






		Kwiyugarana	Kuja mu kato	Ukwicungera wewe nyene
	Ku bwa nde?	Abantu banduye umugera wa COVID-19 canke abasuzumwe bagasanga bafise umugera wa COVID-19 mugabo ata bimenyetso na bimwe bafise.	Abantu badafise ibimenyetso kandi <ul style="list-style-type: none"> • barashikiranye cane n'umuntu arwaye COVID-19, canke • bagarutse i Vermont bavuye hanze ya Reta (kiretse mu turere twahiswemwo) ku mvo yindi idafise intumbero ikenewe.¹ 	Abandi banyagihugu baba i Vermont badafise ibimenyetso vy'indwara.
	Ntegerezwa kuguma i muhira?	Ego	Ego	Kuguma i muhira buracari uburyo bwiza bwo kugabanya ivyago vyo kwandukizwa. Kurikiza impanuro zo kwingira mu gihe ugiye hanze.
	Nshobora kuja ku kazi?	Oya. Rangurira ibikorwa vyawe i muhira nimba akazi kawe kabikurekurira kandi nimba wumva umerewe neza bihagije.	Oya. Rangurira ibikorwa vyawe i muhira nimba akazi kawe kabikurekurira.	Kurikiza impanuro zigufasha kugira amagara meza be n'umutekano mu gihe uri ku kazi. Rangurira ibikorwa vyawe i muhira mu gihe wobishobora.

¹Urugendo ruhambaye ni nk'urwo kuja kurondera imfungurwa, ubuvuzi, kwitaho abandi bantu, canke kuja mu kazi k'urudandazwa rurekuriwe gukorwa.

		Kwiyugarana	Kuja mu kato	Ukwicungera wewe nyene
	Nshobora kuja hanze gutembera, gutembera kw'ikinga, gutembera n'amaguru?	Oya, kiretse umaze gukira. ²	Oya, kiretse haheze iminsi 14 kandi ata bimenyetso bigaragara. ³	Ego, mugabo sigaza imetero zibiri hagati yawe n'abandi bantu, kiretse ku bantu mubana i muhira. Ambara agafukamunwa mu gihe uri mu bantu benshi.
	Nshobora kuja gusuma muri butike no gusuma ibindi bintu bihambaye nk'imiti?	Oya, kiretse warakize. ²	Oya, kiretse haheze iminsi 14 ata bimenyetso vyibonekeza ku mubiri wawe. ³	Ego, mugabo sigaza imetero zibiri hagati yawe n'abantu mutabana imuhira. Ambara agafukamunwa. Karaba kenshi kandi ntukore mu maso.
	Ntegerezwa kuguma mu cumba ca jenyene i muhira?	Ego, gushika uhejeje gukira. ²	Nimba bishoboka, gushika haheze iminsi 14, kandi ata bimenyetso vyibonekeza ku mubiri wawe. ³	Oya
	Nobigenza gute mu gihe ntanguye kumva narwaye?		Tangura wiyugarane kandi wakure muganga wawe.	Tangura wiyugarane kandi wakure muganga wawe.




² Gukira ni igihe ibi bintu bitatu vyose biba vyashitse (kiretse hari ayandi mabwirizwa wahawe n'umuvuzi): 1) Haheze amasaha 24 ata bushuhe ufise kandi ata miti igabanya ubushuhe wafashe, **kandi** 2) Ibindi bimenyetso vy'iyi ndwara biriko birahera, **kandi** 3) N'imiburiburi haheze iminsi 10 ata bimenyetso bisubiriye kwibonekeza.

Canke nimba utari ufise ibimenyetso igihe bagusuzumye, gukira vyemerwa haheze iminsi 10 utanguye guharura kuva kw'igenekerezo wapimiweko bagasanga ufise umugera kandi utabandanya kugaragaza ibimenyetso.

³ Ku biraba abantu mushikirana cane: Iminsi 14 iheze utanguye guharura kuva ku muni uherukana n'umuntu arwaye COVID-19. Ku biraba ingenzi zitashe: Haheze iminsi 14 uvuye hanze ya Vermont (udaharuye mu turere twahiswemwo). Ronka ayandi makuru ku muhora ngurukanabumenyi wa healthvermont.gov/covid19-travelguide.






*Ushobora gupimwa mu kiringo uri mu kato nimba ata bimenyetso vyigeze vyibonekeza ku mubiri wawe. Hamagara muganga wawe kugira mwumvikane ingene utegerezwa gupimwa ku muni w' 7 canke mu nyuma yawo. Guma mu kato gushika uronse inyishu z'ibipimo. Inyishu nizerekana ko utarwaye, kandi ibimenyetso bikabandanya kutibonekeza, urashobora kuva mu kato.

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.⁴ 	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.

⁴ 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. ⁵	No, not until 14 days have passed and no symptoms have appeared. ⁶	Yes, but keep two meters 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 two meters 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.

⁵ 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.

⁶ 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.