻子或嘴巴，摘下后立即洗手。

如果您感觉过于闷热，并且因所在场所太热而呼吸困难，则应摘下口罩，喝水，休息，并寻找凉快的地方。尽量与他人保持 6 英尺距离，尤其是在您没有佩戴口罩的情况下，这一点很重要。

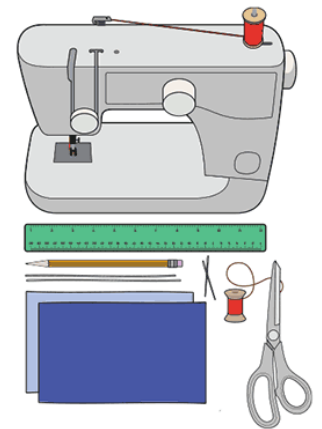
每天用洗衣液手洗或机洗清洁口罩。

洗衣机应足以彻底清洗您的口罩。使用前，请确保其完全干燥。您手头应该有数个口罩，以便轮流清洗。

自制口罩。

美国疾病控制与预防中心（CDC）提供多种[自制口罩的方法](#)，其中包括机器或手工缝制、T恤和剪刀非缝制方法以及头巾非缝制方法。

有关更多信息，请访问www.healthvermont.gov/COVID-19。



Wear a Face Mask to Keep COVID-19 from Spreading

Face masks are required in Vermont public spaces.

Effective August 1, 2020, in Vermont, you are required to wear a face mask in public spaces, any time it is not possible to keep a 6-foot distance from others who are not part of your household. This includes both indoor and outdoor spaces and group living settings (for example, long-term care facilities, nursing homes, apartment and condo complexes).

A mask helps protect others around you if you are infected and don't know it. People without any symptoms may be able to spread the virus through droplets produced when breathing, speaking, or clearing your throat. A face mask is one more precaution we can take to help slow the spread of COVID-19 – and is not a substitute for physical distancing and other prevention measures.



Examples of when a face mask is required:

- Trips to any store, pharmacy, doctor, or hospital
- At a gathering in the park with friends and family who do not live in your household
- At any indoor or outdoor public event, such as a rally, protest, farmer's market, or campaign event
- Riding the bus, taxi, or ride share
- Walking on a busy and crowded street
- Before and after a yoga or exercise class

Examples of when face mask is not required or should not be worn:

- Going for a walk in the woods or in your neighborhood
- Doing strenuous exercise or activities, such as during a run, bike ride, or yoga class
- Children under the age of 2
- Anyone who has trouble breathing
- Anyone who can't remove it without assistance
- Anyone who has a medical or behavioral reason for not wearing a mask.

If you have a medical or developmental condition, or have trouble breathing, you do not have to show evidence or documentation of your condition.

What about wearing a mask in private spaces and settings?

We recommend that people wear masks when they are in a private setting or space with people who live outside of their home and it is not possible to stay 6 feet apart. For example, at a gathering with family and friends in your backyard or riding in the car with someone outside of your home.

If you are sick, wear a mask at home if you have other people living in the home.

How to wear a face mask:

A face mask or covering must be worn properly to be effective and avoid the spread of germs:

- Wash your hands before putting it on.
- Be sure your mouth and nose are covered.
- Hook loops around your ears or tie it snugly.
- Do not touch it or pull it down while in public.
- Keep it on until you get home.
- Remove it without touching your eyes, nose or mouth, then wash your hands immediately.

If you feel like you are overheating and are having trouble breathing because it is hot where you are, you should take off your mask, drink water, rest and seek a cool place. It is important that you keep a 6-foot distance from others whenever possible, especially when you are not wearing a mask.

Clean face masks daily, by hand or machine, using detergent.

A washing machine should suffice to properly wash your face masks. Make sure it's completely dry before using. You should have a few on hand so you can rotate for washing.

Make your own.

CDC has [instructions on making your own coverings](#) in several different methods, including machine or hand-sewn, a no-sew method with a t-shirt and scissors, and a no-sew method with a bandana.

For more information, visit www.healthvermont.gov/COVID-19.

