











Ma in aan is karantiimeeyaa?

	Tilmaamaha Guud 	Waxaan hore u qaaday COVID-19 	Waa la i talaalay 
 <p>Waxaan u dhawaaday qof oo waxaa dhici karta in aan u baylahay qof qaba COVID-19</p>	<p>Haa. Waa inaad is karantiin garaysaa.</p>	<p>Maya. Waa inaad is karantiin garaynin hadii:</p> <ul style="list-style-type: none"> • Aad buuxiso shuruudaha aad kaga soo baxayso go'doominta, iy • Ay kasoo wareegtay 3 bilood ilaa markii ay astaamuhu marka hore kugu bilaabmeen ama ilaa markii ugu horeysay ee shaybaadhka lagaaga heley, hadii aanad yeelan astaamo, iy • Maad yeelan wax astaamo COVID-19 ah ilaa intii wakhtigii aad isasoo gaadheen cida qabta. 	<p>Maya. Waa inaad is karantiin garaynin hadii:</p> <ul style="list-style-type: none"> • Aad qaadatay labada talaal iy • Waxaa laga soo wareegey 14 maalmood iyo 3 bilood markii aad qaadatay talaalkii labaad. <p>Fiiro gaar ah: Shaqaalaha, dadka deegaanka, iyo bukaan jiifyada ku sugan xarumaha daryeelka caafimaadka waxay u badan tahay inay weli u galaan karantiinka sida ay dhigayaan tilmaamaha CDC.</p>

 <p>Waxaan ku jiraa safar ama waxaan kusoo noqonayaa Vermont aniga oo ka imanaya meel ka baxsan gobolka oo una galay safarka wax aan daruuri ahayn</p>	<p>Haa. Waa inaad is karantiin garaysaa.</p>	<p>Haa. Waa inaad is karantiin garaysaa.</p>	<p>Maya. Waa inaad is karantiin garaynin hadii:</p> <ul style="list-style-type: none"> • Aad qaadatay labada talaal iyo • Waxaa kasoo wareegey ugu yaraan 14 maalmood ilaa markii aad qaadatay talaalka labaad.
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- Is karantiin garayntu waxay ka dhigan tahay inaad joogto guriga oo aad dadka kale aanad dhax gelin ilaa 14 maalmood.
- Waxa aad joojin kartaa karantiin kaaga wakhti hore hadii shaybaadhka PCR lagaaga waayo maalinta 7 ama kadib, hadii aanad lahayn astaamo. Sii wad inaad la socoto calaamadahaaga ilaa 14 maalmood oo buuxa. Dadka qaar ayaan u qalmin ikhtiyaarkan, sida shaqaalaha iyo dadka deggan xarumaha dadka badan deggan yihiin qaar.
- Tusaalayaasha safarka [daruuriga ah](#): amaanka shakhsi ahaaneed, daryeelka caafimaad, dawooyin ama shaqo.
- Tilmaamahan way is badali karaan.
- [Macluumaad dheeraad ah ka hel karantiinka.](#)

Do I need to quarantine?

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

- 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