

Ikiwa una dalili, hata zile nyepesi, wasiliana na mtoa huduma wako wa afya ili upimwe, hata ikiwa umepata chanjo au ulikuwa na COVID-19. Mtoa huduma wako atakupima kwenye ofisi yake au atakuelekeza eneo la upimaji lililo karibu. Baki nyumbani na mbali na watu wengine wakati unasubiri matokeo yako.

## Dalili za COVID-19 ni:

- Homa (halijoto ya 100.4 °F au zaidi)
- Kikohozi
- Upungufu wa pumzi au kushindwa kupumua
- Kibaridi
- Uchovu
- Maumivu ya misuli au mwili
- Maumivu ya kichwa
- Mwasho kooni
- Kupoteza hisia ya ladha au harufu
- Kuziba au kutokwa kamasi puani
- Kichefuchefu au kutapika
- Kuharisha

## Pata huduma ya matibabu mara moja ikiwa una dalili hizi:

- matatizo ya kupumua,
- maumivu yasiyoisha au
- shinikizo kifuani,
- kuchanganyikiwa upya,
- kushindwa kuamka au kubaki umeamka, au
- mabadiliko ya rangi kwenye midomo, ufizi, uso, karibu na macho au kucha zako.

Ikiwa huna mtoa huduma ya afya, piga simu kwa 2-1-1 ili uunganishwe na huduma ya matibabu.

**Kwa maelezo zaidi kuhusu 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)