

COVID-19患者的密切接触者

应对措施

本文内容适用于曾经与 COVID-19 患者有过密切接触的人员。密切接触指在某人具有传染性时，与其相距不到六英尺或两米，并在 24 小时内累计 15 分钟或更长时间，在开始出现任何症状前两天开始（对于无症状感染者，则从他们接受检测的前两天开始），一直持续到他们[康复](#)。密切接触不包括在同一室内环境中距离六英尺或两米以外、持续不足 15 分钟、擦肩而过或在同一房间内短暂停留。卫生保健工作者：请参阅[“COVID-19：卫生保健工作者应对指南”](#)。

| 密切接触示例 | 非密切接触示例 |
|---------------------|---------------|
| 患者的同住者 | 患者杂货店的收银员 |
| 患者的亲密伙伴 | 您是给患者提供药物的药剂师 |
| 在患者具有传染性时，曾与您共乘同一辆车 | 在商店排队时您在患者前面 |

在家中**进行14天**监测性隔离并观察症状：

- 接触日为第 0 天。
- 观察以下症状（含轻度症状）：咳嗽、呼吸急促或呼吸困难、发烧、发冷、反复发抖且伴随发冷、疲劳、肌肉疼痛或身体痛、头痛、喉咙痛、最近丧失味觉或嗅觉、充血或流鼻涕、恶心、呕吐或腹泻。
- 除就医外，请勿离开家。如果需要离开家，[请佩戴布质口罩](#)。
- 在访问医疗服务提供者或急诊室之前，请先致电。
- 如果可能，请待在家中特定房间并使用单独卫生间。
- 始终与家中其他人员保持至少六英尺或两米距离。如果您和其他人同处任何房间，请戴上布质口罩，呼吸困难情况除外。请勿共用生活用品。
- 与他人保持联系—采用技术手段与亲朋好友交流。

如果 14 天后您仍然没有症状，则可以结束监测性隔离。在您复工时，雇主不得索取 COVID-19 的阴性检测报告或卫生部门的信函。卫生部门不提供证明您可以复工的信函。

日常清洁和洗涤：

- 对家中的各个表面进行清洁和消毒。如果您住在单独房间并使用单独卫生间，请自己清洁。让其他人清洁家中其他区域。
- 使用家用物品（如器皿）后进行彻底清洗。
- 经常用肥皂和水洗手至少 20 秒钟。如果没有肥皂和水，则使用酒精类搓手液。

如果在任何时候出现症状：

- 致电您的医疗保健提供者，以了解您是否应该接受评估。告诉他们，您是 COVID-19 患者的密切接触者，正在家里进行监测性隔离。
- 如果您遇到紧急医疗情况，请致电 9-1-1 或前往医院。
- 如果您没有医疗服务提供者，请致电 2-1-1，联系您所在地区的诊所。
- 轻症患者可以在家中治疗：多休息、多喝水，并在需要时服用退烧药。

何时立即就医：

如果您呼吸不畅、胸痛、神志不清或嘴唇、牙龈、面部、眼睛周围或指甲改变颜色，请立即就医。当您致电医疗服务时，请告知医疗提供者或 9-1-1，您是 COVID-19 患者的密切接触者，正在家里进行监测性隔离。

治疗性隔离和监测性隔离的区别

| | 治疗性自我隔离 | 监测性自我隔离 |
|---------|--|--|
| 针对哪些人员？ | 出现 COVID-19 症状的人士 <ul style="list-style-type: none"> • 对于病情未严重到住院的 COVID-19 患者，或者 • 对于等待检测结果的人 | 没有 COVID-19 症状的人士 <ul style="list-style-type: none"> • COVID-19 患者的密切接触者 |
| 多长时间？ | 直至康复，出现以下全部三种情况时（除非医疗提供者另有指示）： <ol style="list-style-type: none"> 1. 在未使用退烧药的情况下，连续 24 小时未出现发烧，并且 2. 其他症状有所改善，并且 3. 从您首次出现症状起，至少已经过去 10 天。 或者，如果您在检测时没有任何症状，从您首次检测为阳性之日起已经过去 10 天且持续无症状，即为康复。 | 从可能接触的最后日期起 14 天。接触日为第 0 天。 如果您没有出现任何症状，则可以选择在监测性隔离期间进行检测。从第 7 天或之后，您可以通过医疗提供者或临时检测站进行检测。在您收到结果之前，请继续进行监测性隔离。如果结果为阴性，并且您仍然没有任何症状，则可以停止监测性隔离。通常最多 2 至 4 天即可出结果，届时，您会接到卫生部门的电话。在检测后 7 天内，您还会收到一封信函。 |
| 这是什么意思？ | 全天候待在单独房间内、使用单独卫生间，并避免与他人接触。如果您和其他人同处一室，请戴上口罩，呼吸困难情况除外。 | 全天候待在家里，监测症状并保持社交距离。如果可能，请使用单独房间和卫生间。如果您出现症状，您的密切接触者也应进行监测性隔离。 |

