



您的 COVID-19 测试为阳性

出院返家须知

You Have COVID-19 with a Positive Test

Discharge Instructions for people returning home (Chinese)

在密西根医学部，您表现出可能为呼吸道感染的症状和/或表达了对 COVID-19 的担忧。

您的 COVID-19 测试呈**阳性**。我们已通知了您居住所在地的郡县卫生部门，该部门可就有关医疗照护方面帮您做出进一步决策。

You presented to Michigan Medicine with symptoms of a possible respiratory infection and/or concern for COVID-19. Your COVID-19 test is **positive**. We have notified the Department of Health of your county of residence, who may help you make further decisions about your care.

大多数患有 COVID-19 的人都可以在家中康复。Most people who are ill with COVID-19 are able to recover at home.

我在家中应该如何照顾自己？ How should I care for myself at home?

保持自我隔离。 仅在需要求医时方可离家。离家求医前、途中或者返程后请勿去公众场所，并避免搭乘会暴露感染他人的交通工具。待在家中的特定房间，远离其他人和动物。

Remain in self-isolation. Leave home only if seeking medical care. Do not go into the public and avoid transportation where others could be exposed to you before, during or after the trip. Stay in a specific room at your home, away from other people and animals.

照顾好自己，监测症状，并在需要时寻求帮助。继续补充液体，使用对乙酰氨基酚或其他非处方药物进行支持治疗。勤洗手。如出现紧急症状，请致电 911 或前往当地急诊室。

Care for yourself, monitor symptoms, seek help if needed. Continue supportive care with fluids, acetaminophen, or other over the counter medications. Wash your hands often. Call 911 or go to the local emergency department if emergent symptoms should develop.

出院后，如有**发烧**（温度）超过 100.4 且持续超过 5 天以上，**并且**有以下任何一种情况，**请致电密西根医学部 734-763-6336 以寻求医疗建议：**

- 咳嗽加重
- 新出现呼吸急促或呼吸急促加重

Call Michigan Medicine at 734-763-6336 for medical advice if you have a fever (temperature) of more than 100.4 that has lasted longer than 5 days after discharge **and** any of the following:

- worsening cough
- new or worsening shortness of breath

如果咳嗽或新出现呼吸急促或呼吸急促加重的症状持续 7 天或以上，请致电您的初级医疗保健提供者。

如有以下任何紧急警告体征*，**请立即就医**

- 呼吸困难
- 持续胸部疼痛或有压迫感
- 新出现的神志不清
- 无法醒来或保持清醒

- 嘴唇或面色发紫

*此列表未列出所有内容。如有其他严重症状，请咨询您的医疗服务提供者。

Call your primary care provider if you have a cough or new or worsening shortness of breath for 7 days or more.

Seek Medical Attention immediately if you have any of the following emergency warning signs*

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to arouse
- Bluish lips or face

*This list is not all-inclusive. Please consult your medical provider for any other symptoms that are severe.

我什么时候可以解除自我隔离？ When can I leave self-isolation?

需满足以下**所有**条件，方可解除自我隔离：

- 距症状首次出现至少已经 10 天，**并且**
- 距上次发烧以来，在没有使用退烧药的情况下，至少有 24 小时没有发烧，**并且**
- 症状（例如咳嗽、呼吸急促）已经有改善

如在院外护理身体状况良好，我们目前不建议为“证明解除隔离”而对患者进行二次测试。

You may leave self-isolation if **all** of the following have occurred:

- At least 10 days have passed since symptoms first appeared **and**
- At least 24 hours have passed since last fever without the use of fever-reducing medications **and**

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- Symptoms (e.g., cough, shortness of breath) have improved

We do not currently recommend a second test for “clearance” of the infection for patients that are well enough to be in the ambulatory setting.

如没有症状，则自测试之日 10 天后即可解除自我隔离。

If you do not have symptoms, you may leave self-isolation after 10 days have passed since the test.

当地的卫生部门可能会与您联系，与您讨论居家自我隔离的适当持续时间。

Your local Health Department may contact you to discuss the appropriate duration of your home self-isolation.

我们建议患有以下疾病者进行自我隔离 20 天：

- 活动性癌症
- 骨髓或器官移植
- 艾滋病毒 (HIV) 感染
- 正服用免疫抑制剂

由于这些疾病会削弱免疫系统，因此需要更长的隔离期

We recommend that people with the following conditions self-isolate for 20 days:

- active cancer
- bone marrow or organ transplant
- HIV infection
- taking immunosuppressive medications

The longer isolation period is required because these conditions compromise the immune system.

如我与他人一直有保持密切接触，我该怎么办？

What should I do if others have been in close contact with me?

如果还没有这样做，请通知您的密切接触者他们可能已经暴露于病毒之下。密切接触是指：

- 距您 6 英尺以内至少 15 分钟的人（有或没有戴面罩）。
- 与您有身体接触的任何入，例如拥抱或共用餐具或饮料。

If you haven't done so already, notify your close contacts that they may have been exposed. A close contact is:

- Someone who has been within 6 feet of you for at least 15 total minutes with or without a face covering.
- Anyone you had physical contact with, such as hugging or sharing eating utensils or drinks.

一个人在出现症状或没有症状但测试呈阳性之前的两天被认为开始具有传染性。

A person is considered contagious 2 days before their symptoms start or before their positive test if they do not have symptoms.

通常，密切接触者应自与您最后一次密切接触后检疫隔离 14 天。

- 当地卫生部门可能会建议将检疫隔离期缩短为 7-10 天。
- 如果他们与他人（例如家庭成员）持续保持密切接触，则可能需要延长检疫隔离期。

In general, close contacts should quarantine for 14 days from the last time they had close contact with you.

- A shorter quarantine period of 7-10 days may be recommended by their local health department.
- A longer quarantine period may be needed if they have ongoing close contact with someone (e.g., a member of their household).

有关检疫隔离的其他信息，请访问：<https://www.cdc.gov/coronavirus/>

→ 点击：**如果您生病了**，然后继续：**何时应该检疫隔离**

Additional information about quarantine can be found at:

<https://www.cdc.gov/coronavirus/>

→ Click on: **If you are sick** and then on: **When to Quarantine**

何处可以了解更多资讯？ Where can I learn more?

以下网站提供了非常好的有关 COVID-19 的指引：

- 美国疾控中心（CDC）冠状病毒网站：<http://www.cdc.gov/coronavirus> □
- 密西根州冠状病毒官网：<http://www.michigan.gov/coronavirus>
- 红十字会 COVID-19 康复患者血浆捐赠：<https://tinyurl.com/vyz3vwa>
- 密西根医学部病人教育网页：<http://careguides.med.umich.edu/coronavirus>
- 密西根医学部冠状病毒更新网页：<https://www.uofmhealth.org/covid-19-update>

The following websites provide excellent instructions on COVID-19:

- CDC Coronavirus website at: <http://www.cdc.gov/coronavirus> □
- State of Michigan Coronavirus website at: <http://www.michigan.gov/coronavirus>
- Red Cross plasma donations from recovered COVID-19 Patients at: <https://tinyurl.com/vyz3vwa>

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- Michigan Medicine Patient Education Page at:
<http://careguides.med.umich.edu/coronavirus>
- Michigan Medicine Coronavirus Updates page at:
<https://www.uofmhealth.org/covid-19-update>

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