




		Kujitenga	Karantini	Uchunguzi binafsi
	<b>Kwa ajili ya nani?</b>	Wanaougua COVID-19 <b>ama</b> waliopimwa na kupatikana na COVID-19 ila hawakuonyesha dalili zozote.	Watu wasio na dalili zozote na wale <ul style="list-style-type: none"> <li>waliotangamana na wagonjwa wa COVID-19, <b>au</b></li> <li>wanaorejea Vermont kutoka nje ya jimbo (isipokuwa kaunti mahsus) kwa lolote isipokuwa madhumuni maalum.<sup>1</sup></li> </ul>	Wakazi wengine wa Vermont wasio na dalili.
	<b>Je, nibaki nyumbani?</b>	Ndiyo	Ndiyo	Kubaki nyumbani ndiyo njia bora zaidi ya kupunguza hatari ya kuambukizwa. Fuata maelekezo ya kujikinga unapotoka.
	<b>Je, ninaweza kwenda kazini?</b>	Hapana. Fanya kazi ukiwa nyumbani iwapo kazi yako inakuruhusu na unajisikia vyema vya kutosha.	Hapana. Fanyia kazi nyumbani iwapo inaruhusiwa.	Fuata maelekezo ya afya na usalama ukiwa kazini. Fanya kazi nyumbani ukiweza.

<sup>1</sup> Usafiri muhimu unaweza kuwa ni kwa ajili ya chakula, huduma za matibabu, kuhudumia wengine, ama kazi kwa biashara zilizoruhusiwa kuendeshwa.

		Kujitenga	Karantini	Uchunguzi binafsi
	Je, ninaweza kutoka nje kwa matembezi, kuendesha baiskeli, matembezi ya masafa marefu?	Hapana, huwezi mpaka wakati utakapoona. <sup>2</sup>	Hapana, mpaka siku 14 zipite na huna dalili zozote. <sup>3</sup>	Ndiyo, lakini kaa mita mbili mbali na wengine, isipokuwa wale unaoishi nao. Vaa barakoa kama kuna watu wengi.
	Je, ninaweza kutoka kutafuta vyakula na mahitaji mengine ya msingi kama dawa?	Hapana, utangoja hadi wakati utakapoona. <sup>2</sup>	Hapana, hadi siku 14 zipite na hujaoonyesha dalili zozote. <sup>3</sup>	Ndiyo, lakini kaa umbali wa mita mbili kati yako na watu usioishi nao. Vaa barakoa. Osha mikono kila mara na usiguse uso.
	Je, nikae katika chumba tofauti nyumbani?	Ndiyo, hadi utakapoona. <sup>2</sup>	Ikiwezekana, hadi siku 14 zipite, na hujakuwa na dalili zozote. <sup>3</sup>	Hapana
	Je, vipi nikianza kuhisi kuumwa?		Anza kujitenga na mpigie simu mtoa huduma wako wa afya.	Anza kujitenga na mpigie simu mtoa huduma wako wa afya.




<sup>2</sup> Kupona ni wakati yote matatu yametokea (isipokuwa ukipata maagizo tofauti kutoka kwa mtoa huduma wako): 1) Imekuwa saa 24 bila homa na bila kutumia dawa ya kupunguza homa, **na** 2) Dalili zingine zimekuwa nafuu, **na** 3) Angalau siku 10 zimepita tangu dalili zozote zionekane.

Au ikiwa hukuwa na dalili wakati ulipimwa, kupona ni baada ya siku 10 kupita tangu tarehe ya kipimo chako cha kwanza kilichoonyesha una ugonjwa na umeendelea kuwa huna dalili.

<sup>3</sup> Kwa watu uliokaribiana nao: Siku 14 tangu siku ulipotangamana kwa karibu na mtu mwenye COVID-19. Kwa wasafiri wanaorejea: Siku 14 tangu ulipokuwa nje ya Vermont (isipokuwa kaunti mahsusi). Maelezo katika [healthvermont.gov/covid19-travelguide](https://healthvermont.gov/covid19-travelguide).






\*Unaweza kupimwa wakati wa kipindi cha karantini yako iwapo hukuwa na dalili zozote. Mpigie mtoa huduma wako ili kupanga kupimwa katika au baada ya siku ya 7. Baki kwenye karantini hadi wakati utakapopata matokeo yako. Iwapo matokeo yanaonyesha huna virusi, na bado huna dalili zozote, unaweza kumaliza karantini yako.

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

		Isolation	Quarantine	Self-observation
	<b>For whom?</b>	People sick with COVID-19 <b>or</b> tested positive for COVID-19 but did not have any symptoms.	People with no symptoms and who <ul style="list-style-type: none"> <li>were in close contact with someone sick with COVID-19, <b>or</b></li> <li>are returning to Vermont from out of the state (except select counties) for anything other than an essential purpose.<sup>4</sup></li> </ul>	Other Vermonters who don't have symptoms.
	<b>Do I stay home?</b>	Yes	Yes	Staying home is still the best way to lower your risk. Follow prevention guidance when you go out.
	<b>Can I go to work?</b>	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.

<sup>4</sup> 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. <sup>5</sup>	No, not until 14 days have passed and no symptoms have appeared. <sup>6</sup>	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. <sup>2</sup>	No, not until 14 days have passed and no symptoms have appeared. <sup>3</sup>	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. <sup>2</sup>	If possible, until 14 days have passed, and no symptoms have appeared. <sup>3</sup>	No
	What if I start to feel ill?		Start isolation and call your health care provider.	Start isolation and call your health care provider.

<sup>5</sup> 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.

<sup>6</sup> 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](https://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.