

Leo ulitoa sampuli ambayo itatumiwa kupima COVID-19. Ikiwa uliomba kupokea matokeo yako kupitia barua pepe, utapokea barua pepe wakati matokeo yako ya kupimwa yatakuwa tayari, kawaida huwa kati ya siku 2-3. Barua pepe itakuelekeza kuingia katika akaunti na kupata matokeo yako mtandaoni ambapo unaweza pia kuchapisha barua yako ya matokeo. Ikiwa uliomba kupokea matokeo yako kwa barua, utapata barua katika siku 7 baada ya kupimwa.

Je, unaweza kufanya nini ukingoja matokeo yako?

Ikiwa una COVID-19 au la, unapaswa kila wakati:

- **Kaa umbali wa futi 6 au mita 2** kutoka kwa wengine ukiwa nje.
- **Vaa barakoa ya kitambaa** ikiwa huwezi kuzuia utangamano wa karibu na watu wengine.
- **Osha mikono yako mara kwa mara** angalau kwa sekunde 20 kwa sabuni na maji au utumie kieuzi kilichoko na kileo ikiwa hakuna sabuni na maji.
- **Funika kikohozi chako na kupiga chafya** kwa kiwiko cha mkono au karatasi shashi kisha utupe karatasi hiyo kwenye takataka.
- **Epuka kugusa macho, pua na mdomo wako.**
- **Safisha na upanguse ukitumia kemikali ya kuua viini vya maradhi katika** sehemu na vitu vinavyoguswa mara nyingi.

Matokeo yako ya kupimwa yanamaanisha nini?

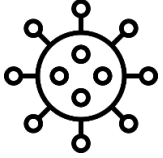
Ikiwa umepatikana huna virusi:

- Endelea kuchukua hatua za kuzuia zilizo hapo juu ili kuzuia kuenea kwa COVID-19.
- Pigia simu mtoa wako wa huduma ya afya mara moja ikiwa utanza kuwa na dalili za COVID-19. Unaweza kuhitaji kupimwa tena. Dalili ni pamoja na:
 - Homa
 - Kikohozi
 - Upungufu wa pumzi au ugumu wa kupumua
 - Kibaridi
 - Kutetemeka kwa kibaridi
 - Maumivu ya misuli
 - Maumivu ya kichwa
 - Maumivu ya koo
 - Upotezaji mpya wa ladha au harufu
- **Kumbuka: Matokeo ya kipimo cha leo yatakuambia ikiwa umeambukizwa au unaugua.** Inawezekana kwamba unaweza kupata virusi hapo baadaye. Kulingana na uchambuzi wa Kikundi cha Kazi cha Idar ya Afya ya Serolojia (Health Department's Serology Working Group), upimaji wa serolojia (pia hujulikana kama kingamwili) bado haujakuwa sahihi vya kutosha kuwapa watu maelezo ya kuaminika kuhusu afya zao.

Ikiwa matokeo yako yanaonyesha una virusi:

- Mtoa wako wa huduma za afya atazungumza nawe juu ya utunzaji wako na matibabu ya dalili yoyote.
- Kaa nyumbani hadi unapozungumza na mtoa wako wa huduma za afya.
- Idara ya Afya itakufuatilia na kukujulisha ni lini unaweza kurudi kwenye shughuli zako za kawaida. Pia watazungumza na wewe juu ya watu uliotangamana nao kwa karibu.

Pata maelezo zaidi katika [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).