

COVID-19 阳性检测结果的应对方案

COVID-19 患者会将病毒传播给他人。若您的 COVID-19 检测结果呈阳性，即使您已接种疫苗或从未出现过症状，在收到检测结果后亦应立即隔离。隔离是指留居家中同时远离他人（包括与您同住的人），隔离时间至少为 5 天。

如果您的 COVID-19 检测结果呈阳性

居家隔离 5 天。

如果您的症状有所改善并且您在未使用退烧药的情况下至少 24 小时未发热，则您可以在第 5 天后解除隔离。

本指南不适用于 [卫生保健工作者](#)。

您可能会接到卫生部的电话。如果您未能接听电话，请回电 802-863-7200。

如果您在完成隔离后仍有症状，您可以选择采取额外的预防措施，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。

若您年满 65 岁，或患有高风险疾病，且症状为轻中度，请在收到阳性检测结果后立即联系您的医疗服务提供者，了解 COVID-19 治疗方法。这些治疗可减少住院几率。

若您没有医疗服务提供者但需要就医，请致电 2-1-1 转接医护机构，或联系最近的 [联邦认证医疗中心](#) 或 [佛蒙特州任一免费转诊诊所](#)。

向卫生部门报告您的自我检测的结果

您可以通过选择自动将结果提供给当地卫生部门或填写 [佛蒙特州 COVID-19 自检结果报告单](#) 来报告自检结果。

通知您的密切接触者：

如果您的 COVID-19 检测结果呈阳性，让您最近接触过的人知道他们可能接触过该病毒很重要。这样，他们可以留意症状并在必要时进行检测，以帮助防止病毒的进一步传播。

想想您在症状开始两天前（或者如果您没有症状，则为您接受检测的那一天）与谁在一起。联系到可能感染 COVID-19 风险较高的接触者尤为重要。您可以分享此链接以获取更多指导：

healthvermont.gov/closecontact。

居家隔离：

大多数轻症患者可以在家自行康复。轻中度症状的患者可采用多种 [COVID-19 治疗方案](#)。

- 留居家中，除非是为了接受紧急医疗护理或者您觉得在家中不安全。若需离家，请佩戴口罩。
- 在前往医疗保健提供者或急诊室之前，请提前致电并告知他们，您是 COVID-19 患者且正在隔离。
- 尽可能待在家中的特定房间，并使用单独的卫生间。
- 始终与家中其他人保持至少 6 英尺（或 2 米）的距离。
- 除非呼吸困难，否则与他人或宠物同处任何房间时，请佩戴口罩。
- 请勿共用生活用品。
- 对物品表面进行清洁和消毒，清洗家居用品并经常洗手。
- 监测血液含氧量。被诊断为 COVID-19 的人在感到呼吸急促之前，血液中的含氧水平可能低于正常值。及早发现低血氧水平有助于您尽早就医。这样可以避免病情加重。
- 如果您正在照顾检测结果为阳性的人，请了解[如何在家照顾生病的人](#)（CDC）。

何时应立即就医：

如果您出现呼吸困难、胸部持续疼痛或压力、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。告诉您的医疗服务提供者或 911，您感染了 COVID-19，正在居家隔离。

申请脉搏血氧仪

脉搏血氧仪是一种夹在指尖上使用的小型设备，可以测量您的脉搏和氧气水平。它可以帮助您了解自己的病情。如果您或您照顾的 2 岁以上的人的 COVID-19 检测结果为阳性，您可以申请一份。准备好提供您的姓名、出生日期、实际地址、联系信息、您进行了哪种检测（PCR/LAMP 或抗原）以及检测结果为阳性的日期。

您可以致电 802-863-7200 或访问以下网站索取脉搏血氧仪：

<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>