

與 COVID-19 患者有密切接觸者須知

如果您曾與 COVID-19 檢測呈陽性的人相處，您可能需要採取措施保護自己和他人。

甚麼是密切接觸？

密切接觸是指在 24 小時內與處於 COVID-19 感染期的人會面，期間相隔 6 英尺以內，並且會面維持共 15 分鐘或更長時間。

在症狀開始前 2 日到康復之前，您可能具有傳染性。沒有症狀的人，則可能在檢測呈陽性前 2 日具有傳染性。

密切接觸的例子

密切接觸的例子	非密切接觸的例子
您們住在同一個家居。	您在他們光顧的雜貨店當收銀員。
您們是親密伴侶。	您在他們光顧的餐廳當侍應。
您們坐同一輛車。	您在商店排隊時站在那人面前。
您們一起用膳。	您們是同事，您曾短暫經過問他們問題。

如你們在同一室內環境中短時間在 6 英尺以外接觸、路過或短暫停留在同一房間內，便不算密切接觸者。

如果您是密切接觸者或認為自己與 COVID-19 檢測呈陽性的人有密切接觸，請依照下述指引。本指引不適用於[醫護人員](#)。

如果您：	公共衛生建議
已接種 最新所需的 COVID-19 疫苗	<ul style="list-style-type: none">如果您在任何時候出現症狀，請接檢測。

如果您：	公共衛生建議
沒有 最新所需的 COVID-19 疫苗或未曾接種疫苗	<ul style="list-style-type: none">不早於第 4 日，間隔 24 小時（或更長時間）進行兩次抗原檢測，或者在第 5 日或之後進行 PCR 或 LAMP 測試 <p>如果您在任何時候出現症狀，請接檢測。</p>

「最新所需」的意思是，您：

- 已接種疫苗加強劑或
- 在過去 **5** 個月內完成了您的輝瑞或 **Moderna** 疫苗系列或
- 在過去兩個月內完成接種強生疫苗

查看免費的 COVID-19 測試：healthvermont.gov/covid-19/testing/where-get-tested

額外的預防措施

如果您是密切接觸者，您可以選擇採取額外的預防措施，例如戴口罩，這有助於保護您和您周圍的人免受感染或傳播 **COVID-19**。

如果您在任何時候開始感到不適或出現症狀：

- 如果您的症狀較輕，請留在家中充分休息、多喝水並在需要時服用退燒藥，以治療症狀。
- 如果您的 COVID-19 檢測呈陽性，請立即開始隔離。了解 [COVID-19 檢測呈陽性時該怎麼辦](#)。
- 如果您有呼吸困難、胸部持續疼痛或感到受壓、開始意識模糊、無法醒來或保持清醒，或者嘴唇、牙齦、面部、眼睛周圍或指甲的顏色有變，請立刻求醫。告訴您的醫療保健提供者或9-1-1接聽員，您是 COVID-19患者的密切接觸者。

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 up-to-date on your COVID-19 vaccines	<ul style="list-style-type: none"> If you develop symptoms at any time, get tested.

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

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.