

Ilaali Naftaada iyo Dadka Kale

COVID-19 waxa uu wakhtigan aad ugu faafayaa Vermont dhaxdeeda. Wakhtiyadan, waxaa muhiim ah in aad dib u qiimayso khatartaada shakhsi ahaaneed oo aad si xoogan u eegto goorta aad qaadayso talaabooyin kahortag ah, sida xidhashada waji gashad wanaagsan marka aad joogto meelaha gudaha ah. Haddii aad leedahay astaamo, isbaar. Haddii lagaa helay cudurka oo aad halis sare ku jirto, la xidhiidh bixiyahaaga daryeelka caafimaadka isla markaba si aad u hesho daawayn caafimaad.

Fayraska COVID-19 waxa uu i nala joogi doonaa wakhti dheer. Reer Vermont waxa ay haystaan agabka ay u baahan yihiin si ay isaga ilaaliyan qaaditanka iyo faafinta fayruska naftooda iyo tan dadka kaleba.

La Soco Wixii Ku Soo Kordha Tallaalada

Tallaaladu waa agabka ugu wanaagsan ee aynu haysano oo aynu isaga ilaalin karno COVID-19, gaar ahaan xanuunka daran, isbitaal dhigista iyo dhimashada.

Dadka aan tallaaneyn ayaa khatar aad u sarreysa ugu jira qaaditaanka iyo faafitaanka fayruska. Waxa aanu si xooggan ugu dhiirrigelinaynaa qof kasta oo qadan kara talalka in u qaato talalka sida ugu dhakhsaha badan ee suuragalka ah , misena xoojiyaan talalkooda si ay u hellan ilaalinta dhamayska tiran . [Ogow halka/goobta aad iska tallaali karto.](#)

Isbaar Marki aad u Baahato

Si aad uga ilaaliso dadka kale in ay qaadaan Covid 19 is baar hadii aad isku aragto [calaamadaha COVID-19](#) ama aad la kulanto qof qaba. Waxa muhiim ah inaad iska baarto haddii aad [khatar sare ugu jirto COVID-19](#), markaa waxa aad la xidhiidhi kartaa bixiyaha daryeelkaaga caafimaad si aad wax uga weydiiso daaweynta. [Ogow halka/goobta aad iska baari karto.](#)

Joog Guriga Haddii Aad Xanuunsanayso

Haddii aad leedahay calaamadaha COVID-19, hargab, ama xanuunada kale ee faafa, fadlan guriga joog haddii aad xanuunsan tahay wac bixiyaha daryeelkaaga caafimaad haddii aad u baahato. Tani waxa ay gacan ka geysaneynaa in ay yareeyso faafinta jeermiska , waxa ay ka hortagtaa in ay qaadaan cudurka covidka dadka khatarta ugu jiri kara xanuunada daran, waxana ay fursad kuu siisaa inaad ladnaato.

Waji Gashadka iyo Taxaddarada Kale ee aad Dooran Karto

Maadaama heerka xanuunka darani bulshadeena dhaxdeeda uu hooseeyo , qof kastaaba waxa uu go'aansan karaa haddii uu doonayo in uu qaado tallaabooyin taxaddarsan oo ku salaysan heerka khatartooda shakhsiyeed.

Go'aanada ku saabsan taxaddarada dheeraadka ah waxa ay ku xidhan yihiin heerka aad khatarta ugu jirto cudurka

Go'aanadaada waxa saameyn kara:

- Da'daada iyo xaaladdaada caafimaad
- Haddii uu liito difaaca jidhkaaga
- Haddii aad wakhti la qaadato dadka khatarta sare ugu jira cudurka ama kuwa aan tallaalneyn

Taxaddaran waxa ku jiri kara [xidhashada weji gashi](#), kaas oo gacan ka geysta in uu kaa ilaaliyo adiga iyo dadka kugu xeeran qaaditaanka iyo faafitaanka COVID-19. Tusaaleyaal weji gashiyo tayo sare leh waxa ka mid ah weji gashiyada N95 ama KN95, kuwaas oo aad ugu wanaagsan xanibitaanka dhibcaha candhuufta ah ee neefta la socda. Waxa aad sidoo kale xidhan kartaa weji gashi si wanaagsan kuu le'eg oo ka samaysan ugu yaraan laba lakab oo dun si gijisan la isugu tolal ama inaad hoos dhigto weji gashi halmar la adeegsado weji gashi maro ah si aad u kordhiso waxtarka.

Ogow inaad khatar badan ugu jirto COVID-19

Haddii aad [khatar badan ugu jirto COVID-19](#), waxa aad qaadi karaa tallaabooyin taxaddar oo dheeraad ah, hubi inaad si dhakhso ah u heli karto shaybaadh, una diyaar ahaw inaad kala xidhiidho bixiyaha daryeelkaaga caafimaad wixii [daaweyn ah](#) haddii lagaa helo xanuunka. Wixii su'aal ah ee aad qabto kala hadal bixiyahaaga daryeelka caafimaad khatartaada.

Oggow waxa aad samaynayso [hadii shaybaadh lagaaga helo](#) ama [aad u dhawaato cid qabta](#)

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](#).