




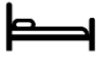

		Go'doominta	Karantiimada	La socodka naftaada
	Yaa loogu talo galay?	Dadka la xanuunsanaya COVID-19 ama laga helo COVID-19 laakiin aan lahayn wax calaamado ah.	Dadka aan lahayn calaamado ama kuwa <ul style="list-style-type: none"> • u dhawaaday cid la xanuunsanaysa COVID-19, ama • ugu soo noqonaya Vermont oo ka yimid meel gobolka ka baxsan (marka laga tago degmooyinka la doortay) wax aan ka ahayn ujeeddo daruuri ah.¹ 	Dadka kale ee reer Vermont ee aan lahayn wax calaamado ah.
	Miyay tahay in aan guriga joogo?	Haa	Haa	Joogitaanka guriga ayaa weli ah qaabka ugu wanaagsan ee lagu yarayn karo khatartaada. Waxa aad raacdaa tilmaamaha ka-hortagga marka aad baxayso.
	Miyaan tagi karaa shaqada?	Maya. Waxa aad ku shaqaysaa guriga hadii ay shaqadaadu kuu saamaxayso iyo hadii aad caafimaad dareemeyso.	Maya. Ku shaqee guriga hadii ay shaqadaadu kuu saamaxayso.	Waxa aad raacdaa tilmaamaha caafimaadka iyo amaanka inta aad shaqada joogto. Waxa aad ku shaqaysaa guriga hadii aad awoodo.

		Go'doominta	Karantiimada	La socodka naftaada
	Miyaan banaanka ugu bixi karaa mijo baxsi, baaskiil kaxaysasho, lugayn dheer?	Maya, ilaa inta aad ladnaanayso. ²	Maya, ilaa 14 maalmood inta ay kasoo wareegeen wax calaamado ahna ayna kaa soo muuqan. ³	Haa, laakiin u jirso laba mitir dadka kale, marka laga tago dadka aad la nooshahay. Waxa aad xidhataa waji gashad haddii meeshu ay buuq tahay.
	Ma u bixi karaa cunto iyo shayada kale ee daruuriga ah sida dawada?	Maya, ilaa inta aad ladnaanayso. ²	Maya, ilaa inta 14 maalmood ay kasoo wareegayaan ee ayna wax calaamado ahina kaa soo muuqan. ³	Haa, laakiin u jirso laba mitir dadka aanad la noolayn. Xidho waji gashad. Farxalo badanaa oo ha taaban wajigaaga.
	Ma in aan qol gooni ah ku sugnaadaa gurigayga?	Haa, ilaa inta aad ladnaanayso. ²	Hadii ay macquul tahay, ilaa 14 maalmood inta kasoo wareegayaan ee ayna calaamadana kaa soo muuqan. ³	Maya
	Sidee ayay wax noqonayaan hadii aan bilaabo in aan dareemo xanuun?		Bilaw karantiimada oo waxa aad la hadashaa bixiyaha dayreelkaaga caafimaad.	Bilaw karantiimada oo waxa aad la hadashaa bixiyaha dayreelkaaga caafimaad.

¹ Socdaalka daruuriga ah waxaa ka mid noqon kara ka cuntada, daryeelka caafimaadka, daryeelka dadka kale, ama shaqo ganacsi loo ogol yahay inuu shaqeeyo.




² Kasoo kabashadu waxaa weeye marka ay dhamaan sadexduba dhacaan (iyada oo aad ka heshay tilmaamo ka duwan bixiyahaaga moojee): 1) Marka ay kasoo wareegtey 24 saacadood oo xumad la'aan ah adiga oo aan isticmaalin dawada xumada lagu baabi'iyay, **iyay** 2) Wixii kale ee calaamado ah aad kasoo ladnaatay, **iyay** 3) Ugu yaraan ay 10 maalmood kasoo wareegeen markii ay calaamaduhu kaa soo muuqdeen.

Ama hadii aanad qabin wax calaamado ah marka aad is baadhay, wakhtiga aad ka ladnaanaysaa waa 10 maalmood marka ay ka soo wareegaan ilaa taariikhda markii ugu horeysay ee lagaa helay oo aad sii wadday inaad yeelan calaamado.

³ Isku dhawaanashaha: 14 maalmood oo laga soo bilaabay maalintii kuugu danbaysay ee aad qofka COVID-19 qaba isku soo dhawaateen. Socdaaleyaasha soo noqonaya: 14 maalmood oo ka bilaabmaya markii ugu danbaysay ee aad banaanka ka jirtay Vermont (marka laga reebo degmooyinka la doortay). Macluumaadku waxa ay ku jiraan healthvermont.gov/covid19-travelguide.




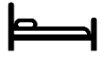

*Waad is baadhi kartaa inta aad ku jirto mudada karantiimadaada hadii aanad waligaa yeelan wax calaamado ah. La hadal bixiyahaaga si aad u qabsato balan aad isku baadho maalinta 7aad ama wixii ka danbeeya. Ku jir karantiimada ilaa inta aad helayso natiijooyinkaaga. Hadii natiijooyinku sheegayaan in lagaa waayay, oo aanad weli lahayn wax calaamado ah, waxa aad joojin kartaa karantiimadaada.

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.