

တၢ်နံၤအံၤနဟ့ၣ်တ့ၢ်နသ့ၣ်အိတခါလၢတၢ်ကမၤကွၢ်အိလၢ COVID-19 အဂီၢ်လီၤ. နမ့ၢ်ယုၤလၢနကဒီးန့ၢ်နတၢ်မၤကွၢ်အစၢလၢအံၤမုၢ်န့ၣ်ဒီး, နကဒီးန့ၢ်အံၤမုၢ်လၢတၢ်ဖဲနတၢ်မၤကွၢ်အစၢသ့ၣ်တဖၣ်ဖျါထီၣ်, ညီန့ၢ်ဖဲ၂-၃ သီအတီၢ်ပူၤန့ၣ်လီၤ. အံၤမုၢ်လၢကမၤနဆဲးန့ၣ်လီၤမံၤဒီးဒီးန့ၢ်နတၢ်မၤကွၢ်အစၢသ့ၣ်တဖၣ်လၢအ့ၤထၢၣ်န့ၣ်ဖိခိၣ်ဖဲနစဲကျဲးထူးထီၣ်နတၢ်မၤကွၢ်အစၢလၢတၢ်က့ၤသ့ၣ်ကိးန့ၣ်လီၤ. နမ့ၢ်ယုၤဒီးန့ၢ်နတၢ်မၤကွၢ်အစၢသ့ၣ်တဖၣ်ခိဖျါလံာ်ပရၢဒီး, နကဒီးန့ၢ်လံာ်ပရၢလၢ ၇ သီအတီၢ်ပူၤစးထီၣ်လၢနဘၣ်တၢ်မၤကွၢ်နၤအကတီၢ်န့ၣ်လီၤ.

ဖဲနအိၣ်ဒီးနတၢ်မၤကွၢ်အစၢအကတီၢ်န့ၣ်နမၤသ့မန့ၣ်လဲၣ်.

နအိၣ်ဒီး COVID-19 မ့ၢ်ဂ့ၤတအိၣ်ဘၣ်မ့ၢ်ဂ့ၤ, နကြး-

- အိၣ်ယံာ်ဒီးပုၤဂၤလၢ ၆ ပုၣ် မ့တမ့ၢ် ၂ မံထၢၣ်ဖဲနဟးထီၣ်လၢတၢ်ချါအကတီၢ်တက့ၢ်.
- နဟးဆွဲးအိၣ်ယံာ်လိာ်သးဒီးပုၤအဂၤမ့ၢ်တသ့ၣ်ဘၣ်န့ၣ်,ဖျါထီၣ်တၢ်ကးဘၢမံာ်လၢဘၣ်တၢ်တုၤအိၣ်ဒီးတၢ်က့ၤညါတဘျီန့ၣ်တက့ၢ်.
- သ့နစုသ့ၣ်တဖၣ်ဖဲအံၤခဲအံၤအစုၤကတၢ် ၂၀ ဖဲးကးလၢဆးပုၣ်ဒီးထံ မ့တမ့ၢ်သ့ၣ်ကသံၣ်သ့စုၤလၢအမၤသံတၢ်ဆါယၢ်လၢအပာ်ယုၤဒီးသံးအသဟံၣ်ဖဲနမၤန့ၢ်ဆးပုၣ်ဒီးထံတသ့ဘၣ်အခါန့ၣ်တက့ၢ်.
- ကးဘၢနတၢ်ကူဒီးတၢ်ကဆဲသ့ၣ်တဖၣ်ဒီးနစုကၤစုၣ် မ့တမ့ၢ် ထံၣ်ဂျူဝံၤဒီးတၢ်ကွၢ်ထံၣ်ဂျူလၢတၢ်ကမ့ၢ်ဒၤအပူၤန့ၣ်တက့ၢ်.
- ဟးဆွဲးတၢ်ထိးဘူးနမံာ်ချဲသ့ၣ်တဖၣ်, နါဒုဒီးကိာ်ပူၤတက့ၢ်.
- မၤကဆဲကဆီဒီးမၤသံတၢ်ဆါယၢ်ဖဲတၢ်မံာ်ဖဲဒီးတၢ်ဖိတၢ်လံာ်သ့ၣ်တဖၣ်ဖဲအံၤခဲအံၤကိးဆါကတီၢ်ဒီးန့ၣ်တက့ၢ်.

နတၢ်မၤကွၢ်အစၢသ့ၣ်တဖၣ်န့ၣ်အိၣ်ပညီမ့ၢ်မန့ၣ်လဲၣ်.

