

与亲友安全地进行联系

可帮助您权衡风险并制定相应计划的推荐做法

待在家里仍然是降低COVID-19风险的最佳方法，但我们许多人都渴望采取谨小慎微的步骤来再次与亲人安全地见面。本指南可帮助您权衡COVID-19的风险，并防止新病例和重症病例迅速增加。

采取健康与安全预防措施

这些步骤将有助于保护您和他人，并防止COVID-19传播。

- ✓ 与他人保持6英尺的距离。
- ✓ 戴上口罩或布面罩。
- ✓ 使用肥皂和水洗手或使用洗手液洗手。
- ✓ 如果您生病或最近接触过COVID-19患者，请留在家中。致电给您的医生，询问您是否应该接受检测。



保持小的社交圈

这样，一旦有人生病，人们会更容易知道还有哪些人可能是需要自我隔离的接触者。

- ✓ 选择另一个也采取健康与安全预防措施的值得信任的家庭。这可以是另一个家庭，也可以是住在另一个住所的您自己的家庭成员。
- ✓ 将您的小组人数限制为25人或更少。

待在离家近的地方

选择离家较近的活动可降低您在途中必须停下来机会，因为您在停下来时可能会与他人密切接触或接触受污染的表面。

- ✓ 尽量将非必要的旅行限制在离家10英里的半径内。
- ✓ 考虑使用不拥挤且更容易保持身体距离的室外空间和开放区域。
- ✓ 选择不需要共享食物或触摸共享物体或其他表面的活动。



保护高风险人群

65岁及65岁以上者以及有基础疾病者患重症的可能性较大。

- ✓ 那些重症风险较高者应继续留在家中。
- ✓ 通过手机、电脑或视频彼此联系。

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Safely Connect with Friends and Family

Recommended practices to help you weigh the risks and plan accordingly

Staying home is still the best way to lower our risk of COVID-19, but many of us are eager to take small steps to safely see our friends and family again. This guidance helps you weigh the risks to prevent new cases and serious illness from quickly increasing.

Take health & safety precautions

These steps will help protect you and others and keep COVID-19 from spreading.

- ✓ Keep a 6-ft distance from other people.
- ✓ Wear a face mask or cloth face covering.
- ✓ Wash your hands with soap and water or use hand sanitizer.
- ✓ Stay home if you are sick or have recently been exposed to someone who has COVID-19. Call your doctor to see if you should be tested.



Keep your social circle small

This will make it easier to know who else may have been exposed and needs to self-isolate if someone gets sick.

- ✓ Choose one other trusted household that is also taking health and safety precautions. This could be another family, or members of your own family who live in a separate household.
- ✓ Limit your group to 25 people or fewer.
- ✓ Keep a list of who you have been in close contact with each day.

Stay close to home

This lowers the chance of having to stop along the way where you may be in close contact with others or exposed to contaminated surfaces.

- ✓ Limit non-essential travel to short distances.
- ✓ Consider outdoor spaces and open areas where it is not too crowded and easier to keep a physical distance.
- ✓ Choose activities that do not require sharing food or touching shared objects or other surfaces.



Protect those at higher risk

People age 65 and over and people with underlying medical conditions are more likely to develop more severe illness.

- ✓ Those at higher risk for serious illness should continue to stay at home.
- ✓ Connect with one another by phone, computer or video.