

COVID-19：基於風險的準則

Austin-Travis縣處於第3階段

Austin公共衛生部發布了一份按不同顏色分類的圖表，以幫助Austin-Travis縣的居民了解各個風險階段，並就人們如何在COVID-19疫情期間保持安全提供了建議。

Austin公共衛生部目前正在探索最有效的指標，以幫助確定當地社區的風險級別。正在根據住院治療的人數對臨時觸發因素進行建模，因為它們與病例數、呼吸機的使用、死亡人數以及有效治療和疫苗的可獲得性存在普遍相關性。

[查看準則圖表（有顏色）](#)

COVID-19: Risk-Based Guidelines

	Practice Good Hygiene Stay Home if Sick Avoid Sick People	Maintain Social Distancing	Wear Facial Coverings	Higher Risk Individuals <small>Age over 65, diabetes, high blood pressure, heart, lung and kidney disease, immunocompromised, obesity</small>			Lower Risk Individuals <small>No substantial underlying health conditions</small>			Workplaces Open
				Avoid Gatherings	Avoid Non-Essential Travel	Avoid Dining/ Shopping	Avoid Gatherings	Avoid Non-Essential Travel	Avoid Dining/ Shopping	
				greater than 25	except with precautions	greater than 10	greater than 25	except with precautions	essential and re-opened businesses	
Stage 1	•			greater than 25	except with precautions	greater than 10	greater than 25	except with precautions	essential and re-opened businesses	
Stage 2	•	•	•	greater than 10	except as essential	greater than 25	greater than 25	except with precautions	essential and re-opened businesses	
Stage 3	•	•	•	social and greater than 10	except as essential	social and greater than 10	social and greater than 10	except with precautions	essential and re-opened businesses	
Stage 4	•	•	•	social and greater than 2	except as essential	social and greater than 10	social and greater than 10	except expanded essential businesses	expanded essential businesses	
Stage 5	•	•	•	outside of household	except as essential	outside of household	outside of household	except as essential	essential businesses only	

Use this color-coded alert system to understand the stages of risk. This chart provides recommendations on what people should do to stay safe during the pandemic. Individual risk categories identified pertain to known risks of complication and death from COVID-19. This chart is subject to change as the situation evolves.

AustinTexas.gov/COVID19 Published: May 13, 2020 APH Austin Public Health

[查看準則圖表（適合色盲）](#)

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基於風險的新準則列出了五個不同的風險階段，從最低威脅（第1階段）到最嚴重威脅（第5階段），並針對每個階段提出了建議的行為。

對於低風險個人，即無重大潛在疾病，因COVID-19而導致併發症和死亡的風險較低的個人，建議如下：

第1階段： 養成良好的衛生習慣，生病時待在家裡，並避免接觸其他病人。Austin公共衛生部正在就最多聚集人數制定建議。建議所有企業的員工都可以安全地返回工作崗位。
第2階段： 包含第1階段的建議，並補充：保持社交距離，並在公共場合佩戴織物面罩。敦促個人避免餐飲和購物（除非採取預防措施），並避免以25人以上的人群聚集。建議不可或缺企業和重新開業的企業的員工可以安全地返回工作崗位。
第3階段： 包含第2階段的建議，並敦促個人避免不必要的旅行、所有社交聚會以及10人以上的人群聚集。
第4階段： 包含階段3的建議，並建議只有“擴展型不可或缺企業”的員工才可以安全地返回工作崗位、用餐和購物。此類別將很快得到定義。
第5階段： 包含階段4的建議，並敦促個人避免所有戶外聚集，並避免餐飲和購物（除非具有不可或缺性質）。在此階段，只有不可或缺企業的員工可以安全地返回工作崗位。

建議對高風險個人採取其他保護措施，高風險個人是指65歲以上的人或患有糖尿病、高血壓、心臟病、肺病、腎病、肥胖症或免疫力低下的人。

例如，即使在最低級別的第1階段，也要敦促高風險個人避免餐飲和購物（除非採取預防措施），並避免以25人以上的人群聚集。隨著從第1階段演變到第4階段，相比低風險個人，建議高風險個人在更大程度上限制聚集以及限制餐飲和購物。但是，到了第5階段，無論個人健康狀況如何，建議所有個人以相同程度限制其活動和接觸。