如果您有症状，即使是轻微症状，也请联系您的医疗保健提供者进行检测，即使您接种过疫苗或感染过COVID-19。 您的服务提供者将会在他们的办公室对您进行检测，或将您转介到附近机构进行检测。在等待结果期间，请待在家中并远离他人。

COVID-19的症状包括：

- 发热（100.4 °F或更高）
- 咳嗽
- 呼吸急促或呼吸困难
- 畏寒
- 疲劳
- 肌肉酸痛或全身酸痛
- 头痛
- 咽喉肿痛
- 新出现的味觉或嗅觉丧失
- 鼻塞或流涕
- 恶心或呕吐
- 腹泻

如果您有以下情况，请立即就医：

- 呼吸困难，
- 胸部持续疼痛或
- 压迫感，
- 新出现的意识混乱，
- 无法醒来或无法保持清醒，或
- 嘴唇、牙龈、面部、眼睛周围或指甲的颜色发生变化。

如果您没有医疗保健提供者，请致电2-1-1联系医疗护理。

如需有关COVID-19的更多信息，请访问：www.healthvermont.gov/COVID-19

Chinese Mandarin - Mainland China (Simplified)

If you have symptoms, even mild ones, contact your health care provider to get tested, even if you are vaccinated or had COVID-19. Your provider will test you at their office or refer you for testing nearby. Stay home and away from other people while you wait for your results.

Symptoms of COVID-19 include:

- Fever (100.4 °F or higher)
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Fatigue
- Muscle or body aches
- Headache
- Sore throat
- New loss of taste or smell
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Seek medical care immediately if you have:

- trouble breathing,
- persistent pain or
- pressure in the chest,
- new confusion,
- inability to wake or stay awake, or
- changes in color on your lips, gums, face, around the eyes, or nails.

If you don't have a health care provider, call 2-1-1 to connect to care.

For more information about COVID-19: www.healthvermont.gov/COVID-19