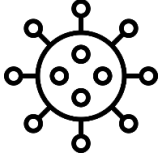
နမ့ၢ်တအိၣ်ဒီးတၢ်ဆါယၢ်န့ၣ်-

- ဆဲးမၤထွဲတၢ်ဒိသးအကျါအကျဲလၢထးတဖၣ်ဒိသးကမၤပတုၣ်တၢ်ရၢလီၤ COVID-19 အဂီၢ်တက့ၢ်.
- နမ့ၢ်စးထီၣ်ဒီးန့ၢ်ဘၣ် COVID-19 တၢ်ဆါအတၢ်ပနီၣ်သ့ၣ်တဖၣ်န့ၣ်,ဆဲးကျိးနကသံၣ်သရၣ်တကတီၢ်ယီၤန့ၣ်တက့ၢ်. ဘၣ်သ့ၣ်သ့ၣ်နကလိၣ်ဘၣ်တၢ်မၤကွၢ်ကဒီးတဘျီန့ၣ်လီၤ. တၢ်ဆါပနီၣ်သ့ၣ်တဖၣ်ပၣ်ယုၤဒီး-
 - တၢ်လိၤကိာ်
 - တၢ်ကူ
 - ကသါတဘျီမ့တမ့ၢ်ကသါကိဲခဲ
 - တၢ်ဂီၢ်ကနိး
 - တၢ်ဂီၢ်ကနိးခဲအံၤခဲအံၤ
 - ယုၤညါဆါ
 - ခိၣ်ဆါ
 - ကိာ်ယုၤဆါ
 - ကိာ်ပူၤလီၤဘျါမ့တမ့ၢ်နါနါလီၤမံာ်
- တီၢ်နီၣ်-တနံၤညါအံၤအတၢ်မၤကွၢ်အစၢသ့ၣ်တဖၣ်န့ၣ်အကတီၢ်န့ၣ်ဘၣ်န့ၣ်ဘၣ်က့ၤဘၣ်က့ၤမ့တမ့ၢ်နဆီက့ၤလၢတနံၤအံၤန့ၣ်လီၤ. ဘၣ်သ့ၣ်သ့ၣ်တၢ်မၤကွၢ်ဆူညါန့ၣ်ပာ်ဖျါဖဲလၢနအိၣ်ဒီးတၢ်ဆါယၢ်သ့ၣ်န့ၣ်လီၤ. လၢတၢ်အိၣ်ဆူၣ်အိၣ်ဆူၣ်ဖျါကျါ Serology တၢ်မၤအကရၢအတၢ်ပာ်ထံနီၤဖးအဖီခိၣ်, serologic (ဘၣ်တၢ်သ့ၣ်ညါအံၤစ့ၣ်ကိးလၢနီၢ်ခိၣ်တြီဆါ)တၢ်မၤကွၢ်န့ၣ်, အတလီၤတၢ်လီၤဆဲးလၢလၢပုၤပုၤဒီးဘၣ်လၢအကဟ့ၣ်ပုၤတဂၤစုၣ်စုၣ်အတၢ်ဂ့ၢ်တၢ်ကျါလၢတၢ်န့ၣ်န့ၣ်အီၤသ့ဘၣ်ယးအဝဲသ့ၣ်အတၢ်အိၣ်ဆူၣ်အိၣ်ဆူၣ်န့ၣ်လီၤ.

နမ့ၢ်အိၣ်ဒီးတၢ်ဆါအယၢ်န့ၣ်-

- နကသံၣ်သရၣ်ကတဲတၢ်ဒီးန့ၢ်ဘၣ်ယးနတၢ်အံးထွဲကွၢ်ထွဲဒီးတၢ်ကူဆါယါဘျါတၢ်ဆါအပနီၣ်သ့ၣ်တဖၣ်တခါစုၣ်စုၣ်န့ၣ်လီၤ.
- အိၣ်လၢဟံၣ်တုၤလၢနတဲသကိးတၢ်ဒီးနကသံၣ်သရၣ်တစုတက့ၢ်.
- တၢ်အိၣ်ဆူၣ်အိၣ်ဆူၣ်ဖျါကျါအံၤအဆဲးကျိးနါဒီး ကဒူးသ့ၣ်ညါနၤတၢ်ဆါကတီၢ်လၢနဖဲက့ၤမၤကဒါက့ၤတၢ်မၤလၢနမၤညီန့ၢ်အီၤသ့ၣ်တဖၣ်န့ၣ်လီၤ. အဝဲသ့ၣ်ကတဲတၢ်ဒီးန့ၢ်ဘၣ်ယးပုၤလၢနအိၣ်ဘူးလိာ်သးသ့ၣ်တဖၣ်စုၣ်ကိးန့ၣ်လီၤ.

ဒီးန့ၢ်အါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျါတဖၣ်ဖဲ healthvermont.gov/COVID-19 န့ၣ်တက့ၢ်.



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).