

Ico wokora mu gihe bagutoye COVID-19

Kwiyugarana i muhira:

- Ntwe muhira, kiretse ugiye kwa muganga. Banza uhamagare imbere yo kuja kuraba umuganga canke igisata c'ubufasha bwihuse kandi wambare [ambara agafukamunwa](#).
- Abantu benshi batarembye bashobora gukirira muhira. Kubera atamuti wihariye wa COVID-19 uhari, ushobora kuruhuka cane, kunywa ibintu vyinshi vy'urunyigimbe, hama ugafata imiti igabanya ubushuhe igihe bikenewe.
- Kenshi gashoboka, guma mu cumba cihariye mu nzu yawe kandi ukoreshe ubwogero wisangije. Gusigaza n'imiburiburi intambwe zitandatu canke imetero zibiri n'abandi mubana buri mwanya. Ambara agafukamunwa nimba urikumwe nabandi uri mu cumba n', kiretse ufise ingorane zo guhema. Ntubabikanye ibikoresho vyo mu nzu.
- Saba uwundi muntu yiteho ibitungwa yawe. Igitegereye gito c'ibitungwa vyaratohojwe ko birwara COVID-19. Abantu bafise uyo muganga bwakuye kugabanya imigenderanire n'ibikoko gushika ayandi makuru amenyekanye. Nimba ukeneye kwitaho ibitungwa yawe, ambara agafukamunwa hama ukarabe intoke imbere n'inyuma yo kubikora.
- Guma uhanahana amakuru n'abandi – koresha ubuhinga bwa none mu guhanahana amakuru n'abagenzi bawe n'umuryango.

Kugira isuku no gukaraba buri munsu:

- Gira isuku wongere upompe umuti wica imigera mu cumba n'ubwogero wihariye. Saba uwundi agufashe gusukura ibindi bice vy'aho uba.
- Oza ushimitse ibikoresho vyo mu nzu, nk'ivyo mu gikoni, uhejeje kubikoresha.
- Karaba iminwe yawe kenshi n'isabune n'amazi imiburiburi imisegonda 20. Koresha umuti wica imigera urimwo alukolo nimba isabune n'amazi bitari buboneke.

Ni ryari utegerezwa guhabwa ubuvuzi bwihuse:

Iyo ufise ingorane zo guhema, ubabara mu gikiriza, umuvurungano mu mu mutwe, canke guhindura ibara ku minwa yawe, ibinyigishi, mumaso, iruhande y'amaso, canke inzara, rondera muganga ningoga Igihe uterefonye kwa muganga, barira muganga canke uwishura kuri 911 ko ufise COVID-19 kandi ko wiyugaranye imuhira.

Abantu bakwegereye mu kiringo wari urwaye bakwiye kuja mumwihereho – naho batagira ibimenyetso:

- Abantu bakwegereye mu kiringo wari urwaye, ico kiringo kikaba gitangura iminsi ibiri imbere yo kwerekana ibimenyetso ivyo arivyo vyose (canke nimba utigeze ugira ikimenyetso ici arico cose, iminsi ibiri imbere y'uko wipimisha) kikabandanya gushika [ukize](#), bakwiye kuguma mu mumwihereho. Bashobora gufatira ku canditswe [“Ico wokora igihe ufitanye imigenderanire ya hafi n'uwatowe COVID-19”](#). Abafitanye imigenderanire ya hafi n'abantu mwegeranye singombwa ko bakurikiza imirongo nyobozi (kiretse bafise ibimenyetso).
- Abantu mwegeranye ni ukuvuga kuba ku ntambwe zitandatu canke imetero zibiri mu kiringo c'iminota 15 canke irenga. Imigenderanire ya hafi ntibisigura kurenza intambwe zitandatu canke imetero zibiri mumwanya umwe mu rugo mugihe kitarenze iminota 15, kurengana umuntu, canke kuba mu cumba kimwe akanya gato.

