

COVID-19:

တၢ်လၢတၢ်အိၣ်လီၤဖျိၣ်, တၢ်အိၣ်လီၤဆိၣ်ဒီးတၢ်သမံသမိးလီၤနီၢ်ကစၢ်န့ၣ်မ့ၢ်တၢ်မနုၤလဲၣ်.

		တၢ်အိၣ်လီၤဖျိၣ်	တၢ်အိၣ်လီၤဆိၣ်	တၢ်သမံသမိးလီၤနီၢ်ကစၢ်သး
	လၢမတၢ်အဂီၢ်လဲၣ်.	ပုၤလၢအဆိးကုလၢ COVID-19 မ့တမ့ၢ် တၢ်မကူၢ်လၢအဆိၣ်ဒီး COVID-19 ဘၣ်ဆၣ်တအိၣ်ဒီးတၢ်ဆါပနီၣ်နီတခါဘၣ်.	ပုၤလၢတအိၣ်ဒီးတၢ်ဆါပနီၣ်သ့ၣ်တဖၣ်ဒီးပုၤလၢ <ul style="list-style-type: none"> • အအိၣ်ဘူးလိာ်သးဒီးပုၤလၢအဆိးကုလၢ COVID-19, မ့တမ့ၢ် • အဟဲက့ၤဆူ Vermont လၢကီၢ်ဖဲၣ်အဂၤ (တလၢကွံာ် ထံကီၢ်လၢတၢ်ယုထၢဟ်အိၣ်ဘၣ်)ခိဖျိ တၢ်အိၣ်သးလၢတမ့ၢ်တၢ်ပညိာ်လၢ တၢ်လိာ်ဘၣ်အိၣ်နီၢ်တဖၣ်အဂီၢ်.^၁ 	ပုၤ Vermont ဖိအဂၤတဖၣ်လၢအတအိၣ်ဒီး တၢ်ဆါပနီၣ်သ့ၣ်တဖၣ်.
	ယကဘၣ်အိၣ်လၢဟံၣ်ခါ.	မ့ၢ်	မ့ၢ်	တၢ်အိၣ်လၢဟံၣ်န့ၣ်မ့ၢ်ဒီးအကျိၤအကျဲအဂၤကတၢၢ် လၢနကမၤဇၤလီၤတၢ်ဘၣ်ယိၣ်အဂီၢ်လီၤ. ဖဲနလဲလၢ တၢ်ချာအခါန့ၣ်လူၤပိာ်ထွဲတၢ်ဒီးသတၢ်န့ၣ်က့ၤတက့ၢ်.
	ယလဲၣ်တၢ်မကသ့ၣ်ခါ.	တသ့ဘၣ်. နတၢ်မၤမ့ၢ်ဟ့ၣ်ပျဲန့ၣ်ဒီး နမ့ၢ်အိၣ်ဆူၣ်အိၣ်ချ့န့ၣ်. နမၤတၢ်လၢဟံၣ် သ့ၣ်န့ၣ်လီၤ.	တသ့ဘၣ်. နတၢ်မၤလီၢ်မ့ၢ်ဟ့ၣ်ပျဲန့ၣ်န့ၣ်. မၤတၢ်လၢဟံၣ်တက့ၢ်.	ဖဲနလဲလၢတၢ်မၤအခါန့ၣ်. လူၤပိာ်မၤထွဲဆူၣ်ချ့ဒီး တၢ်ပူၤဖျဲးဒီးတၢ်ဘၣ်ယိၣ်အတၢ်န့ၣ်က့ၤတက့ၢ်. မ့ၢ်သ့န့ၣ်မၤတၢ်လၢဟံၣ်တက့ၢ်.

¹ ပုၤလဲၣ်တၢ်က့ၤတၢ်ဖိလၢတၢ်လိာ်ဘၣ်အိၣ်နီၢ်အိၣ်ဘၣ်သ့ၣ်သ့ၣ်ကပၣ်ယုာ်ဒီးပုၤလဲၣ်တၢ်က့ၤတၢ်ဖိလၢတၢ်အိၣ်တၢ်အိၣ်, ကသံၣ်ကသိတၢ်ကွၢ်ထွဲ, တၢ်ကွၢ်ထွဲပုၤကတဖၣ် မ့တမ့ၢ် မၤတၢ်လၢပနီၣ်ကတၢၢ်မၤလၢတၢ်ဟ့ၣ်ဒုးမၤအိၣ်သ့ၣ်တဖၣ်.

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တၢ်လၢတၢ်အိၣ်လီၤဖျိၣ်, တၢ်အိၣ်လီၤဆီၣ်ဒီးတၢ်သမံသမိးလီၤနီၢ်ကစၢ်န့ၣ်မ့ၢ်တၢ်မနုၤလဲၣ်.

