

您需要了解的新型冠状病毒 (COVID-19) 的相关知识

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什么是 2019 新型冠状病毒 (COVID-19)?

冠状病毒是一种较大类群的病毒，可引发从常见的感冒到更为严重的呼吸道感染症，例如支气管炎、肺炎或严重急性呼吸综合征（非典）的多种疾病。

2019 新型冠状病毒 (COVID-19) 引发了一场源自中国湖北省（武汉市）的呼吸道感染症。

要了解有关 2019 新型冠状病毒的更多信息，请访问 healthvermont.gov/COVID19。

该病毒会引起哪些症状?

与流感及其他常见的呼吸道感染症类似，其症状的严重程度根据个人体质而不尽相同，具体可包括以下症状：

- 发热
- 咳嗽
- 呼吸困难

2019 新型冠状病毒的并发症包括各种严重的症状，例如肺炎或肾衰竭，在某些情况下可导致死亡。

病毒通过何种方式传播?

该冠状病毒主要通过人与人之间的密切接触传播，例如家中、工作场所或健康护理中心等。

密切接触指的是什么意思?

密切接触是指与某人之间的距离长时间不超过六英尺（2 米）。照料他人、亲密陪伴他人、与他人共同居住、访问或分享健康护理候诊区时均有可能出现密切接触行为。如果您已与 COVID-19 的确诊患者有过密切接触经历，则请采取以下措施：待在家中，限制您与他人的接触，并拨打 802-863-7240 联系卫生部流行病学负责人，与其探讨您是否需要医疗提供商的协助，以及您对症状进行自我监控的方式。

以下情况不属于密切接触：长时间与他人同一室内环境下保持六英尺以上的距离，走过他人身边，或与 COVID-19 的确诊人员有过在同一房间内短暂相处的经历。在上述情况下，您应自行观察自身症状。您无需拨打电话联系卫生部。

在某人确诊 COVID-19 后，卫生部将与其密切接触者取得联系。

我需要如何做才能保护自己远离 2019 新型冠状病毒？

2019 新型冠状病毒尚无疫苗可以加以应对。

我们可以采取一些日常行为来阻止这些导致呼吸疾病的病菌继续扩散。

- 避免密切接触患病人员。
- 避免触摸您的眼部、鼻子和口部。
- 如果您已生病，请避免外出。
- 使用手纸遮掩咳嗽或喷嚏，然后将手纸扔入垃圾桶中。
- 使用常见的家庭清洁喷雾或湿巾对频繁接触的物体和表面进行清洁杀毒。
- 经常使用肥皂和清水洗手，每次至少 20 秒钟，尤其是在上厕所后；就餐前；以及擤鼻涕、咳嗽或打喷嚏后。
- 如果没有可用的肥皂和清水，则使用酒精含量不低于 60% 的、基于酒精的洗手液。如果双手明显变脏，请确保使用肥皂和清水洗手。

如果我怀疑感染了该病毒，应该如何做？

如果您出现了发热、咳嗽、呼吸困难的症状，且您的症状较普通的感冒更为严重，同时您在症状发作前 14 天内到访过受感染的地区，请拨打 802-863-7240 联系佛蒙特州卫生部流行病学科室。

如果您包括在旅行的过程中已感染了 2019 新型冠状病毒，待在家中、避免与他人发生接触将有助于阻止病毒进一步扩散。

如果您已生病或担心您的健康状况，请**拨打电话**联系您的健康护理提供商。除非是在危及生命的情况下，否则请勿前往医院。

佛蒙特州老年人以及患有慢性病的人士

某些人士感染该病患后将更加容易出现严重症状，包括老年人以及患有慢性（长期）病症的人士，例如心脏疾病、糖尿病或肺病等。根据 CDC 的报告，60 岁以上的老年人患病风险更高，风险也会随着年龄增长而不断增长。80 岁以上的老年人出现严重症状的风险最高。

老年人和患有慢性病的人士应更加注意采取以下防护措施：

- 储备生活必需品
- 避免前往人群密集的场所
- 避免邮轮旅行和非重要的乘机旅行
- 远离其他患病人员

请访问以下地址阅读 CDC 关于 [易于出现严重症状的 COVID-19 感染者](https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html) 写就的完整指导说明：
： <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

我是否应该避免前往某些地点？

了解有关 2019 新型冠状病毒的旅行建议：

www.cdc.gov/coronavirus/2019-ncov/travelers

What you need to know about Coronavirus (COVID-19)

March 13, 2020



What is the 2019 novel coronavirus (COVID-19)?

Coronaviruses are a large group of viruses that can cause illnesses ranging from the common cold to more serious respiratory infections like bronchitis, pneumonia or severe acute respiratory syndrome (SARS).

The 2019 novel coronavirus (COVID-19) causes a respiratory infection that originated in Hubei province (Wuhan), China.

To learn more about the 2019 novel coronavirus, visit healthvermont.gov/COVID19.

What are the symptoms?

Like the flu and other common respiratory infections, symptoms range from mild to severe and can include:

- fever
- cough
- difficulty breathing

Complications from the 2019 novel coronavirus can include serious conditions, like pneumonia or kidney failure, and in some cases, death.

How does the virus spread?

Coronaviruses are spread mainly from person to person through close contact, for example, in a household, workplace or health care center.

What does close contact mean?

Close contact means being within six feet (2 meters) of someone for a long time. This happens when caring for, being intimate partners with, living with, visiting, or sharing a health care waiting area. If you have been in close contact with someone who has tested positive for COVID-19: stay home, limit your contact with others, and call Health Department Epidemiology at 802-863-7240 to discuss whether you need to see a provider and how you will monitor yourself for symptoms.

Close contact does NOT mean: being more than six feet away in the same indoor environment for a long period of time, walking by, or briefly being in the same room with someone who has tested positive for COVID-19. In these situations, you should observe yourself for symptoms. You do NOT need to call the Health Department.

When someone tests positive for COVID-19, the Health Department gets in touch with the close contacts of the individual.

How can I protect myself against the 2019 novel coronavirus?

There is no vaccine available to protect against the 2019 novel coronavirus.

There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home if you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

What should I do if I think I have the virus?

If you have fever, cough, difficulty breathing and your symptoms feel worse than a common cold and you have travelled to an affected area within 14 days of symptom onset, call Vermont Department of Health Epidemiology at 802-863-7240.

If you have been exposed to the 2019 novel coronavirus, including during travels, staying home, and limiting contact with others will help prevent further spread.

If you are sick or concerned about your health, contact your health care provider **by phone**. Please avoid going to the hospital, except in a life-threatening situation.

Older Vermonters and people with chronic conditions

Some people are at higher risk of getting very sick from this illness, including older adults and people with chronic (long-lasting) medical conditions like heart disease, diabetes or lung disease. According to the CDC, starting at age 60, there is an increasing risk of disease and the risk increases with age. The highest risk of serious illness is in people older than 80 years.

Older adults and people with chronic conditions should take extra precautions including:

- Stock up on supplies
- Avoid crowds
- Avoid cruise travel and non-essential air travel
- Stay away from others who are sick

Read the CDC's full guidance on [People At Risk for Serious Illness from COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html) at this address: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

Should I avoid travel to some places?

Learn about travel advisories related to the 2019 novel:
www.cdc.gov/coronavirus/2019-ncov/travelers