

COVID-19 檢測呈陽性時該怎麼辦

感染 COVID-19 的患者可能會將病毒傳染給他人。如果您的 COVID-19 檢測呈陽性，即使您接種了疫苗或從未出現過癥狀，也必須在收到檢測結果後立即進行隔離。隔離意味着待在家裡，遠離其他人——包括與您一起生活的人——至少 5 日。

如果您的 COVID-19 檢測呈陽性

居家隔離 5 日。

如果您的症狀有所改善並且您在未使用退燒藥的情況下至少 24 小時沒有發燒，那麼您可以在第 5 日後結束居家隔離。

本指引不適用於[醫護人員](#)。

您可能會接到衛生部門的電話。若您未能接聽電話，請回電 802-863-7200。

如果您在完成隔離後仍有症狀，您可能會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。

如果您已超過 65 歲，或患有高風險疾病，並有輕度至中度癥狀，請在您得到陽性檢測結果後，立即聯絡您的醫療服務人員，詢問 COVID-19 治療方法。這些治療方法可以降低住院的幾率。

如果您需要看醫療服務人員，但身邊沒有，請撥打 2-1-1 聯繫護理人員，或聯絡最近的[經過聯邦政府認證的健康中心](#)，或聯繫一所[佛蒙特州的免費轉診診所](#)。

向衛生部門報告您的自檢結果

您可以透過選擇自動將結果提供給當地衛生部門的選項或填寫[佛蒙特州 COVID-19 自檢結果報告表](#)來提交結果。

告知您的密切接觸者：

如果您的 COVID-19 檢測呈陽性，重要的是讓您最近接觸過的人知道他們可能接觸過該病毒。這樣，他們可以留意症狀並在需要時接受檢測，以避免進一步傳播。

回想您在徵狀開始前兩日內和誰在一起，或者如果您沒有症狀，那麼請回想接受檢測的那一日和誰在一起。與可能感染 COVID-19 的高危人群聯繫尤為重要。您可以分享此連結以獲取更多指引：healthvermont.gov/closecontact。

居家隔離：

大部分帶有輕微症狀的患者可以在家中康復。對於輕度至中度癥狀的患者，有多種[COVID-19 治療方案](#)。

- 除非要接受緊急醫療護理，或者您覺得在家裡不安全，否則應待在家中。若需要出門，必須配戴口罩。
- 到醫療保健提供者的診所或急症室之前，提前致電告訴他們您感染了 COVID-19 並正進行隔離。
- 盡可能留在家中指定房間，並且不與他人共用洗手間。
- 在家中時刻與他人保持至少 6 英尺（2 米）距離。
- 除非呼吸困難，否則與其他人或寵物共處一室時應戴上口罩。
- 請勿共用家居物品。
- 清潔和消毒表面，清洗家居用品並經常洗手。
- 監測血液含氧量。被診斷為 COVID-19 的患者在感到呼吸急促之前，其血液中的氧氣水平可能低於正常值。及早發現低氧水平可以幫助您更快地尋求醫療護理。這樣可以降低疾病的嚴重程度。
- 如果您正在照顧檢測呈陽性的人，請了解[如何在家照顧生病的人](#) (CDC)。

遇到以下情況，請立刻求醫：

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。告訴您的醫療服務人員或撥打 9-1-1，向對方告知您感染了 COVID-19，正在家中隔離。

要求脈搏血氧儀

脈搏血氧儀是一種小型設備，可夾在您的指尖上並測量您的脈搏和血氧水平。它可以幫助您了解自己的病情。如果您或您照顧的 2 歲以上的人的 COVID-19 檢測呈陽性，您可以申請一套脈搏血氧儀。準備好提供您的姓名、出生日期、實際地址、聯絡資料、您接受了哪種測試（PCR/LAMP 或抗原）以及得出陽性結果測試的日期。

您可以致電 802-863-7200 或瀏覽網站索取脈搏血氧儀：

<https://survey.alchemer.com/s3/6704528/Vermont-Department-of-Health-Pulse-Oximeter-Request>

What to do if you test positive for COVID-19

People with COVID-19 can spread the virus to others. **If you test positive for COVID-19, even if you are vaccinated or never have symptoms, isolate as soon as you receive your test result.** Isolation means staying home and away from other people – including the people who live with you – for at least 5 days.

If you have a positive COVID-19 test

Stay home and isolate for 5 days.

You can leave your home after day 5 if your symptoms have improved AND you have had no fever for at least 24 hours without the use of medicine that reduces fevers.

This guidance does not apply to [health care workers](#).

You may get a call from the Health Department. If you miss the call, call us back at 802-863-7200.

If you still have symptoms after completing isolation, 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 you are over 65 or have a high-risk medical condition and have mild to moderate symptoms, reach out to your health care provider to ask about COVID-19 therapeutics – as soon you get your positive test result. These treatments can reduce the chance of being hospitalized.

If you need to see a health care provider but don't have one, call 2-1-1 to be connected to care, or contact the nearest [federally qualified health center](#) or one of [Vermont's free & referral clinics](#).

Report your self-test results to the Health Department

You can report self-test results by choosing the option to automatically provide your results to your local health department or by filling out the [Vermont COVID-19 Self-Test Result Reporting Form](#).

Notify your close contacts:

If you test positive for COVID-19, it's important let people you spent time with recently know they could have come into contact with the virus. That way, they can look out for symptoms and get tested if needed, to help prevent further spread.

Think about who you spent time with starting two days before your symptoms began or if you had no symptoms, the day you were tested. It's especially important to reach out to anyone who may

be at higher risk for COVID-19. You can share this link for additional guidance:

healthvermont.gov/closecontact.

Isolate at home:

Most people with mild illness can recover at home. For people with mild to moderate symptoms, there are [treatment options for COVID-19](#).

- Stay home, except for urgent medical care or if you feel unsafe at home. Wear a mask if you need to leave home.
- Call ahead before visiting a health care provider or emergency department and tell them you are isolating because you have COVID-19.
- As much as possible, stay in a specific room in your home and use a separate bathroom.
- Stay at least 6 feet (or 2 meters) away from others in your home at all times.
- Wear a mask if you're in any room with other people or pets, unless you have trouble breathing.
- Don't share household items.
- Clean and disinfect surfaces, wash household items and wash hands often.
- Monitor your blood oxygen levels. People diagnosed with COVID-19 may have below-normal levels of oxygen in their blood before they feel short of breath. Finding low oxygen levels early can help you know to seek medical care sooner. This could make the disease less severe.
- If you are caring for someone who tested positive, find out [how to care for someone sick at home](#) (CDC).

When to get medical care immediately:

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 have COVID-19 and are isolating at home.

Requesting a pulse oximeter

A pulse oximeter is a small device that clips onto your fingertip and measures your pulse and oxygen levels. It can help you know how sick you are. You can request one if you or someone you care for over the age of 2 tests positive for COVID-19. Be prepared to give your name, date of birth, physical address, contact information, what kind of test you took (PCR/LAMP or antigen), and the date the positive test taken.

You can ask for a pulse oximeter by calling 802-863-7200 or visit the website:

<https://survey.alchemer.com/s3/6704528/Vermont-Department-of-Health-Pulse-Oximeter-Request>