

您所有需要知道有关新型冠状病毒 (COVID-19) 的知识

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什么是 2019 新型冠状病毒 (COVID-19)?

冠状病毒是包含一大群病毒，可引发多种呼吸性疾病，从轻微性的普通感冒到更为严重的呼吸感染症，例如支气管炎、肺炎或严重急性呼吸系统综合征（非典-SARS）。

2019 新型冠状病毒 (COVID-19) 所引发的呼吸感染症是源自中国湖北省（武汉市）。

要知道更多有关 2019 新型冠状病毒的资料，请前往 healthvermont.gov/COVID19。

冠状病毒会引起哪些症状?

症状是与流感及其他常见的呼吸感染症类似，症状可以从轻微转到非常严重，具体可包括以下：

- 发烧
- 咳嗽
- 呼吸困难

冠状病毒的**并发症**包括各种严重症状，例如肺炎或肾功能衰竭，在某些情况下可导致死亡。

病毒通过那种方式传播?

冠状病毒主要是通过人与人之间的密切接触传播，例如在家中、工作场所或医疗保健中心等地方。

密切接触指的是什么意思?

密切接触是指长时间与任何人之间的距离少过六英尺（2 米）。照料他人、与爱伴亲密陪伴、与住在一起的人相处、与任何人在医务所公众地方候诊等等例子，均容易产生密切接触的机会。如果您曾经与已确认带有 COVID-19 病毒的患者有过密切接触，请马上采取以下措施：待在家中，限制与别人接触，致电 802-863-7240 联系卫生部流行病学负责人，与其讨论您是否需要去医务所检查，以及查询您怎样自我监测冠状病毒的症状。

以下情况不属于密切接触：长时间在同一室内环境下与任何人保持六英尺以上的距离，走过任何人身边，或与已确认带有 COVID-19 病毒的患者在同一房间内有短暂逗留。在这种情况下，您应自行观察及留意类似冠状病毒的初步症状。您无需打电话联系卫生部。

任何人被确认带有COVID-19病毒后，卫生部将与其密切接触者取得联系。

我如何避免感染 2019 新型冠状病毒？

目前尚未有疫苗预防2019 新型冠状病毒。

我们可以采取一些日常行动来阻止这些导致呼吸疾病的病菌继续扩散。

- 避免密切接触患病的人。
- 避免触摸您的眼部、鼻子和口部。
- 如果您已生病，避免外出。
- 使用纸巾遮掩咳嗽或喷嚏，然后将纸巾扔入垃圾桶中。
- 使用通常用的家庭清洁喷雾或湿巾对频繁接触的物体和表面进行清洁杀毒。
- 经常使用肥皂和清水洗手，每次至少 20 秒钟，尤其是在上厕所后；就餐前；以及擤鼻涕、咳嗽或打喷嚏后。
- 如果没有可用的肥皂和清水，可以使用含有至少60%酒精的酒精类洗手液。如果双手明显肮脏，必需确保使用肥皂和清水洗手。

如果我怀疑感染了COVID-19冠状病毒，应该怎么做？

如果您开始发烧、咳嗽、呼吸困难，且症状比较与普通的感冒更为严重，同时您在症状发作前 14 天内到访过受感染的地区，该马上致电 802-863-7240 联系佛蒙特州卫生署流行病学部。

如果您包括在旅行的过程中已感染了 2019 新型冠状病毒，待在家中、避免与其他人接触将有助于阻止病毒进一步扩散。

如果您已生病或担心您的健康状况，请**用电话**联系您的医生或医务所。除非是在危及生命的情况下，否则请勿前往医院。

佛蒙特州老年人以及患有慢性或持久性（长期）疾病的人士

部分人士感染冠状病毒后病情有大可能转变得非常严重，这些人包括老年人以及患有慢性或持久性（长期）疾病的人士，例如心脏疾病、糖尿病或肺病等。根据 CDC 的报告，60 岁以上的老年人患病风险比较高，风险也会随着年龄增长而增高。80 岁以上的老年人出现严重疾病的风险最高。

老年人和患有慢性或持久性（长期）疾病的人士应更加注意采取以下防护措施：

- 储备日常必需品
- 避免前往人群密集的场所
- 避免游轮旅行和非重要的航空旅行
- 远离其他患病者

请前往以下CDC网址阅读 [有关具有极度风险感染COVID-19所引发非常严重疾病的人士的完整指导](https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html)：

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

我是否应该避免前往某些地点？

得知2019 新型冠状病毒有关的旅行建议：

www.cdc.gov/coronavirus/2019-ncov/travelers

What you need to know about Coronavirus (COVID-19)

March 13, 2020



What is the 2019 novel coronavirus (COVID-19)?

Coronaviruses are a large group of viruses that can cause illnesses ranging from the common cold to more serious respiratory infections like bronchitis, pneumonia or severe acute respiratory syndrome (SARS).

The 2019 novel coronavirus (COVID-19) causes a respiratory infection that originated in Hubei province (Wuhan), China.

To learn more about the 2019 novel coronavirus, visit healthvermont.gov/COVID19.

What are the symptoms?

Like the flu and other common respiratory infections, symptoms range from mild to severe and can include:

- fever
- cough
- difficulty breathing

Complications from the 2019 novel coronavirus can include serious conditions, like pneumonia or kidney failure, and in some cases, death.

How does the virus spread?

Coronaviruses are spread mainly from person to person through close contact, for example, in a household, workplace or health care center.

What does close contact mean?

Close contact means being within six feet (2 meters) of someone for a long time. This happens when caring for, being intimate partners with, living with, visiting, or sharing a health care waiting area. If you have been in close contact with someone who has tested positive for COVID-19: stay home, limit your contact with others, and call Health Department Epidemiology at 802-863-7240 to discuss whether you need to see a provider and how you will monitor yourself for symptoms.

Close contact does NOT mean: being more than six feet away in the same indoor environment for a long period of time, walking by, or briefly being in the same room with someone who has tested positive for COVID-19. In these situations, you should observe yourself for symptoms. You do NOT need to call the Health Department.

When someone tests positive for COVID-19, the Health Department gets in touch with the close contacts of the individual.

How can I protect myself against the 2019 novel coronavirus?

There is no vaccine available to protect against the 2019 novel coronavirus.

There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home if you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

What should I do if I think I have the virus?

If you have fever, cough, difficulty breathing and your symptoms feel worse than a common cold and you have travelled to an affected area within 14 days of symptom onset, call Vermont Department of Health Epidemiology at 802-863-7240.

If you have been exposed to the 2019 novel coronavirus, including during travels, staying home, and limiting contact with others will help prevent further spread.

If you are sick or concerned about your health, contact your health care provider **by phone**. Please avoid going to the hospital, except in a life-threatening situation.

Older Vermonters and people with chronic conditions

Some people are at higher risk of getting very sick from this illness, including older adults and people with chronic (long-lasting) medical conditions like heart disease, diabetes or lung disease. According to the CDC, starting at age 60, there is an increasing risk of disease and the risk increases with age. The highest risk of serious illness is in people older than 80 years.

Older adults and people with chronic conditions should take extra precautions including:

- Stock up on supplies
- Avoid crowds
- Avoid cruise travel and non-essential air travel
- Stay away from others who are sick

Read the CDC's full guidance on [People At Risk for Serious Illness from COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html) at this address: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

Should I avoid travel to some places?

Learn about travel advisories related to the 2019 novel:
www.cdc.gov/coronavirus/2019-ncov/travelers