

Hadii aad qabto astaamo, xataa kuwo yaryar, waxa aad la xidhiidhaa bixiyahaaga daryeelka caafimaad si aad isku baadho, xataa hadii aad is talaashay ama aad hore u qaaday COVID-19. Bixiyahaaga ayaa kugu baadhi doona xafiiskiisa ama kuu wareejin doona meel kale oo lagu baadho oo kugu dhaw. Joog guriga oo dadka kale ka fogow inta aad sugayso natiijada.

## Astaamaha COVID-19 waxa kamid ah:

- Xummad (100.4 °F ama ka badan)
- Qufac
- Neefta oo kugu adkaata ama mushkilad neefsiga ah
- Qadhqadhyo
- Daal
- Muruq ama jidh xanuun
- Madax-xanuun
- Cune xanuun
- Dhadhanka ama urta oo oo meesha ka baxa oo cusub
- Sanka oo xidhma ama duuf
- Yalaalugo ama hunqaaco
- Shuban

## Doono daryeel caafimaad isla markaba hadii aad yeelato:

- neefsashada oo adkaata,
- damqasho joogto ah ama
- cadaadis laabta ah,
- dawakhaad cusub,
- aad awoodi waydo inaad soo toosto ama hurdo aad ka kici waydo, ama
- isbadalo midabka dabhahaaga ah, ciridka, wajiga, aaga indhaha, ama cidiyaha.

Haddii aadan lahayn bixiye daryeel caafimaad, wac 2-1-1 si laguugu xiriiriyo daryeelka.

Wixii macluumaad ee dheeraad ah ee ku saabsan COVID-19: [www.healthvermont.gov/COVID-19](http://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](http://www.healthvermont.gov/COVID-19)