Gutegera neza inyishu zavuye mu bpimo yvo kuraba ko urwaye COVID-19

Myandagaro 2020


Ni iki wokora mu gihe urindiriye inyishy z’ibipimo?

Woba ufise COVID-19 canke utayifise, utegerezwa iteka:

- Gusigaza imitambwe 6 canke imetero nka 2 haqati yaye n’abandi mu gihe uru 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 ukoreshhe arukoro yagenewe gusukura intoke isabuni n’amazi bitoroshe ku kura.
- Kwipfuka mu gihe ukora canke wasamurana n’ukuboko kw’inyambare mu gihe canke agatambara kandi uce ugata ahantu baterera umavu.
- Kwirinda gumbara ku maso yaye, ku mazuru no ku munw.
- Kugira akamenyero ko gusukura no gutera umuti wica imigera ahantu no ku bintu abantu bakunda gukorako.

Igyishu zavuye mu bipimo ywo zisigura iki?

Igyishu nizerekanye ko urwaye:

- Bandanya gumbara ibikorwa vy’ukwirinda vyavuzwe hejuru kugira ukoreshhe kya COVID-19.
- Terefona muganga wawe n’inga nyormba ibimenyetso vya COVID-19 bitanganye kwibonekeza kuri wewe. Utegerezwa gusubira gupipwa. Iyo bimenyetso ni:
  - Umucanwa
  - Inkorora
  - Impempi uke canke kugira ingorane zo guhema
  - Kujugumira
  - Gucekangurwa vyiyongera kandi gujukumira
- Uramenya: Igyishu zavuye mu bipimo ywo none zikubanira nimba warandukiwe canke urwaye. Birashoboka ko ibipimo vyokwerekana ko urwaye mu kazoza. Dufatiye ku itohoza ryarangwese n’Umurwi Ukora Isuzuma ry’Amaraso, gupima amaraso (batazira kandi gupima abasoda b’umubiri) ntitibigagaraza ukuri guhayige kugira abantu baronke amakuru yo kizigira ku bijanye n’amagara yabo.

Nimba inyishu zerekyame ko urwaye:

- Muganga wawe azoyaga nahe ku biraba ingene amagara yawe yobungabungwa n’ubuvuzi woronswa ku bimenyetso iyo ari yovyo yose.
- Guma mu rugo gushika uvuanye na muganga wawe.
- Igisata Kijejwe Amagara y’Abantu kizogukurikirana kandi nico kizokubanira igihangize utegerezwa gusubira mu bikorwa yanye ywo minsi yose. Muzoyaga kandi ibiraba abantu mwegeranye.

Ronka ayandi makuru ku muhora wa healthvermont.gov/COVID-19.
Understanding Your COVID-19 Test Results

August 2020

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

- 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.