

## 如果您是COVID-19患者的密切接触者应该怎么做

如果您与 COVID-19 检测结果为阳性者有过接触，您可能需要采取措施来保护自己和他人。

### 密切接触是指什么？

密切接触是指在 COVID-19 患者的传染期内，在 24 小时内与之距离在 6 英尺以内的累计时长达到或高于 15 分钟。

在症状开始两天前直到康复，您都可能具有传染性。对于没有症状的人，在检测结果为阳性之日的两天前都可能具有传染性。

### 密切接触举例

密切接触者举例	非密切接触者举例
您与患者居住在同一个房屋。	您曾在食品杂货店为患者收银。
您与患者是亲密伴侣。	您曾为患者在餐厅提供服务。
您与患者曾同坐一辆车。	您曾在商店里排队于患者的前面。
您与患者曾一起就餐。	您是患者的同事，曾短暂经过并询问一个问题。

密切接触并不包括：短时间在相同室内环境中但相隔 6 英尺以上距离，擦肩而过，或短时间内处于同一房间。

如果您是密切接触者或认为自己与 COVID-19 检测结果为阳性者有过密切接触，请遵循以下指南。本指南不适用于[卫生保健工作者](#)。

如果您：	公共卫生建议
达到了 <a href="#">最新</a> COVID-19 疫苗接种状态	<ul style="list-style-type: none"><li>如果您在任何时候出现症状，请检测。</li></ul>
没有达到 <a href="#">最新</a> COVID-19 疫苗接种状态或没有接种过相应疫苗	<ul style="list-style-type: none"><li>不早于第 4 天，间隔 24 小时（或更长）进行两次抗原检测，或</li><li>在第 5 天当日或之后进行一次 PCR 或 LAMP 检测</li></ul> <p>如果您在任何时候出现症状，请检测。</p>

达到最新疫苗接种状态意味着您：

- 接种了加强针，或
- 在过去 **5** 个月内完全接种了辉瑞或莫德纳疫苗系列，或
- 在过去 **2** 个月内完全接种了强生疫苗

**查找免费 COVID-19 检测地点：** [healthvermont.gov/covid-19/testing/where-get-tested](https://healthvermont.gov/covid-19/testing/where-get-tested)

### 额外预防措施

如果您是密切接触者，您可以选择采取额外预防措施，如佩戴口罩，这有助于保护您和您周围的人，防止感染或传播 **COVID-19**。

如果您在任何时候开始感到不适或出现症状：

- 如果您的病情较轻，请在家中通过充分休息、多喝水并在需要时服用退热药来治疗症状。
- 如果您的 **COVID-19** 检测结果为阳性，请立即开始进行治疗性隔离。了解 [COVID-19 检测结果为阳性的应对方案](#)。
- 如果您出现呼吸困难、胸部持续疼痛或压迫感、新出现的意识模糊、无法醒来或保持清醒，或嘴唇、牙龈、面部、眼睛周围或指甲颜色发生变化，请立即就医。请告知您的医疗保健提供者或 **9-1-1** 您是 **COVID-19** 患者的密切接触者。

## What to do if you are a close contact of someone with COVID-19

If you spent time with someone who tested positive for COVID-19, you may need to take steps to protect yourself and others.

### What is close contact?

Close contact means being within 6 feet, for a total of 15 minutes or more over a 24-hour period, of someone with COVID-19 during their infectious period.

You can be contagious two days before symptoms began and until you are recovered. For people who haven't had symptoms, you may be contagious two days before you have a positive test.

### Examples of close contact

Examples of close contacts	Examples of not close contacts
You live in the same home.	You were their cashier at the grocery store.
You are intimate partners.	You were their server at a restaurant.
You rode in the same car.	You were in front of the person in line at the store.
You had dinner together.	You're a coworker who briefly walked by to ask a question.

Close contact does **not** mean being more than 6 feet away in the same indoor environment for a short period of time, walking by, or briefly being in the same room.

If you are a close contact or think you had close contact with someone who tested positive for COVID-19, following the guidance below. This guidance does not apply to [health care workers](#).

If you:	Public Health Recommendation
Are <a href="#">up-to-date</a> on your COVID-19 vaccines	<ul style="list-style-type: none"> <li>If you develop symptoms at any time, get tested.</li> </ul>

If you:	Public Health Recommendation
Are NOT <a href="#">up-to-date</a> on your COVID-19 vaccines or are not vaccinated	<ul style="list-style-type: none"> <li>No earlier than day 4, take two antigen tests 24 hours apart (or longer) OR</li> <li>On or after day 5 take a PCR or LAMP test</li> </ul> <p>If you develop symptoms at any time, get tested.</p>

**Up-to-Date means you:**

- Had your booster shot OR
- Completed your Pfizer or Moderna vaccine series within the last 5 months OR
- Completed your Johnson & Johnson vaccine within the last 2 months

**Find a free COVID-19 test:** [healthvermont.gov/covid-19/testing/where-get-tested](https://healthvermont.gov/covid-19/testing/where-get-tested)

**Additional precautions**

If you are a close contact, you might choose to take extra precautions such as wearing a mask, which helps protect you and the people around you from getting or spreading COVID-19.

**If at any point you start to feel sick or you develop symptoms:**

- If you have mild illness, treat your symptoms at home by getting plenty of rest, drinking plenty of fluids, and taking fever-reducing medication if needed.
- If you test positive for COVID-19, begin isolation immediately. Find out [what to do if you test positive for COVID-19](#).
- Get medical care immediately if you have trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, or changes in color on your lips, gums, face, around the eyes, or nails. Tell your health care provider or 9-1-1 that you are a close contact of someone with COVID-19.