Uburorero bw'abantu mwegeranye	Uburorero bw'abantu mutegeranye
Abantu baba mu nzu imwe	Umunyabigega mu bushinguro bw'ibiribwa
Abafatanyabikorwa bizewe	Abacuruza imiti baguhaye imiti
Abantu mwagendanye mu modokari imwe umaze kwandura	Umuntu ari imbere yawe ku murongo imbere ku maduka

Ni vyiza guhagarika kwiugarana i muhira ari uko umaze gukira. Kiretse uhawe ayandi mabwirizwa n'umuganga, gukira vyerekana n'uko ibi bintu bitatu vyose vyarangije:

1. Haheze amasaha 24 utagira ubushuhe kandi atamuti ugabanya ubushuhe wafashe, **kandi**
2. Ibindi bimenyetso vyaragabanutse, **kandi**
3. N'imiburiburi iminsi 10 yaraheze kuva ibimenyetso vyawe vya mbere bibonetse.

Canke iyo utagize ibimenyetso igihe wipimisha, gukira ni mugihe haheze iminsi 10 kuva kw'itariki y'igihe ibipimo vya mbere vyerekanye ko urwaye kandi ugakomeza utabona ibimenyetso.

Aba icememo c'ibipimo vyemeza ko utarwaye COVID-19 canke ikete ritangwa n'igisata c'Ubuzima ntibikwiye gusabwa n' umukoresha wawe kugira usubire mu kazi. Ntidutanga amakete yerekana ko ushobora gukora.

Ubudasa hagati yo kwiugarana n'umwihereho

	Kwiugarana	Umwihereho
Kubera nde?	Abantu barwaye COVID-19 <ul style="list-style-type: none"> • Abantu barwaye COVID-19 bataremuye ngo bajanwe mu bitaro, canke • Abantu barindiriye inyishu z'ibipimo 	Abantu badafise ibimenyetso vya COVID-19 <ul style="list-style-type: none"> • Kwegerana hafi n'abantu barwaye COVID-19
Mu kiringo kingana gute?	Gushika gukira, naho n'igihe ibi bitatu biba vyarabaye (kiretse uronse amabwirizwa atandukanye atangwa na muganga): <ol style="list-style-type: none"> 1. Haheze amasaha 24 utagira ubushuhe kandi atamuti ugabanya ubushuhe wafashe, kandi 2. Ibindi bimenyetso vyaragabanutse, kandi 3. N'imiburiburi iminsi 10 yaraheze kuva ibimenyetso vyawe vya mbere bibonetse. <p>Canke iyo utagize ibimenyetso igihe wipimisha, gukira ni mugihe haheze iminsi 10 kuva kw'itariki y'igihe ibipimo vya mbere vyerekanye ko urwaye kandi ugakomeza utabona ibimenyetso.</p>	Mu minsi 14 kuva itariki yanyuma y'ugushobora kwibonekeza. Umunsi wo kwibonekeza ni Umunsi wa 0. Ufise amahitamwo yo gushobora kwipimisha mu gihe c'umwihereho nimba utigeze ubona ikimenyetso na kimwe. Ku canke inyuma y'umunsi w' 7, ushobora kwipimisha ubucishije ku muganga wawe canke ku kigo gupima vyihuse. Guma mumwihereho gushika uhawe inyishu yawe. Nimba inyishu zerekana ko utarwaye, kandi ukaba utarabona ikimenyetso na kimwe, ushobora guhagarika umwihereho. Uzoronka terefone iguhamagara ivuye mu Gisata c'Amagara igihe inyishu zawe zizoba zabonetse, ibi navyo bishika akenshi hagati y'iminsi 2-4, canke imbere. Uzoronka kandi ikete riciye ku buhinga ngurukanabumenyi mu minsi 7 yo gupimwa.
Bisigura iki ?	Kuguma muhira 24/7 mu cumba wisangije mu nzu, gukoresha ubwogero wisangije, kwirinda imigenderanire n'abandi. Ambara agafukamunwa nimba urikumwe n'abandi mu cumba, kiretse ufise ingorane zo guhema.	Kuguma muhira 24/7, gukurikirana ibimenyetso, no kugerageza guhana intambwe mu kibano. Nimba bishoboka, gukoresha icumba n'ubwogero wisangije. Nimba utanguye kwerekana ibimenyetso, abakwegereye nabo nyene bakwiye kwishira mumwihereho.