		တၢ်အိၣ်လီၤဖျိၣ်	တၢ်အိၣ်လီၤဆီ	တၢ်သမံသမိးလီၤနီၢ်ကစၢ်သး
	ယလဲၤဟးလၢတၢ်ချ့, ဒီးလုၣ်ယီၢ်, ထီၣ်ကစၢ်ကသုၣ်ခါ.	တသ့ဘၣ်, ကဘၣ်အိၣ်ခိးတုၤလၢနဟဲက့ၤကိညၣ်လီၤတစုလီၤ. ^၂	တသ့ဘၣ်, နကဘၣ်အိၣ်ခိးတုၤ ၁၄ သီဒီးတၢ်ဆါပနီၣ်မ့ၢ်တအိၣ်နီၣ်တမံတစုလီၤ. ^၃	သ့ဝဲလီၤ, ဘၣ်ဆၣ်မ့တမ့ၢ်ပုၤလၢနအိၣ်လၢဟံၣ်တဖျါယိပုၤဘၣ်န့ၣ်, နကဘၣ်အိၣ်ယံးဒီးပုၤလၢသ့ၣ်တဖၣ်လၢ ခံမံထၢၣ်န့ၣ်လီၤ. ပုၤကညီမ့ၢ်အိၣ်အါန့ၣ်, ထီၣ်ယၢ်နီၣ်ကျါဘၢမဲၣ်တက့ၢ်.
	ယလဲၤပျးအိၣ်တၢ်သ့ခါဒီးယလဲၤပျးတၢ်ဖိတၢ်လံၤလၢအကါဒိၣ်တဖၣ်အမ့ၢ်ကသံၣ်ကသီကသ့ခါ.	တသ့ဘၣ်, ကဘၣ်အိၣ်ခိးတုၤလၢနဟဲက့ၤကိညၣ်လီၤတစုလီၤ. ^၂	တသ့ဘၣ်, နကဘၣ်အိၣ်ခိးတုၤ ၁၄သီဒီးတၢ်ဆါပနီၣ်မ့ၢ်တအိၣ်နီၣ်တမံတစုလီၤ. ^၃	သ့ဝဲလီၤ, ဘၣ်ဆၣ်အိၣ်ယံးဒီးပုၤလၢတအိၣ်ဆိးဒီးနုၤလၢနဟံၣ်တဖျါယိပုၤခံမံထၢၣ်န့ၣ်တက့ၢ်. သီးနါဒုခံဖျိၣ်တက့ၢ်. သ့နစုတလီၢ်လီၢ်ဒီးတဘၣ်ဖိၣ်လီၤနမဲၣ်သၣ်တဂ့ၤ.
	ဖဲဟံၣ်န့ၣ်ယကဘၣ်အိၣ်လၢအးလီၤလီၤဆီၣ်တဖျါခါ.	မ့ၢ်, ကဘၣ်အိၣ်တုၤလၢနဟဲက့ၤကိညၣ်လီၤတစုလီၤ. ^၂	မ့ၢ်သ့န့ၣ်, နကဘၣ်အိၣ်ခိးတုၤ ၁၄သီဒီးတၢ်ဆါပနီၣ်မ့ၢ်တအိၣ်နီၣ်တမံတစုလီၤ. ^၃	တလိၣ်ဘၣ်.
	ယမ့ၢ်စးထီၣ်ဆိက့န့ၣ်ယကဘၣ်မးလဲၣ်.		အိၣ်လီၤလီၤဆီၣ်ဆီၣ်ကိးနကသံၣ်သရၣ်တက့ၢ်.	အိၣ်လီၤလီၤဆီၣ်ဆီၣ်ကိးနကသံၣ်သရၣ်တက့ၢ်.

² တၢ်က့ၤကိညၣ်လီၤန့ၣ်မ့ၢ်ဖဲလဲၤတၢ်သးခါလၢအံၤကဲထီၣ်သးအခါ(မ့တမ့ၢ်လၢနဒီးန့ၣ်ဘၣ်တၢ်န့ၣ်ကျဲလၢနကသံၣ်သရၣ်အိၣ်အခါ)- ၁) တၢ်ကိၢ်တထီၣ်နုၤလၢ ၂၄န့ၣ်ရၣ်အတီၢ်ပူၤဖဲနတအိၣ်ကသံၣ်လီၤကိၢ်အခါ, **ဒီး** ၂) တၢ်ဆါပနီၣ်အကတဖၣ်ဖဲကိညၣ်လီၤ, **ဒီး** စးထီၣ်လၢတၢ်ဆါပနီၣ်တခါလၢလၢစးထီၣ်သးဝံးအသီ ၁၀.

မ့တမ့ၢ်,ဖဲတၢ်မက့ၢ်နုၤအခါနမ့ၢ်တအိၣ်ဒီးတၢ်ဆါပနီၣ်နီၣ်တခါဘၣ်န့ၣ်, တၢ်က့ၤကိညၣ်လီၤအဆၢကတီၢ်န့ၣ်မ့ၢ်ဖဲစးထီၣ်လၢတၢ်မက့ၢ်လၢနအိၣ်ဒီးတၢ်ဆါယၢ်ဝံးအသီတဆဲဒီးနမ့ၢ်တအိၣ်ဒီးတၢ်ဆါပနီၣ်အကနီၣ်တခါဘၣ်န့ၣ်လီၤ.

