आफ्नो COVID-19 परीक्षणको नतिजालाई पढ्दिद गर्दा तपाईले के-के गर्न सक्नुहुन्छ?

तपाईंमा COVID-19 भए पनि, नभए पनि तपाईले निम्न कुराहरु सधैं गनुफहुन्छ:
- तपाईले बाहिर हुँदा अरुहरूहरू बाट 6-फिट वा 2 मिटरको दुरी कायम राख्दै?
- यदि तपाईले अरु मानिसहरूसँगी निकाट सम्पर्कीत ठाडा रहन सक्नुहुन्छ भने कपडाको मास्क लगाउनुहोस्?
- साधून र पानीले कस्तो मानिस 20 सेकण्डसम्म आफ्नो हात बार्म्याहरू धुनुहोस् वा साधून र पानी उपलब्ध नभएमा अल्कोहलमा नसाइएको हाद र सेनिटाइजर प्रयोग गर्दै?
- खोक्दा या हाउस 'यहरू आफ्नो बाहुला थापुहोरा, पेपर थापुहोरा वा टाइप्लाई फोहोरा फाल्ने बाँडीमा फाल्नुहोस्?
- आफ्नो आँखा, नाक र मुख नुहुन्छु?
- बार्म्यार छोडिएको सतह तथा कस्तो हुने नियमित रूपमा सफाई गर्न जीवाणुहरूलाई बनाउनुहोस्?

तपाईको परीक्षणको नतिजाको अर्थ के हुन्छ?

यदि तपाईको परीक्षणको नतिजा नेगेटिभ आएमा:
- COVID-19 को फैलावलाई रोक्नको लागि माथि कोकापेश्चुरक क्रियालाई जारी राख्नुहोस्?
- यदि तपाईको COVID-19 का लक्षणहरू देखि सूची भए भए आफ्नो स्वास्थ्य सेवा प्रदायक हुन्छ?
- तपाईको पनि, परीक्षण राख्नुपर्न पनि हुन्छ?
- लक्षणहरू निम्नानुसार तपाईले आउनुहोस्?
  - ज्यों आउने
  - खोक्दा आउने
  - सासुन फुल्ने वा सास फूल्ने गर्नुहोस्
  - काम्ने
  - धुर्कर काम छूनुहोस्
- यदि राख्नुहोस्, अरु मानिसहरूसँगी प्रवेसित बन्न शक्नुहुन्छ बाहिर रह्नुहोस्?

यदि तपाईको परीक्षणको नतिजा पोजिटिभ आएमा:
- तपाईको स्वास्थ्य सेवा प्रदायक हुने रुपमा उपचारको अर्थमा आउन शक्नुहुन्छ?
- तपाईले आफ्नो स्वास्थ्य सेवा प्रदायकसेन्स नेपालियाहरूलाई आउन गर्नुहोस्?
- स्वास्थ्य विभागको तपाईको स्वास्थ्यका विशेषज्ञको अर्थमा आउन गर्नुहोस्?

यथा जानकारी healthvermont.gov/covid19-travelguide मा पाउनुहोस्।

108 Cherry Street, Burlington, VT 05401 · 802-863-7200 · www.healthvermont.gov
Today you gave a specimen that will be tested for COVID-19. If you asked to receive your results by email, you will receive an email when your test results are ready, which is usually within 2-3 days. The email will prompt you to log in and get your results online where you may also print your results letter. If you asked to receive your results by mail, you will get a letter within 7 days of being tested.

What can you do while you wait for your results?

Whether you have COVID-19 or not, you should always:

- Keep a 6-foot or 2-meter distance from others when you are out.
- Wear a cloth face mask if you cannot avoid close contact with other people.
- Wash your hands often for at least 20 seconds with soap and water or use an alcohol-based hand sanitizer if soap and water are not available.
- Cover your coughs and sneezes with your sleeve or a tissue and throw the tissue in the trash.
- Avoid touching your eyes, nose and mouth.
- Routinely clean and disinfect frequently touched surfaces and objects.

What do your test results mean?

If your results are negative:

- Continue taking the prevention steps above to stop the spread of COVID-19.
- Call your health care provider right away if you start to have symptoms of COVID-19. You might need to be tested again. Symptoms include:
  - Fever
  - Cough
  - Shortness of breath or difficulty breathing
  - Chills
  - Repeated shaking with chills
- Remember: Results from today’s test will tell you if you are infected or sick today. It is possible that you could test positive in the future. Based on an analysis by the Health Department’s Serology Working Group, serologic (also known as antibody) testing is not yet accurate enough to give individuals reliable information about their health.

If your results are positive:

- Your health care provider will talk to you about your care and treatment of any symptoms.
- Stay home until you speak with your health care provider.
- The Health Department will follow up with you and let you know when you can return to your regular activities. They will also talk to you about your close contacts.

Get more information at healthvermont.gov/COVID-19.