

COVID-19：基于风险的准则

Austin-Travis县处于第3阶段

Austin公共卫生部发布了一份按不同颜色分类的图表，以帮助Austin-Travis县的居民了解各个风险阶段，并就人们如何在COVID-19疫情期间保持安全提供了建议。

Austin公共卫生部目前正在探索最有效的指标，以帮助确定当地社区的风险级别。正在根据住院治疗的人数对临时触发因素进行建模，因为它们与病例数、呼吸机的使用、死亡人数以及有效治疗和疫苗的可获得性存在普遍相关性。

[查看准则图表（有颜色）](#)

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	Non-Essential Travel	Avoid Dining/ Shopping	Avoid Gatherings	Non-Essential Travel	Avoid Dining/ Shopping	
				greater than 25	except with precautions	gathering size TBD	greater than 25	except with precautions	essential and re-opened businesses	
Stage 1	•			greater than 25	except with precautions	gathering size TBD			essential and re-opened businesses	
Stage 2	•	•	•	greater than 10	except as essential	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	except with precautions	essential and re-opened businesses	
Stage 4	•	•	•	social and greater than 2	•	except as essential	social and greater than 10	except expanded essential businesses	expanded essential businesses	
Stage 5	•	•	•	outside of household	•	except as essential	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.

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[查看准则图表（适合色盲）](#)

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基于风险的新准则列出了五个不同的风险阶段，从最低威胁（第1阶段）到最严重威胁（第5阶段），并针对每个阶段提出了建议的行为。

对于低风险个人，即无重大潜在疾病，因COVID-19而导致并发症和死亡的风险较低的个人，建议如下：

第1阶段： 养成良好的卫生习惯，生病时待在家里，并避免接触其他病人。Austin公共卫生部正在就最多聚集人数制定建议。建议所有企业的员工都可以安全地返回工作岗位。
第2阶段： 包含第1阶段的建议，并补充：保持社交距离，并在公共场合佩戴织物面罩。敦促个人避免餐饮和购物（除非采取预防措施），并避免以25人以上的人群聚集。建议不可或缺企业和重新开业的企业的员工可以安全地返回工作岗位。
第3阶段： 包含第2阶段的建议，并敦促个人避免不必要的旅行、所有社交聚会以及10人以上的人群聚集。
第4阶段： 包含阶段3的建议，并建议只有“扩展型不可或缺企业”的员工才可以安全地返回工作岗位、用餐和购物。此类别将很快得到定义。
第5阶段： 包含阶段4的建议，并敦促个人避免所有户外聚集，并避免餐饮和购物（除非具有不可或缺性质）。在此阶段，只有不可或缺企业的员工可以安全地返回工作岗位。

建议对高风险个人采取其他保护措施，高风险个人是指65岁以上的人或患有糖尿病、高血压、心脏病、肺病、肾病、肥胖症或免疫力低下的人。

例如，即使在最低级别的第1阶段，也要敦促高风险个人避免餐饮和购物（除非采取预防措施），并避免以25人以上的人群聚集。随着从第1阶段演变到第4阶段，相比低风险个人，建议高风险个人在更大程度上限制聚集以及限制餐饮和购物。但是，到了第5阶段，无论个人健康状况如何，建议所有个人以相同程度限制其活动和接触。