即使您已接種疫苗或曾感染 COVID-19，如果您出現症狀（即使只是輕微症狀），請聯絡您的醫療保健提供者以進行檢測。 您的提供者會在其診所為您進行檢測，或轉介您到附近的檢測點。
等待檢測期間，請留在家中，不要接觸他人。

COVID-19的症狀包括：

- 發燒（100.4 °F 或以上）
- 咳嗽
- 呼吸急促或呼吸困難
- 發冷
- 疲累
- 肌肉或身體疼痛
- 頭痛
- 喉嚨痛
- 新出現的味覺或嗅覺損失
- 鼻塞或流鼻涕
- 噁心或嘔吐
- 腹瀉

若出現以下情況，請即刻求醫：

- 呼吸困難；
- 持續疼痛或
- 感到胸口受壓；
- 出現精神錯亂；
- 無法醒來或保持清醒，或
- 嘴唇、牙齦、面部、眼睛周圍或指甲的顏色有變。

如果您沒有**醫療保健提供者**，請致電 2-1-1 以安排醫療護理。

欲知更多有關**COVID-19**的資訊，請瀏覽：**www.healthvermont.gov/COVID-19**

Chinese Cantonese (Traditional)

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

English