

今天，您进行了COVID-19检测。可能需要几天时间才能得到您的结果。今天检测的结果将表明您今天是否感染或患病。您可能在未来的检测中得到阳性结果。

在您等待结果期间：

- 如果您接受检测的原因是您出现COVID-19症状、是COVID-19患病者的密切接触者或被推荐进行检测，那么，即使您没有感到不适，也请务必待在家中，请勿出门或前往公共场所。待在家中可有助于阻止COVID-19传播。
- 如果您需要前往医疗服务提供者处就诊，请先致电给他们，并告诉他们您已接受了COVID-19检测，且正在等待结果。

如果您的检测结果为阳性，请立即采取以下行动：

- 待在家中，远离其他人，包括与您共同居住的人。
- 列出您的密切接触者的姓名和电话号码。密切接触者是指在您具有传染性期间，24小时内与您距离6英尺内，且累计时长达到或高于15分钟的人。您具有传染性的时期从症状开始前的两天开始算起，如果没有症状，则从检测日期前的两天开始算起。
卫生部门在向您致电时会要求您提供这些信息，并将与您的密切接触者共享有关如何防止进一步传播的重要信息。您可能不会立即接到卫生部门的电话，所以，如果您愿意，可以提早与您的密切接触者联系。您的密切接触者应进行预防性隔离（待在家中并远离他人14天），并应考虑接受检测。
- 如果需要，请与您的医疗服务提供者联系，以讨论针对所有症状的护理和治疗。
- 如果您接到卫生部门的来电，请接听电话。致电者会向您分享重要信息。如果您未能接听电话，可以致电802-863-7240与我们联系。

如果您的检测结果为阴性，并且您是因旅行或与COVID-19患病者的密切接触而处于预防性隔离状态，并且：

- 您在预防性隔离的第7天（含）之后接受了检测，并且没有出现任何症状，则您可以结束预防性隔离。
或者
- 您是在第7日之前接受的检测，则继续进行预防性隔离，您在第7天（含）之后的检测结果为阴性，或者直至隔离期满14天。

或者，如果您的检测结果为阴性，并且您未因旅行或与COVID-19患病者的密切接触而处于预防性隔离状态：

- 继续采取预防措施，例如戴口罩、洗手和保持社交距离。
- 如果您所患疾病非COVID-19，请待在家中直至症状改善。

有关COVID-19的更多信息：www.healthvermont.gov/COVID-19

Chinese Simplified

Today you were tested for COVID-19. It may take a few days to get your results. Results from today's test will tell you if you are infected or sick today. It is possible you could test positive in the future.

While you wait for results:

- If you are being tested because you have symptoms of COVID-19, are a close contact to someone who has COVID-19, or were recommended for testing, **stay home and do not go out in public, even if you don't feel sick**. Staying home will stop COVID-19 from spreading.
- If you need to see a health care provider, call them first and tell them that you were tested for COVID-19 and are waiting for results.

If your test results are **positive**, do these things right away:

- **Stay at home** and away from other people, including the people you live with.
- **Make a list of the names and phone numbers of your close contacts**. A close contact is a person who you were within 6 feet of for a total of 15 minutes or more over a 24-hour period during your infectious period. Your infectious period starts two days before symptoms began – or two days before the date you were tested if you do not have symptoms.
The Health Department will ask for this information when they call you and will share important information with your close contacts about how to prevent further spread. You might not hear from the Health Department right away, so go ahead and reach out to your close contacts if you'd like. Your close contacts should quarantine (stay home and away from other people for 14 days), and consider getting tested.
- **Contact your health care provider if needed** to talk about your care and treatment of any symptoms.
- **Answer the phone if you get a call from the Health Department**. The person calling will give you important information. If you miss the call, you may call us back at 802-863-7240.

If your test results are **negative** and **you are in quarantine due to travel or close contact with a person who has COVID-19** and:

- you were tested **on day 7** of quarantine or after, and you don't have any symptoms, **you may end quarantine**.
- OR
- you were tested **before day 7** of quarantine, **stay in quarantine** until you have a negative test on or after day 7, or for the rest of the 14-day quarantine.

Or, if your test results are **negative** and **you are not in quarantine due to travel or close contact with a person who has COVID-19**:

- continue taking preventive actions like wearing a mask, hand washing and social distancing.
- if you are sick with an illness other than COVID-19, stay home until symptoms improve.

For more information about COVID-19: www.healthvermont.gov/COVID-19