VERMONT

DEPARTMENT OF HEALTH

COVID-19

新型冠状病毒：如果您是医务工作人员，该遵循什么措施

COVID-19 新型冠状病毒正在佛蒙特州的社区传播。当所有佛蒙特州人都存有感染的风险，我们建议所有医务工作人员采取特殊预防措施来保护自己和患者。本指南适用于在医疗机构工作，并有极大机会接触患者或传染性物质的工作人员。鉴于此，本指南不包括临床实验室的工作人员。

在上班之前，请确保您没有生病。

首先是测量体温。如果体温达到或超过 **100°F**，请待在家中。如果您没有发烧，但感到不适、咳嗽或呼吸困难，请不要上班，待在家中，并致电您的雇主。有些工作地方在雇员上班之前会有筛查生病症状的步骤；请向您的雇主查询他们是否有类似的步骤。

如果您在工作期间开始感到不适，必须知道该怎么做。

如果您在工作期间开始感到不适，我们建议您立即戴上口罩，通知您的主管，制定尽快离开的计划。并向您的雇主查询您工作地方在这种情况下的特殊步骤。

如果您曾经接触过的人被确实已经感染新型冠状病毒，您必须知道您将会如何得到通知。

卫生部已通知所有医疗机构，如在它们照顾下的任何人仕确实已感染 **COVID-19,** 卫生部将会联系它们，以讨论 **CDC**（疾病控制与预防中心）所建议的后续步骤。您可以联系您所在机构的职业健康计划部、预防感染计划部或妥善的管理人员，以讨论他们当发现被照顾的任何人仕确实已感染 **COVID-19** 的时候，如何通知员工们。同时亦必须询问相关员工停工或复工的计划及标准。

如果您在工作场所以外的地方有接触过已经感染 **COVID-19** 的患者：

与您的雇主讨论您的情况，是否应该停工留在家里，或者在上班之前必须要采取哪些额外措施。

如果您已经接触过 **COVID-19** 患者，例如在医院里照顾感染 **COVID-19** 的病人：

必须经常遵循病毒传播的标准预防措施，包括使用护目镜、口罩，面罩或呼吸器、医院袍和手套。尤其要经常监测自己是否有不适的症状，如开始咳嗽、发烧或呼吸困难时，该尽快停止工作。

请注意，您的雇主可能会选择其它措施已取代本指南。

有关更多信息，请前往下面网站：www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html 和 www.heathvermont.gov/COVID-19

COVID-19: What to do if you are a health care worker

COVID-19 is spreading in Vermont communities. While all Vermonters are at risk for exposure, we recommend that health care workers take specific precautions to protect themselves and their patients. This guidance is for people who work in health care settings and have the potential to be exposed to patients or infectious materials. For this purpose, clinical laboratory workers are not included.

Make sure that you are not sick before going to work.

One way to do this is by taking your temperature. Stay home if you have a temperature of 100°F and above. If you don't have a fever, but you feel ill, or have a cough or shortness of breath, stay home from work and call your employer. Some workplaces have symptom screening protocols before starting a shift; check with your employer about their protocols.

Know what to do if you start feeling sick while at work.

If you start feeling ill while at work, we recommend putting on a mask right away, notifying your supervisor, and making a plan to leave as soon as possible. Check with your employer about the specific protocol at your workplace.

Know how you will get notified if you have been exposed to a confirmed case.

The Department of Health is reaching out to health care facilities that have provided care to people with COVID-19 to discuss next steps as recommended by CDC. Reach out to your facility's occupational health program, infection prevention program, or the appropriate administrator to discuss their plan to notify employees in the event that staff at your facility provided care for someone with COVID-19. Consider asking about their plans for exposed employee exclusion from work or return to work criteria.

If you have been exposed somewhere other than the workplace:

Talk with your employer about your exposure and if you should stay out of work, or what additional measures to take before going to work.

If you have ongoing exposures, such as providing care for someone with COVID-19 who is hospitalized:

Always follow standard and transmission-based precautions, including use of eye protection, facemask or respirator, gown, and gloves. It's especially important to monitor yourself for symptoms regularly and to exclude yourself from work if you develop cough, fever, or shortness of breath.

Please note that your employer may choose to supersede this guidance.

For more information, visit: www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html and www.heathvermont.gov/COVID-19

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