

Uyu muni wafashwe ibipimo bitegerezwa gusuzumwa kugira barabe ko urwaye COVID-19. Nimba warasavye kurungikirwa inyishu z'ibipimo biciye mu butumwa bwo ku ngurukanabumenyi, uzorongikirwa ubwo butumwa inyishu z'ibipimo nizoboneka, akenshi utegerezwa kurindira hagati y'iminsi 2-3. Uzoronka ubutumwa uce wugurura konti yawe uronke inyishu ku ngurukanabutumwa kandi urashobora gucupura ikete warungikiyemo izo nyishu ku rupapuro. Nimba warasavye kurungikirwa inyishu z'ibipimo biciye mw'iposita, uzoronka ikete iminsi 7 itararengana uhejeje gupimwa.

Ni iki wokora mu gihe urindiriye inyishu z'ibipimo?

Woba ufise COVID-19 canke utayifise, utegerezwa iteka:

- Gusigaza imitambwe 6 canke imetero nka 2 hagati yawe n'abandi mu gihe uri hanze.
- Ambara agatambara gapfuka umunwa n'amazuru niwoba udashobora kwirinda gushikirana cane n'abandi bantu.
- Karaba intoke kenshi umare n'imiburiburi imisegonda 20 n'isabuni n'amazi canke ukoreshe arukoro yagenewe gusukura intoke isabuni n'amazi bitoroshe kuronka.
- Kwipfuka mu gihe ukorora canke wasamura n'ukuboko kw'inyambarwa yawe canke agatambara kandi uce ugata ahantu baterera umwawu.
- Kwirinda gukora ku maso yawe, ku mazuru no ku munwa.
- Kugira akamenyero ko gusukura no gutera umuti wica imigera ahantu no ku bintu abantu bakunda gukorako.

Inyishu zavuye mu bipimo vyawe zisigura iki?

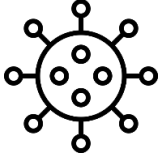
Inyishu nizerekana ko utarwaye:

- Bandanya gukora ibikorwa vy'ukwirinda vyavuzwe hejuru kugira uzibire ikwiragira rya COVID-19.
- Terefona muganga wawe n'ingoga nimba ibimenyetso vya COVID-19 bitanguye kwibonekeza kuri wewe. Utegerezwa gusubira gupimwa. Ivyo bimenyetso ni:
 - Umucanwa
 - Inkorora
 - Impemu nke canke kugira ingorane zo guhema
 - Kujugumira
 - Gucekangurwa vyiyongera kandi ujugumira
 - Ububabare mu mitsi
 - Kumeneka umutwe
 - Ububabare mu muhogo
 - Gutangura kutaryohereza canke kutamoterwa
- Uramenya: Inyishu zavuye mu bipimo vya none zikubarira nimba warandukijwe canke urwaye. Birashoboka ko ibipimo vyokwerekana ko urwaye mu kazozo. Dufatiye ku itohoza ryaranguwe n'Umurwi Ukora Isuzuma ry'Amaraso, gupima amaraso (batazira kandi gupima abasoda b'umubiri) ntibigaragaraza ukuri guhagije kugira abantu baronke amakuru yo kwizigira ku bijanye n'amagara yabo.

Nimba inyishu zerekanye ko urwaye:

- Muganga wawe azoyaga nawe ku biraba ingene amagara yawe yobungabungwa n'ubuvuzi woronswa ku bimenyetso ivyo ari vyo vyose.
- Guma mu rugo gushika uvuganye na muganga wawe.
- Igisata Kijejwe Amagara y'Abantu kizogukurikirana kandi nico kizokubarira igihe utegerezwa gusubira mu bikorwa vyawe vya minsi yose. Muzoyaga kandi ibiraba abantu mwegeranye.

Ronka ayandi makuru ku muhora wa [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).