³ လၢတၢ်အိၣ်ဘူးလိၣ်သးအကိၢ်-စးထီၣ်လၢနအိၣ်ဘူးလိၣ်သးဒီးပုၤဘၣ် COVID-19 တၢ်ဆါတက့ၢ် ၁၄ သီ. ပုၤလၢအဟးဟဲက့ၤသ့ၣ်တဖၣ်- စးထီၣ်လၢနဟဲက့ၤတုၤလၢ Vermont ဝံး ၁၄ သီ (လၢတအိၣ်ယုၣ်ဒီးထံကိၢ်လၢတၢ်ယုထၢပၢ်အီၤတဖၣ်). တၢ်ဂ့ၢ်တၢ်ကျဲၤသ့ၣ်တဖၣ်တၢ်ဒီးန့ၣ်အီၤသ့ဖဲ healthvermont.gov/covid19-travelguide.

* နတၢ်ဆါပနီၣ်မ့ၢ်တအိၣ်နီၣ်တခါဘၣ်န့ၣ်, နဒီးန့ၣ်ဘၣ်တၢ်မက့ၢ်ဖဲတၢ်ဟံလီၤဆီၣ်အခါသ့ဝဲန့ၣ်လီၤ. ကိးနကသံၣ်သရၣ်ဒ်သီးနကရဲၣ်ကျဲၤတၢ်မက့ၢ်သးဖဲ ၇ သီ မ့တမ့ၢ် ၇ သီဝံးအလီၢ်ခံတက့ၢ်. အိၣ်လၢတၢ်ဟံလီၤဆီၣ်လီၢ်ဟံတုၤလၢနဒီးန့ၣ်ဘၣ်တၢ်မက့ၢ်အစတစုတက့ၢ်. နတၢ်မက့ၢ်အစမ့ၢ်ဖျါလၢနတအိၣ်ဒီးတၢ်ဆါယၢ်, ဒီးနမ့ၢ်တအိၣ်ဒီးတၢ်ဆါပနီၣ်နီၣ်တမံဘၣ်န့ၣ်, နပတုၣ်တၢ်ဟံလီၤဆီၣ်သ့ဝဲန့ၣ်လီၤ.

COVID-19: What is isolation, quarantine and self-observation?

		Isolation	Quarantine	Self-observation
	For whom?	People sick with COVID-19 or tested positive for COVID-19 but did not have any symptoms.	People with no symptoms and who <ul style="list-style-type: none"> • were in close contact with someone sick with COVID-19, or • are returning to Vermont from out of the state (except select counties) for anything other than an essential purpose.¹ 	Other Vermonters who don't have symptoms.
	Do I stay home?	Yes	Yes	Staying home is still the best way to lower your risk. Follow prevention guidance when you go out.
	Can I go to work?	No. Work at home if your job allows it and if you feel well enough.	No. Work at home if your job allows it.	Follow health and safety guidance while at work. Work at home if you can.

¹ Essential travel may include for food, medical care, care of others, or work for businesses that are allowed to operate.

COVID-19: What is isolation, quarantine and self-observation?

		Isolation	Quarantine	Self-observation
	Can I go outside for walks, bike rides, hikes?	No, not until you have recovered. ²	No, not until 14 days have passed and no symptoms have appeared. ³	Yes, but keep six feet away from others, except people you live with. Wear a mask if it's crowded.
	Can I go out for groceries and other essential items like medication?	No, not until you have recovered. ²	No, not until 14 days have passed and no symptoms have appeared. ³	Yes, but keep six feet away from people you don't live with. Wear a mask. Wash your hands often and don't touch your face.
	Do I stay in a separate room in my home?	Yes, until you have recovered. ²	If possible, until 14 days have passed, and no symptoms have appeared. ³	No
	What if I start to feel ill?		Start isolation and call your health care provider.	Start isolation and call your health care provider.

² Recovery is when all three have happened (unless you get different instructions from your medical provider): 1) It's been 24 hours of no fever without the use of fever-reducing medication, **and** 2) Other symptoms have improved, **and** 3) At least 10 days have passed since any symptoms appeared.

Or if you didn't have symptoms when you were tested, recovery is when 10 days have passed since the date of your first positive test and you continued to have no symptoms.

³ For close contacts: 14 days since the day you were last in close contact with the person with COVID-19. For returning travelers: 14 days since you were last outside of Vermont (excluding select counties). Information at healthvermont.gov/covid19-travelguide.

*You may get tested during your quarantine period if you never had any symptoms. Call your provider to arrange for testing on or after day 7. Stay in quarantine until you get your results. If the results are negative, and you still don't have any symptoms, you can end your quarantine.