Ayandi makuru araboneka ku rubuga ngurukanabumenyi: www.healthvermont.gov/COVID-19

What to do if you are diagnosed with COVID-19

Isolate at home:

- Don't leave home, except to get medical care. Call ahead before visiting a health care provider or emergency department and wear a [wear a cloth mask](#).
- Most people with mild illness can recover at home. While there is no specific treatment for COVID-19, you should get plenty of rest, drink plenty of fluids, and take fever-reducing medication if needed.
- As much as possible, stay in a specific room in your home and use a separate bathroom. Stay at least six feet or two meters away from others in your home at all times. Wear a cloth mask if you're in a room with other people, unless you have trouble breathing. Don't share household items.
- Have someone else care for your pets. A small number of pets have been reported to be sick with COVID-19. People with the virus should limit contact with animals until more information is known. If you need to care for your pet, wear a cloth mask and wash your hands before and after.
- Stay connected with others – use technology to communicate with friends and family.

Daily cleaning and washing:

- Clean and disinfect surfaces in your separate room and bathroom. Have someone else clean the other areas of your home.
- Thoroughly wash household items, like utensils, after using.
- Wash your hands often with soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.

When to get medical care immediately:

If you have difficulty breathing, chest pain, confusion, or changes in color on your lips, gums, face, around the eyes, or nails, seek medical care immediately. When you call for medical care, tell the provider or 911 that you have COVID-19 and are isolating at home.

People who have been in close contact with you while you were infectious should quarantine at home – even if they don't have symptoms:

- People that were in close contact with you during your infectious period, which starts two days before you developed any symptoms (or if you haven't had any symptoms, two days before the day you got tested) and continues until you have [recovered](#), should quarantine at home. They can refer to the [“What to do if you are a close contact of someone who is diagnosed with COVID-19”](#) guide. Close contacts of your close contacts do not need to follow the guidelines (unless they have symptoms).
- Close contact means being within six feet or two meters for 15 minutes or more. Close contact does not mean being more than six feet or two meters away in the same indoor environment for less than 15 minutes, walking by, or briefly being in the same room.

Examples of close contacts	Examples of NOT close contacts
People living in the same home	Cashier at the grocery store
Intimate partners	Pharmacists who gave you medication
People who rode in the same car while you were infectious	The person in front of you in line at the store

It's safe to stop home isolation when you've recovered. Unless you get different instructions from your medical provider, recovery is when all three things have happened:

4. It's been 24 hours of no fever without the use of fever-reducing medication, **and**
5. Other symptoms have improved, **and**
6. At least 10 days have passed since your symptoms first 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.

Neither a negative test for COVID-19 nor a letter from the Health Department should be required from your employer to return to work. We do not provide letters indicating that you can work.

Difference between isolation and quarantine

	Self-isolation	Self-quarantine
For whom?	People with symptoms of COVID-19 <ul style="list-style-type: none"> • For people with COVID-19 who aren't sick enough to be hospitalized, or • For people who are waiting for test results 	People with no symptoms of COVID-19 <ul style="list-style-type: none"> • Close contacts of people with COVID-19
For how long?	Until recovery, which is when all three have happened (unless you get different instructions from your medical provider): <ol style="list-style-type: none"> 4. It's been 24 hours of no fever without the use of fever-reducing medication, and 5. Other symptoms have improved, and 6. At least 10 days have passed since your symptoms first 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.	For 14 days since the last date of possible exposure. The day of the exposure is Day 0. You have the option of getting tested during your quarantine period if you have not had any symptoms. On or after day 7, you can get a test through your provider or a pop-up testing site. Remain in quarantine until you get your results. If the results are negative, and you still don't have any symptoms, you can discontinue quarantine. You will get a call from the Health Department when your results are ready, which is usually within 2-4 days, if not sooner. You will also get a letter in the mail within 7 days of being tested.
What does it mean?	Staying home 24/7 in a separate room in the house, using a separate bathroom, avoiding contact with others. Wear a mask if you need to be in the same room with other people, unless you have trouble breathing.	Staying home 24/7, monitoring for symptoms, and practicing social distancing. If possible, using a separate room and bathroom. If you become symptomatic, your close contacts should also self-quarantine.