








## Noba nkeneye kwiugarana?

	Intumbero rusangi	Nari ngwaye COVID-19	Naracandazwe.
 <p><b>Naregereye umuntu arwaye COVID-19 kandi ashobora kuba yaranyandukije</b></p>	<p><b>Ego. Uzokenera kwiugarana.</b></p>	<p><b>Oya. Ntuzokenera kwiugarana nimba:</b></p> <ul style="list-style-type: none"> <li>• Warubahirije ibifatirwako kugira ngo uhagarike kwiugarana, <b>kandi</b></li> <li>• Haraheze munsu y'amezi atatu kuva aho uboneye ibimenyetso vy'uko urwaye canke kuva upimwe ugasanga urarwaye, nimba ata bimenyetso vyerekana ko urwaye wari ufise, <b>kandi.</b></li> <li>• Nta bimenyetso na bimwe vya COVID-19 wigeze ugira kuva wegereye umuntu ashobora kukwandukiza.</li> </ul>	<p><b>Oya. Ntuzokenera kwiugarana nimba:</b></p> <ul style="list-style-type: none"> <li>• Imiti ibiri yose warayironse <b>kandi</b></li> <li>• Haraheze hagati y'iminsi 14 n'amezi atatu kuva uronse umuti ugira kabiri.</li> </ul> <p>Menya Neza: Abakozi, ababa ngaho hantu hamwe n'abarwayi barwariye mu bitaro bazoshobora gushirwa ahantu ha bonyene hakurikijwe intumbero ya CDC.</p>

 <p><b>Ndi ku rugendo canke ndiko ndagaruka i Vermont mva mu yindi ntara ku mvo idahambaye.</b></p>	<p><b>Ego. Uzokenera kwiugarana.</b></p>	<p><b>Ego. Uzokenera kwiugarana.</b></p>	<p><b>Oya. Ntuzokenera kwiugarana nimba:</b></p> <ul style="list-style-type: none"> <li>• Imiti ibiri yose warayironse <b>kandi</b></li> <li>• Haraheze n'imiburiburi iminsi 14 kuva uronse umuti ugira kabiri.</li> </ul>
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- Kwiugarana bisigura ko utegerezwa kuguma i muhira kandi ntiwegere abandi bantu mu kiringo c'iminsi 14.
- Ushobora guhagarika kwiugarana imbere y'ikiringo cari carategakanijwe iyo uronse igipimo ca PCR ugasanga nturwaye ku munsu w'7 canke inyuma yaho, hamwe woba ata kimenyetso na kimwe ufise. Bandanya gukurikirana wewe nyene ibimenyetso vy'iyi ndwara vyibonekeza iminsi 14 yuzuye neza. Abantu bamwe bamwe ntibakwije ibisabwa kugira ngo barekurirwe aya mahitamwo, nk'abakozi n'ababa mu mirwi imwimwe y'aho abantu baba.
- Uburorero bwerekeye gufata urugendo ku mvo ihambaye: umutekano wawe bwite, ubuvuzi, kwivuzwa canke akazi.
- Ino ntumbero irashobora guhinduka.
- Ronka ayandi makuru ku vyerekeye kwiugarana.

## Do I need to quarantine?

	<b>General Guidance</b> 	<b>I had COVID-19</b> 	<b>I am vaccinated</b> 
 <b>I am a close contact and was exposed to someone with COVID-19</b>	<b>Yes.</b> You will need to quarantine.	<b>No.</b> You will not need to quarantine if: <ul style="list-style-type: none"> <li>You have met the criteria to end isolation, <b>and</b></li> <li>It's been within 3 months since symptoms first started or since your first positive test, if you didn't have symptoms, <b>and</b></li> <li>You have not had any COVID-19 symptoms since the new exposure.</li> </ul>	<b>No.</b> You will not need to quarantine if: <ul style="list-style-type: none"> <li>You had both doses <b>and</b></li> <li>It's been between 14 days and 3 months since you got the second dose.</li> </ul> <p>Note: Staff, residents, and inpatients in health care settings will likely still need to quarantine per <a href="#">CDC guidance</a>.</p>
 <b>I am traveling or returning to Vermont from out-of-state for a non-essential purpose</b>	<b>Yes.</b> You will need to quarantine.	<b>Yes.</b> You will need to quarantine.	<b>No.</b> You will not need to quarantine if: <ul style="list-style-type: none"> <li>You had both doses <b>and</b></li> <li>It's been at least 14 days since you got the second dose.</li> </ul>

- Quarantine means staying home and away from other people for 14 days.
- You may end quarantine early with a negative PCR test on or after day 7, if you don't have any symptoms. Continue to monitor yourself for symptoms for the full 14 days. Staff and residents in certain group living settings must complete the full 14-day quarantine period.
- Examples of travel for an [essential purpose](#): for personal safety, health care, medicine, or work.
- This guidance is subject to change.
- [Get more information about quarantine.](#)

Learn more at [healthvermont.gov/covid-19](https://healthvermont.gov/covid-19)