有关更多信息，请访问我们的网站：www.healthvermont.gov/COVID-19

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

This information is for people who were in close contact with someone who has COVID-19. Close contact means being closer than six feet or two meters apart for a total of 15 minutes or more in a 24-hour period while the person was infectious, which starts two days before any symptoms began (or for people without any symptoms, two days before the day they got tested) and continues until they are [recovered](#). Close contact does not mean being more than six feet or two meters away in the same indoor environment for less than 15 minutes, walking by, or briefly being in the same room. Health care workers: please see [“COVID-19: What to do if you are a health care worker”](#).

| Examples of close contacts | Examples of NOT close contacts |
|--|--|
| You live in the same home | You were their cashier at the grocery store |
| You are intimate partners | You are a pharmacist who gave the person medication |
| You rode in the same car while the person was infectious | You were in front of the person in line at the store |

Quarantine at home and watch for symptoms for 14 days:

- Day 0 is the day you were last in contact with the person.
- Watch for symptoms, even if mild, of cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, fatigue, muscle pain or body aches, headache, sore throat, new loss of taste or smell, congestion or runny nose, nausea or vomiting, or diarrhea.
- Don't leave home, except to get medical care. [Wear a cloth mask](#) if you need to leave home.
- Call ahead before visiting a health care provider or emergency department.
- If possible, stay in a specific room in your home and use a separate bathroom.
- Stay at least six feet or two meters away from others in your home at all times. Wear a cloth mask if you're in any room with other people, unless you have trouble breathing. Don't share household items.
- Stay connected with others – use technology to communicate with friends and family.

If after 14 days you still don't have symptoms, you may end your quarantine. 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.

Daily cleaning and washing:

- Clean and disinfect surfaces in your home. If you are staying in a separate room and using a separate bathroom, clean them yourself. Have someone else clean the other areas of the home.
- Thoroughly wash household items, like utensils, after using.
- Wash your hands often with soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.

If at any point you develop symptoms:

- Contact your health care provider by phone to find out if you should be evaluated. Let them know you are quarantining at home for novel coronavirus because you are a close contact of someone who is diagnosed with COVID-19.
- If you're having a medical emergency, call 9-1-1 or go to the hospital.
- If you don't have a provider, call 2-1-1 to be connected to a clinic in your area.
- People with mild illness can treat their symptoms at home: get plenty of rest, drink plenty of fluids, and take fever-reducing medication if needed.

When to get medical care immediately:

If you have trouble breathing, chest pain, confusion, or changes in color on your lips, gums, face, around the eyes, or nails, seek medical care immediately. When you call for medical care, tell the provider or 9-1-1 that you are quarantining at home because you are a close contact of someone with COVID-19.

Difference between isolation and quarantine

| | Self-isolation | Self-quarantine |
|--------------------|--|--|
| For whom? | People with symptoms of COVID-19 <ul style="list-style-type: none"> • For people with COVID-19 who aren't sick enough to be hospitalized, or • For people who are waiting for test results | People with no symptoms of COVID19 <ul style="list-style-type: none"> • Close contacts of people with COVID19 |
| For how long? | Until recovery, which is when all three have happened (unless you get different instructions from your medical provider): <ol style="list-style-type: none"> 4. It's been 24 hours of no fever without the use of fever-reducing medication, and 5. Other symptoms have improved, and 6. At least 10 days have passed since your symptoms first appeared. Or if you didn't have symptoms when you were tested, recovery is when 10 days have passed since the date of your first positive test and you continued to have no symptoms. | For 14 days since the last date of possible exposure. The day of the exposure is Day 0. You have the option of getting tested during your quarantine period if you have not had any symptoms. On or after day 7, you can get a test through your provider or a pop-up testing site. Remain in quarantine until you get your results. If the results are negative, and you still don't have any symptoms, you can discontinue quarantine. You will get a call from the Health Department when your results are ready, which is usually within 2-4 days, if not sooner. You will also get a letter in the mail within 7 days of being tested. |
| What does it mean? | Staying home 24/7 in a separate room in the house, using a separate bathroom, avoiding contact with others. Wear a mask if you're in a room with other people, unless you have trouble breathing. | Staying home 24/7, monitoring for symptoms, and practicing social distancing. If possible, using a separate room and bathroom. If you become symptomatic, your close contacts should also self-quarantine. |

More information is available on our website: www.healthvermont.gov/COVID-19