

Jikinge Wewe Pamoja na Wengine

Hivi sasa, COVID-19 inaenea kwa viwango vya juu zaidi katika Vermont. Katika nyakati hizi, ni muhimu kutathmini upya hali yako ya hatari na kutilia maanani zaidi wakati unapopaswa kuchukua hatua za kujikinga, kama vile kuvaa barakoa yenye ubora wa juu katika majengo ya umma. Ikiwa una dalili zozote, pimwa. Ikiwa utapatikana na virusi hivyo na uko katika hatari zaidi ya kupata maradhi makali, wasiliana na mhudumu wako wa afya mara moja ili upate matibabu.

Virusi vya COVID-19 vitadumu kwa muda mrefu. Wakazi wa Vermont wana zana zinazohitajika ili kujikinga wao wenyewe pamoja na wengine dhidi ya kuambukizwa au kueneza virusi hivyo.

Pata Taarifa za Sasa Kuhusu Chanjo

Chanjo ndizo zana bora zaidi tulizo nazo za kujikinga dhidi ya COVID-19, hasa kutoka kwa maradhi makali, kulazwa hospitalini na kifo.

Watu ambao hawajachanjwa wako katika hatari zaidi ya kuambukizwa na kueneza virusi hivyo. Kwa kila mtu anayestahiki kupokea chanjo, tunamhimiza sana ajikinge kwa kupata chanjo haraka iwezekanavyo, na apate chanjo ya nyongeza atakapostahiki ili kupata kinga kamili. [Fahamu unapoweza kupata chanjo.](#)

Pimwa Inapohitajika

Unaweza kuwakinga wengine kwa kupimwa ikiwa una [dalili za COVID-19](#) au umekuwa katika hatari ya kuambukizwa COVID-19. Ni muhimu sana kupimwa ikiwa uko [katika hatari zaidi ya kuambukizwa COVID-19](#), ili uwasiliane na mhudumu wako wa afya ili kuomba maelezo kuhusu matibabu. [Tafuta mahali pa kupimwa.](#)

Kaa Nyumbani Ikiwa Wewe ni Mgonjwa

Ikiwa una dalili za COVID-19, mafua, au ugonjwa mwingine wa kuambukiza, tafadhali kaa nyumbani ikiwa wewe ni mgonjwa na umpigie simu mhudumu wako wa afya kama inahitajika. Hii inasaidia kuzuia kuenea kwa viini, kulinda watu walio katika hatari zaidi ya kuugua sana, na kukupa nafasi ya kupata nafuu.

Kuvaa Barakoa na Tahadhari Zingine Unazoweza Kuchagua

Kwa kuwa kiwango cha maradhi makali katika jamii zetu kiko chini, kila mtu anaweza kuamua ikiwa anataka kuchukua tahadhari kulingana na kiwango chake binafsi cha hatari.

Maamuzi kuhusu kuchukua tahadhari za ziada hulingana na kiwango chako cha hatari

Maamuzi yako yanaweza kuchochewa na:

- umri au hali yako ya afya
- ikiwa una kinga dhaifu
- ikiwa unakaa na watu walio katika hatari zaidi au ambao hawajachanjwa

Tahadhari hizi zinaweza kuwa ni pamoja na [kuvaa barakoa](#), ili kusaidia kukuinga wewe na watu walio karibu nawe dhidi ya kuambukizwa au kueneza COVID-19. Mifano ya barakoa za ubora wa juu ni kama barakoa za N95 au KN95, ambazo zinafaa sana kwa kuzuia matone. Pia unaweza kuvaa barakoa inayokutosha vizuri iliyo na angalau safu mbili za kitambaa vyenye mshono usio na mianya, au safu moja ya barakoa inayotupwa baada ya matumizi chini ya barakoa ya kitambaa ili kuongeza ufanisi wake.

Fahamu ikiwa uko katika hatari ya juu ya kuambukizwa COVID-19

Ikiwa [uko katika hatari ya juu ya kuambukizwa COVID-19](#), unaweza kuchukua tahadhari zaidi, kuhakikisha kwamba unaweza kupata huduma za kupimwa kwa haraka, na uwe tayari kuwasiliana na mhudumu wako wa afya ili kupokea [matibabu](#) ikiwa utapatikana na virusi hivyo. Zungumza na mhudumu wako wa afya ikiwa una maswali kuhusu hali yako ya hatari.

Fahamu unachopaswa kufanya [ikiwa utapatikana na COVID-19](#) au [kama umetangamana na mgonjwa kwa karibu](#).

Protect Yourself and Others

COVID-19 is currently spreading at higher levels in Vermont. During these times, it is important to reassess your personal risk and strongly consider when to take prevention steps, such as wearing a high-quality mask in indoor public spaces. If you have any symptoms, get tested. If you test positive and are at higher risk, contact your health care provider right away to get treatment.

The COVID-19 virus will be with us for a long time. Vermonters have the tools needed to protect themselves and others from getting or spreading the virus.

Stay Up to Date on Vaccinations

Vaccines are the best tool we have to protect ourselves against COVID-19, especially from severe illness, hospitalization and death.

Unvaccinated people are at a much higher risk of getting and spreading the virus. We strongly encourage everyone who is eligible to protect themselves by getting vaccinated as soon as possible, and get their booster shot for full protection when eligible. [Find out where you can get your shot.](#)

Get Tested When Needed

You can protect others by getting tested if you have [COVID-19 symptoms](#) or an exposure to COVID-19. It's especially important to get tested if you are [at higher risk for COVID-19](#), so you can reach out to your health care provider to ask about treatment. [Find out where to get tested.](#)

Stay Home if Sick

Whether you have symptoms of COVID-19, the flu, or another contagious illness, please stay home if you are sick and call your health care provider if needed. This helps keep germs from spreading, protects those who may be at risk of serious illness, and gives you a chance to get well.

Masking and Other Precautions You Can Choose

As the level of severe disease is low in our communities, each person can decide if they want to take precautions based on their own personal level of risk.

Decisions about additional precautions depend on your risk

Your decisions might be influenced by:

- your age or health condition
- if you are immunocompromised
- if you spend time with people at higher risk or who are unvaccinated

These precautions might include [wearing a mask](#), which helps protect you and the people around you from getting or spreading COVID-19. Examples of high-quality masks are N95 or KN95 masks, which are very good at blocking droplets. You can also wear a well-fitting mask with at least two layers of tightly-woven fabric or layer a disposable mask under a cloth mask to increase effectiveness.

Know if you are at higher risk for COVID-19

If you are [at higher risk for COVID-19](#), you can consider taking additional precautions, make sure you have quick access to testing, and be ready to reach out to your health care provider for [treatment](#) if you do test positive. Talk to your health care provider if you have questions about your risk.

Learn what to do [if you test positive](#) or [are a close contact](#).