











## Je, ninahitaji kujitenga?

	<b>Mwongozo wa Jumla</b> 	<b>Nilikuwa na COVID-19</b> 	<b>Nimepata chanjo</b> 
 <p><b>Nimetangamana kwa karibu na nilikuwa katika hatari ya kuambukizwa na mtu anayeugua COVID-19</b></p>	<p><b>Ndiyo.</b> Utahitaji kujiweka karantini.</p>	<p><b>Hapana.</b> Hutahitaji kujiweka karantini ikiwa:</p> <ul style="list-style-type: none"> <li>• Umetimiza vigezo vya kumaliza kujitenga, <b>na</b></li> <li>• Imekuwa chini ya miezi 3 tangu dalili zianze kuonekana au tangu mara ya kwanza ulipotambuliwa kuwa na maambukizi, iwapo hukuwa na dalili, <b>na</b></li> <li>• Hujakuwa na dalili zozote za COVID-19 tangu uwe katika hatari ya kuambukizwa</li> </ul>	<p><b>Hapana.</b> Hutahitaji kujiweka karantini ikiwa:</p> <ul style="list-style-type: none"> <li>• Ulipata dozi zote mbili <b>na</b></li> <li>• Imekuwa kati ya siku 14 na miezi 3 tangu upate dozi ya pili ya chanjo.</li> </ul> <p>Kumbuka: Wafanyakazi, wakaazi na wagonjwa waliolazwa katika mazingira ya huduma za afya bado watahitaji kujiweka karantini kulingana na <a href="https://www.cdc.gov">mwongozo wa CDC</a>.</p>
 <p><b>Ninazuru au ninarudi Vermont kutoka nje ya jimbo kwa kusudi lisilo muhimu</b></p>	<p><b>Ndiyo.</b> Utahitaji kujiweka karantini.</p>	<p><b>Ndiyo.</b> Utahitaji kujiweka karantini.</p>	<p><b>Hapana.</b> Hutahitaji kujiweka karantini ikiwa:</p> <ul style="list-style-type: none"> <li>• Ulipata dozi zote mbili <b>na</b></li> <li>• Imekuwa angalau siku 14 tangu upate dozi ya pili.</li> </ul>

Pata maelezo zaidi katika [healthvermont.gov/covid-19](https://healthvermont.gov/covid-19)

- Karantini inamaanisha kukaa nyumbani na mbali na watu wengine kwa siku 14.
- Unaweza kumaliza karantini mapema matokeo yako ya PCR yakionyesha huna virusi mnamo au baada ya siku ya 7, ikiwa huna dalili yoyote. Endelea kujifuatilia mwenyewe kwa dalili kwa siku 14 kamili. Watu wengine hawastahiki chaguo hili, kama vile wafanyakazi na wakaazi katika mazingira fulani ya watu wanaoishi katika vikundi.
- Mifano ya kusafiri kwa [kusudi muhimu](#): kwa usalama wa kibinafsi, huduma ya afya, dawa au kazi.
- Mwongozo huu unaweza kubadilika.
- [Pata maelezo zaidi kuhusu karantini.](#)

## 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)