

# 保護自己和他人

目前 2019 冠狀病毒病在佛蒙特州的傳播水平仍然較高。在這個時候，最重要的是評估您的個人風險，並認真考慮何時採取預防措施，如在室內公共場所佩戴優質口罩。如果您有任何症狀，請接受檢測。如果您的檢測結果呈陽性且風險較高，請立即聯絡您的保健醫生，以接受治療。

2019 冠狀病毒病將伴隨我們很長一段時間。佛蒙特州居民具備保護自己和他人免於感染或傳播 2019 冠狀病毒病所需的工具。

## 及時了解疫苗接種情況。

接種疫苗是我們抵禦 2019 冠狀病毒病的最佳的工具，尤其是預防病重、住院和死亡。

未接種疫苗的人士感染和傳播病毒的風險要高得多。我們強烈鼓勵所有符合條件的人士儘快接種疫苗來保護自己。並在符合條件的情況下，接種加強劑以獲得全面保護。[搜尋接種地點](#)。

## 在需要時接受檢測

如果您有 [2019 冠狀病毒病的症狀](#) 或接觸過患者，您可以通過接受檢測來保護他人。如果您對 [2019 冠狀病毒病的健康風險較高](#)，接受檢測尤其重要，您可以聯絡您的醫療服務提供者，詢問有關治療的訊息。[搜尋測試地點](#)。

## 生病就待在家

如果您生病了，無論您是否有 2019 冠狀病毒病、流感或其他傳染性疾病的病徵，請待在家裡。如果需要，請致電您的醫療服務提供者。這有助於防止細菌傳播，保護可能有嚴重疾病風險的人士，並讓您有機會康復。

## 您可選擇佩戴口罩和採取其他預防措施

由於我們社區的嚴重疾病水平較低，每個人都可以根據自己的個人風險水平來決定是否要採取預防措施。

## 採取額外預防措施取決於您的風險

您的決定可能會受到以下因素的影響：

- 您的年齡或健康狀況
- 您的免疫系統功能是否受損
- 您是否同高風險者或未接種疫苗的人士有接觸

這些預防措施可以包括[佩戴口罩](#)，這有助於保護您和您周圍的人免於感染或傳播 2019 冠狀病毒病。高質量口罩的包括 N95 或 KN95 口罩，這些口罩都能有效防止飛沫。您也可以佩戴貼合好的口罩，至少兩層密織綿加上第三層不織布的布口罩來提高效果。

## 了解自己是否面臨較高的 COVID-19 風險

如果您[感染 2019 冠狀病毒病的風險較高](#)，您可以考慮採取額外的預防措施，確保您能夠快速獲得檢測，並準備好在檢測結果呈陽性時，聯繫醫療服務提供者進行[治療](#)。如果您對自己的風險有疑問，請與您的醫療保健提供者聯繫。

了解[如果您的檢測結果呈陽性或是密切接觸者](#)時該怎麼做。

## Protect Yourself and Others

COVID-19 is currently spreading at higher levels in Vermont. During these times, it is important to reassess your personal risk and strongly consider when to take prevention steps, such as wearing a high-quality mask in indoor public spaces. If you have any symptoms, get tested. If you test positive and are at higher risk, contact your health care provider right away to get treatment.

The COVID-19 virus will be with us for a long time. Vermonters have the tools needed to protect themselves and others from getting or spreading the virus.

## Stay Up to Date on Vaccinations

Vaccines are the best tool we have to protect ourselves against COVID-19, especially from severe illness, hospitalization and death.

Unvaccinated people are at a much higher risk of getting and spreading the virus. We strongly encourage everyone who is eligible to protect themselves by getting vaccinated as soon as possible, and get their booster shot for full protection when eligible. [Find out where you can get your shot.](#)

## Get Tested When Needed

You can protect others by getting tested if you have [COVID-19 symptoms](#) or an exposure to COVID-19. It's especially important to get tested if you are [at higher risk for COVID-19](#), so you can reach out to your health care provider to ask about treatment. [Find out where to get tested.](#)

## Stay Home if Sick

Whether you have symptoms of COVID-19, the flu, or another contagious illness, please stay home if you are sick and call your health care provider if needed. This helps keep germs from spreading, protects those who may be at risk of serious illness, and gives you a chance to get well.

## Masking and Other Precautions You Can Choose

As the level of severe disease is low in our communities, each person can decide if they want to take precautions based on their own personal level of risk.

## Decisions about additional precautions depend on your risk

Your decisions might be influenced by:

- your age or health condition
- if you are immunocompromised
- if you spend time with people at higher risk or who are unvaccinated

These precautions might include [wearing a mask](#), which helps protect you and the people around you from getting or spreading COVID-19. Examples of high-quality masks are N95 or KN95 masks, which are very good at blocking droplets. You can also wear a well-fitting mask with at least two layers of tightly-woven fabric or layer a disposable mask under a cloth mask to increase effectiveness.

## Know if you are at higher risk for COVID-19

If you are [at higher risk for COVID-19](#), you can consider taking additional precautions, make sure you have quick access to testing, and be ready to reach out to your health care provider for [treatment](#) if you do test positive. Talk to your health care provider if you have questions about your risk.

Learn what to do [if you test positive](#) or [are a close contact](#).