得知同事的 COVID-19 检测结果呈阳性会让人倍感压力，但您可以采取一些措施来确保自身安全。本指南适用于大多数人，但对于某些部门的员工（如密集生活机构和重症监护机构的工作人员），会有更具体的指南取代本指南。

我如何知道同事的检测结果是否为阳性？

您的同事可能会直接告诉您，您的雇主可能会让您知情，或者，如果您与检测结果为阳性的同事有过密切接触，则您可能会接到来自卫生部门的电话。

同事之间可能会流传错误的信息，以及对感染 COVID-19 的担忧。请记住，要以尊重和保护隐私的方式来对待您的同事。

卫生部门为什么会给我打电话？

当有人的 COVID-19 检测结果呈阳性时，卫生部门会与其联系，以找出在其传染期（从出现症状前两天开始算起，对于无症状感染者，从得到阳性检测结果前两天开始算起）的密切接触者。密切接触是指在 24 小时的时间内彼此之间相距 6 英尺以内，且时间持续至少 15 分钟。卫生部门将对每位密切接触者进行随访，以评估其感染 COVID-19 的风险，并提供待在家中的相关信息，以及强调接受检测的重要性。

我什么时候需要隔离，且居家不能去上班？

如果您在 COVID-19 患者的传染期**曾**与其密切接触，则您要进行 14 天的 预防性隔离。第 0 天即您与此人接触的最后一天。根据您的工作类型和人员配备情况，本预防性隔离指南可能会有一些例外。卫生部门会为您提供具体指导和后续步骤。

如果您没有出现任何症状，则可以在预防性隔离的第 7 天或之后与您的医护人员联系，以进行检测。此方案不适用于在密集环境中（如辅助生活机构和拘留机构）的工作人员，因为在这些环境中会有很高风险会将 COVID-19 传播给弱势群体。如果您的检测结果呈阴性，则您可以提前结束预防性隔离，并重返工作岗位。

对于密切接触者和检测结果呈阳性者：员工返回工作岗位时，雇主不应要求其出示 COVID-19 阴性检测结果证明，也不应要求卫生部门致函。卫生部门不予提供表明您可以重返工作岗位的信函。

如果您在 COVID-19 患者的传染期间**不曾**与其密切接触，则您可以去上班，而无需进行预防性隔离。

我对于 COVID-19 还应了解哪些信息？

- 疾病会使任何人生病，无关种族或族裔。对 COVID-19 的恐惧和焦虑可能导致人们回避或拒绝他人，即使这些人没有传播病毒的风险。

- 人们在出现症状前两天就具有传播 COVID-19 病毒的能力。但是，有些 COVID-19 患者没有任何症状。

- 人们认为，COVID-19 通过人与人之间的密切接触进行传播，通过感染者咳嗽、打喷嚏或讲话时所产生的呼吸道飞沫进行传播。避免用未洗净的双手触碰眼睛、鼻子或嘴巴。

- 出门到有人的场合时，佩戴 口罩 遮住口鼻。

Simplified Chinese

- 如果出现发热、发冷、咳嗽、呼吸急促、疲劳、肌肉或身体酸痛、头痛、新出现的味觉或嗅觉丧失、咽喉痛、鼻塞、流涕、恶心、呕吐或腹泻，请休假回家。联系您的医护人员进行检测。

- 经常洗手，可以用肥皂和水洗手 20 秒钟，也可以用酒精含量至少为 60%的洗手液洗手。

- 避免与他人共用物品或工作区，并在开始一天工作前和结束一天工作后彻底清洁工作区。

- 检测结果为阳性的人员在完成居家医学隔离之前不应返回工作岗位。

- 完成预防性隔离或结束医学隔离的人员不会给他人带来感染风险。

- COVID-19 检测结果为阳性者所使用过的区域在经过清洁和消毒后，可供其他人使用。如果距离此人在该区域活动的时间已经过去七天，则只需对该区域进行常规清洁和消毒，无需进行额外清洁。

在哪里可以获得更多信息和支持?

