

Nimba ufise ibimenyetso, naho vyoba bidakomeye usabwa guhamagara umuganga abijejwe kugira agupime, naho woba waracandazwe canke warigeze kurwara COVID-19. Umuganga wawe azogupomira mu biro canke akurungike ahandi hafi bapimira. Usabwa kuguma muhira kandi ntiwegere abandi mugihe urindiriyeye inyishu.

Ibimenyetso nyezina vya COVID-19 ni:

- Ubushuhe(100.4 F canke birenga)
- Inkorora
- Impemu nke canke kugira ingorane zo guhema
- Kujugumira
- Kwumva urushe
- Ububabare mu mimitsi no ku mubiri
- Kumeneka umutwe
- Ububabare mu muhogo
- Gutangura kudasoserwa canke kutamoterwa
- Gupfungiza canke ibicurane
- Iseseme canke kudahwa
- Gucibwamwo

usabwe kuja kwa muganga ubwoyene nimba ufise:

- ingorane zo guhema.
- ububabare budahera canke
- kuremerwa mu gikiriza,
- guhinduka mu mutwe,
- kudashobora kuvyuka canke kubura itiro, canke
- guhinduka kwibara ry'umunwa,ibinyigishi,mu maso,ahakikije amaso canke inzara.

Hamwe woba ata muganga akwitaho ufise, terefona 2-1-1 kugira baguhuze n'ivuriro riri hafi yawe.

Ukeneye kumenya ayandi makuru araba COVID-19: www.healthvermont.gov/COVID-19

If you have symptoms, even mild ones, contact your health care provider to get tested, even if you are vaccinated or had COVID-19. Your provider will test you at their office or refer you for testing nearby. Stay home and away from other people while you wait for your results.

Symptoms of COVID-19 include:

- Fever (100.4 °F or higher)
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Fatigue
- Muscle or body aches
- Headache
- Sore throat
- New loss of taste or smell
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Seek medical care immediately if you have:

- trouble breathing,
- persistent pain or
- pressure in the chest,
- new confusion,
- inability to wake or stay awake, or
- changes in color on your lips, gums, face, around the eyes, or nails.

If you don't have a health care provider, call 2-1-1 to connect to care.

For more information about COVID-19: www.healthvermont.gov/COVID-19