

Maanta waxa aad bixisay muunad laga baadhi doono COVID-19. Haddii aad dalbatay in aad ku hesho natiijooyinkaaga iimaylka, waxa aad heli doontaa iimayl marka natiijooyinka shaybaadhkaagu ay diyaar noqoto, taas oo ah badanaa 2-3 maalmood gudahood. Iimaylku waxa uu ku xusuusin doonaa in aad gasho oo aad natiijooyinkaaga ku hesho onlayn halkaas oo aad sidoo kale ka daabacan karto warqadda natiijooyinka. Haddii aad dalbatay in aad ku hesho natiijooyinkaaga iimayl ahaan, waxa aad ku heli doontaa warqad wakhtiga lagu baadhay 7 da maalmood ee ka dambeeya.

Maxaad qaban kartaa inta aad sugayso natiijooyinkaaga?

Haddii aad qabto COVID-19 iyo haddii kaleba, badanaaba waa in aad:

- Ilaalisaa masaafad 6-fuudh ah ama 2-mitir ah in aad u jirsato dadka kale marka aad banaanka u baxdo.
- Xidhataa weji gashad maro ah haddii aanad iska ilaalin karin u dhawaanshaha dadka kale.
- Ku dhaqdaa gacmahaaga badanaa biyo iyo saabuun ugu yaraan 20 ilbidhiqsi ama adeegsataa gacmo nadiifiye alkoolo ka samaysan haddii saabuunta iyo biyaha aan la helayn.
- Ku dabooshaa qufacaaga iyo hindhisadaada cudud-gashigaaga ama kilinikis kuna tuurtaa kilinikiska qashinka.
- Iska ilaalinta taabashada indhaha, sanko, iyo afka.
- Si joogto ah u nadiifisaa ood jeermiskana uga dishaa oogoooyinka iyo walxaha badanaa la taataabto.

Maxay natiijooyinka shaybaadhkaagu ka dhigan yihiin?

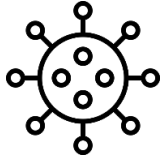
Haddii natiijooyinkaagu sheegayaan in lagaa waayey xanuunka:

- Sii wad qaaditaanka tallaabooyinka kahortagga ee sare si aad u joojiso faafitaanka COVID-19.
- Wac bixiyaha daryeelkaaga caafimaad isla markaba haddii aad bilawdo in aad yeelato calaamadaha COVID-19. Waxa aad u baahan kartaa in lagu baadho mar labaad. Calaamadaha waxa ka mid ah:
 - Xumad
 - Qufac
 - Neefta oo kugu adkaata ama mushkilad neefsiga ah
 - Qadhqadhwo
 - Gariir soo noqnoqda oo qadhqadhwo wata
 - Murqo xanuun
 - Madax-xanuun
 - Cune xanuun
 - Luminta dhadhanka ama urta oo cusub
- Xasuusnow: Natiijooyinka laga helo shaybaadhka maantu waxa uu kuu sheegi doonaa in aad xanuunka qaaday ama aad xanuusanayso maanta. Waa suuragal xanuunka in shaybaadhka lagaaga waayi karo mustaqbalka. Iyada oo ku salaysan Kooxda Shaqada Serology ee Waaxda Caafimaadka, shaybaadhka serologic (oo sidoo kale loo yaqaan antibody) weli ma aha mid sax ah oo ku filan in uu shakhsiyadka siiyo macluumaad la isku hallayn karo oo ku saabsan caafimaadkooga.

Haddii natiijooyinkaagu sheegayaan in lagaa helay xanuunka:

- Bixiyaha daryeelkaaga caafimaad ayaa kaala hadli doona daryeelkaaga iyo ka daawayntaada wixii calaamado ah.
- Joog guriga illaa aad la hadasho bixiyaha daryeelkaaga caafimaad.
- Waaxda Caafimaadku waa ay kula socon doontaa waxa aanay ku ogaysiin doontaa marka aad ku soo noqon karto hawlahaagii caadiga ahaa. Sidoo kale waxa ay kaala hadli doonaan dadka aad isku dhawaateen.

macluumaad dheeraad ah waxa aad ka heshaa [healthvermont.gov/COVID-19](https://www.healthvermont.gov/COVID-19).



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
 - Muscle pain
 - Headache
 - Sore throat
 - New loss of taste or smell
- **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](https://www.healthvermont.gov/COVID-19).