- 佛蒙特州 COVID-19 网站

- COVID-19 常见问题解答

- 如何在 COVID-19 大流行病期间应对工作压力和增强应变能力

- 社区、学校、工作场所和活动

- 如果您是 COVID-19 确诊患者的密切接触者，该怎么做

- 应对压力

- 如何保护自己和他人

Simplified Chinese

Learning that a co-worker has tested positive for COVID-19 can be stressful, but there are actions you can take to stay safe. This guidance applies to most people, but more specific guidance may supersede this for employees from certain sectors, such as people who work in congregate living facilities and critical care infrastructure workers.

How will I know if my co-worker tested positive?

Your co-worker may tell you directly, your employer may tell you, or you may receive a call from the Health Department if you had possible close contact with a co-worker who tested positive.

There may be misinformation circulating and concerns about getting COVID-19 among co-workers. Remember to treat your co-workers with respect and confidentiality.

Why might the Health Department call me?

When a person tests positive for COVID-19, the Health Department contacts them to find out who they were in close contact with during their infectious period (beginning two days before the start of symptoms or two days before a positive test result for people who did not have symptoms). Close contact means being within 6 feet of each other for a total of 15 minutes or more over a 24-hour period. The Health Department will follow up with each close contact to assess their risk for COVID-19 and provide information about staying home and the importance of getting tested.

When would I need to quarantine and stay home from work?

If you **were** in close contact with someone with COVID-19 while they were infectious, you should quarantine for 14 days. Day 0 is the last day you had contact with that person. There may be some exceptions on quarantine guidance based on your type of employment and staffing capacity. The Health Department will provide you with specific guidance and next steps to take.

You can contact your health care provider about getting tested on or after day 7 of quarantine, if you have had no symptoms. This option is not available to those who work in close congregate settings where there is a high risk of transmitting COVID-19 to vulnerable people, such as assisted living and detention facilities. If your test is negative, you may end quarantine early and go back to work.

For both close contacts and people who tested positive: Neither a negative test for COVID-19 nor a letter from the Health Department should be required from your employer to return to work. The Health Department does not provide letters indicating that you can return to work.

If you **were not** in close contact with someone with COVID-19 while they were infectious, you may go to work and you do not need to quarantine.

English

What else should I know about COVID-19?

- Diseases can make anyone sick regardless of their race or ethnicity. Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

- People can spread the virus that causes COVID-19 up to two days before they have symptoms. However, some people with COVID-19 do not have any symptoms.

- COVID-19 is thought to spread through close contact from person-to-person, through respiratory droplets produced when an infected person coughs, sneezes, or talks. Avoid touching your eyes, nose, or mouth with unwashed hands.

- Cover your mouth and nose with a mask when around others outside of your home.

- Stay home from work if you develop a fever, chills, cough, shortness of breath, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion, runny nose, nausea, vomiting, or diarrhea. Contact your health care provider for testing.

- Clean your hands often, either with soap and water for 20 seconds or a hand sanitizer that contains at least 60% alcohol.

- Avoid sharing items or workspaces with others and thoroughly clean workspaces prior to working and after you are done for the day.

- People who test positive should not return to work until they have completed home isolation.

- Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

- Areas that were used by someone who tested positive for COVID-19 can be used by other people once the areas have been cleaned and disinfected. If it has been seven days since the person was in the area, additional cleaning beyond routine cleaning and disinfection is not necessary.

Where can I find more information and support?

- Vermont's COVID-19 Website

- COVID-19 Frequently Asked Questions

- How to Cope with Job Stress and Build Resilience During the COVID-19 Pandemic

- Communities, Schools, Workplaces, and Events

- What to do if you are a close contact of someone who is diagnosed with COVID-19

- Coping With Stress

- How to Protect Yourself & Others

English