

如果您被诊断出COVID-19该怎么办

在家隔离：

- 除就医外，请勿离开家。在拜访医疗服务提供者或急诊室之前先打电话，并[戴上布质口罩](#)。
- 大多数轻微患者可在家中康复。尽管没有针对 COVID-19 的特定治疗方法，但是您应该多休息、多喝水，并在需要时服用退烧药。
- 请尽可能待在家中特定房间并使用单独卫生间。始终与家中其他人员保持至少六英尺或两米距离。如果您和其他人同处一室，请戴上布质口罩，呼吸困难情况除外。请勿共用生活用品。
- 让其他人照顾您的宠物。据报道，少数宠物患上了 COVID-19。在了解详情之前，携带病毒人员应限制与动物的接触。如果您需要照顾宠物，请戴上布质口罩，并在照顾前后洗手。
- 与他人保持联系—采用技术手段与亲朋好友交流。

日常清洁和洗涤：

- 对您单独房间和卫生间内的各个表面进行清洁和消毒。让其他人清洁您家中其他区域。
- 使用家用物品（如器皿）后进行彻底清洗。
- 经常用肥皂和水洗手至少 20 秒钟。如果没有肥皂和水，则使用酒精类搓手液。

何时立即就医：

如果您出现呼吸困难、胸痛、神志不清，或嘴唇、牙龈、面部、眼睛周围或指甲发生变色，请立即就医。当您寻求医疗服务时，请告知医疗提供者或 911 您患有 COVID-19，并且正在家中隔离。

在您具有传染性时与您密切接触的人员，即使没有症状也应该在家中监测性隔离：

- 在您具有传染性期间与您密切接触的人员，从您出现症状的前两天开始（或者，如果您没有任何症状，则在进行检测的前两天开始），一直持续到您[康复](#)，应在家中进行监测性隔离。他们可以[参考“COVID-19 患者的密切接触者应对措施”指南](#)。间接密切接触者无需遵守该准则（除非出现症状）。
- 密切接触指六英尺或两米以内，持续 15 分钟以上。密切接触不包括在同一室内环境中距离六英尺或两米以上，持续不足 15 分钟、擦肩而过或在同一房间内短暂停留。

密切接触示例	非密切接触示例
同住人员	杂货店收银员
亲密伙伴	给您提供药物的药剂师
在您具有传染性时乘坐同一辆汽车的人士	在商店排队时位于您前面的人士

当您康复后，即可以停止在家中进行治疗性隔离。除非医疗提供者另有指示，否则，出现以下**全部三种**情况时即表明康复：

1. 在未使用退烧药的情况下，连续 24 小时未出现发烧，**并且**
2. 其他症状有所改善，**并且**
3. 从您首次出现症状起，至少已经过去 10 天。

或者，如果您在检测时没有任何症状，从您首次检测为阳性之日起已经过去 10 天且持续无症状，即为康复。

在您复工时，雇主不得索取 COVID-19 的阴性检测报告或卫生部门的信函。我们不提供证明您可以工作的信函。

治疗性隔离和监测性隔离的区别

	治疗性自我隔离	监测性自我隔离
针对哪些人员？	出现 COVID-19 症状的人士 <ul style="list-style-type: none"> • 对于病情未严重到住院的 COVID-19 患者，或者 • 对于等待检测结果的人 	没有 COVID-19 症状的人 <ul style="list-style-type: none"> • COVID-19 患者的密切接触者
多长时间？	直至康复，出现以下全部三种情况时（除非医疗提供者另有指示）： <ol style="list-style-type: none"> 1. 在未使用退烧药的情况下，连续 24 小时未出现发烧，并且 2. 其他症状有所改善，并且 3. 从您首次出现症状起，至少已经过去 10 天。 或者，如果您在检测时没有任何症状，从您首次检测为阳性之日起已经过去 10 天且持续无症状，即为康复。	从可能接触的最后日期起 14 天。接触日为第 0 天。 如果您没有出现任何症状，则可以选择在监测性隔离期间进行检测。从第 7 天或之后，您可以通过医疗提供者或临时检测站进行检测。在您收到结果之前，请继续进行监测性隔离。如果结果为阴性，并且您仍然没有任何症状，则可以停止监测性隔离。通常最多 2 至 4 天即可出结果，届时，您会接到卫生部门的电话。在检测后 7 天内，您还会收到一封信函。
这是什么意思？	全天候待在单独房间内、使用单独卫生间，并避免与他人接触。如果您需要和其他人同处一室，请戴上口罩，呼吸困难情况除外。	全天候待在家里，监测症状并保持社交距离。如果可能，请使用单独房间和卫生间。如果您出现症状，您的密切接触者也应进行监测性隔离。

有关更多信息，请访问我们的网站：www.healthvermont.gov/COVID-19

What to do if you are diagnosed with COVID-19

Isolate at home:

- Don't leave home, except to get medical care. Call ahead before visiting a health care provider or emergency department and wear a [wear a cloth mask](#).
- Most people with mild illness can recover at home. While there is no specific treatment for COVID-19, you should get plenty of rest, drink plenty of fluids, and take fever-reducing medication if needed.
- As much as possible, stay in a specific room in your home and use a separate bathroom. Stay at least six feet or two meters away from others in your home at all times. Wear a cloth mask if you're in a room with other people, unless you have trouble breathing. Don't share household items.
- Have someone else care for your pets. A small number of pets have been reported to be sick with COVID-19. People with the virus should limit contact with animals until more information is known. If you need to care for your pet, wear a cloth mask and wash your hands before and after.
- Stay connected with others – use technology to communicate with friends and family.

Daily cleaning and washing:

- Clean and disinfect surfaces in your separate room and bathroom. Have someone else clean the other areas of your home.
- Thoroughly wash household items, like utensils, after using.
- Wash your hands often with soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.

When to get medical care immediately:

If you have difficulty breathing, chest pain, confusion, or changes in color on your lips, gums, face, around the eyes, or nails, seek medical care immediately. When you call for medical care, tell the provider or 911 that you have COVID-19 and are isolating at home.

People who have been in close contact with you while you were infectious should quarantine at home – even if they don't have symptoms:

- People that were in close contact with you during your infectious period, which starts two days before you developed any symptoms (or if you haven't had any symptoms, two days before the day you got tested) and continues until you have [recovered](#), should quarantine at home. They can refer to the [“What to do if you are a close contact of someone who is diagnosed with COVID-19”](#) guide. Close contacts of your close contacts do not need to follow the guidelines (unless they have symptoms).
- Close contact means being within six feet or two meters for 15 minutes or more. Close contact does not mean being more than six feet or two meters away in the same indoor environment for less than 15 minutes, walking by, or briefly being in the same room.

Examples of close contacts	Examples of NOT close contacts
People living in the same home	Cashier at the grocery store
Intimate partners	Pharmacists who gave you medication
People who rode in the same car while you were infectious	The person in front of you in line at the store

It's safe to stop home isolation when you've recovered. Unless you get different instructions from your medical provider, recovery is when all three things have happened:

4. It's been 24 hours of no fever without the use of fever-reducing medication, **and**
5. Other symptoms have improved, **and**
6. At least 10 days have passed since your symptoms first appeared.

Or if you didn't have symptoms when you were tested, recovery is when 10 days have passed since the date of your first positive test and you continued to have no symptoms.

Neither a negative test for COVID-19 nor a letter from the Health Department should be required from your employer to return to work. We do not provide letters indicating that you can work.

Difference between isolation and quarantine

	Self-isolation	Self-quarantine
For whom?	People with symptoms of COVID-19 <ul style="list-style-type: none"> • For people with COVID-19 who aren't sick enough to be hospitalized, or • For people who are waiting for test results 	People with no symptoms of COVID-19 <ul style="list-style-type: none"> • Close contacts of people with COVID-19
For how long?	Until recovery, which is when all three have happened (unless you get different instructions from your medical provider): <ol style="list-style-type: none"> 4. It's been 24 hours of no fever without the use of fever-reducing medication, and 5. Other symptoms have improved, and 6. At least 10 days have passed since your symptoms first appeared. Or if you didn't have symptoms when you were tested, recovery is when 10 days have passed since the date of your first positive test and you continued to have no symptoms.	For 14 days since the last date of possible exposure. The day of the exposure is Day 0. You have the option of getting tested during your quarantine period if you have not had any symptoms. On or after day 7, you can get a test through your provider or a pop-up testing site. Remain in quarantine until you get your results. If the results are negative, and you still don't have any symptoms, you can discontinue quarantine. You will get a call from the Health Department when your results are ready, which is usually within 2-4 days, if not sooner. You will also get a letter in the mail within 7 days of being tested.
What does it mean?	Staying home 24/7 in a separate room in the house, using a separate bathroom, avoiding contact with others. Wear a mask if you need to be in the same room with other people, unless you have trouble breathing.	Staying home 24/7, monitoring for symptoms, and practicing social distancing. If possible, using a separate room and bathroom. If you become symptomatic, your close contacts should also self-quarantine.