तपाईंको COVID-19 परीक्षणको नतिजा पोजिटिभ आएमा के गर्ने?

COVID-19 संक्रमित व्यक्तिहरूले अरूलाई भाइरस सार्न सक्नु। तपाईले खोप लगाइसकनुहएको छ र तपाईंमा नै लक्षण नभाइस पनि तपाईंको COVID-19 को नतिजा पोजिटिभ आयो भने परीक्षणको नतिजा आउने बितिकै अलगी बस्नुहुन्छ। आइसोलेसनमा बस्नु भनेर तपाईंसँग बसने मानिसहरू लगायत अन्य मानिसहरूको सम्पर्कमा नआउने गरी कमितीमा 5 दिनसम्म घरमा छुट्टी बस्नु हो।

तपाईंको COVID-19 परीक्षण पोजिटिभ आयो भने

<table>
<thead>
<tr>
<th>पहाड 5 दिन अरुबाट अलगी बस्नुहोस्।</th>
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</thead>
<tbody>
<tr>
<td>तपाईंका लक्षणहरूमा सुधार आयो र ज्यो रूपमा ओषधि प्रयोग नगरी कमितीमा 24 घण्टासम्म तपाईलाई ज्यो आएन भने तपाई 5 दिनपछि घरबाहिर जान सक्नुहुन्छ।</td>
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यो निर्देशन स्वास्थ्यकमिटीका हकमा भने लागू हुँदैन।

तपाईंको स्वास्थ्य भिकालो फोन गर्न सक्छ। तपाईंले उक्त कल छुटाउनुभयो भने हामीलाई 802-863-7240 मा कल ब्याक गर्नुहोस्।

आइसोलेसन अवधि पूरा गरेपछि पनि तपाईंको लक्षणहरू देखिए भने तपाई मास्क लगाउने जस्ता अतिरिक्त सावधानी अपनाउन सक्नुहुन्छ। मास्क लगाउनले तपाईं र तपाईंको वरपरका मानिसहरूलाई COVID-19 लागो र फेलाउनबाट जोगाउन मद्दत गर्नुहोस्।

तपाईंको उमेर 65 वर्षभन्दा बढी छ र तपाईं उच जोखिममा रहेको मेडिकल अवस्थामा हुनुहाँ र तपाईंमा हलकाकै मध्यम लक्षणहरू देखिएका छनु भने आफ्नो परीक्षणको नतिजा पोजिटिभ प्राप्त गर्न बितिकै COVID-19 उच्चरकारक व्यक्ति सोबै आफ्नो स्वास्थ्य सेवा प्रदायककलाई सम्पर्क गर्नुहोस्। यी उपचारहरूले अस्पतालमा भन्नु हुने सम्भावना कम गर्न सक्छ।

तपाईंले स्वास्थ्य सेवा प्रदायककलाई भेटनु पर्ने भयो तर तपाईका आफ्नो स्वास्थ्य सेवा प्रदायक छैनन भने स्वास्थ्य सेवामा सम्पर्क गर्न 2:1:1 मा फोन गर्नुहोस् र नजिकका सहज योग्यताप्राप्त स्वास्थ्य केन्द्र र भर्मीन्टको कुनै नि:शुल्क र रेफरल क्लिनिकमा सम्पर्क गर्नुहोस्।

स्व-परीक्षण गर्दा प्राप्त भएका आफ्ना परिणामहरू स्वास्थ्य भिकालाई रिपोर्ट गर्नुहोस्

तपाई भर्मीन्ट COVID-19 को स्व-परीक्षणको नतिजाबाट रिपोर्ट गरेको फारम भर्ने तथ्यात्मक स्वास्थ्य भिकालाई आफ्नो रिपोर्ट स्नत: उपलब्ध गराउने विकल्प रोजर तसो गर्न सक्नुहुन्छ।

आफ्नैसँग नजिकको सम्पर्कमा आएका मानिसहरूलाई जानकारी गराउनुहोस्।


The text is about COVID-19, how to contact if you were exposed, and instructions for self-care and quarantine.

For a translation into Nepali, please refer to the document image.
पल्स अक्सिमिटरका लागि अनुरोध गर्न तरिका

पल्स अक्सिमिटर सानो यन्त्र हो। यसले तपाईको औलाको टुप्पोमा व्यापर तपाईको पल्स र अक्सिजनको स्तर नाप्छ। यसले तपाईलाई तपाई कति बिरामी हुनुहुन्छ भने कृपया तपाईलाई पाउन मद्दत गर्न सक्छ। तपाई वा तपाईले हर्चाह गर्न 2 वर्ष भन्दा बढी उमेश्चक्र व्यक्ति COVID-19 पोजिटिभ भएका तपाई यसका लागि अनुरोध गर्न सक्नुहुन्छ। आफ्नो नाम, जन्म मिति, भौतिक ठेगाना, सम्पर्क जानकारी, तपाईले कस्तो प्रकारको परीक्षण गराउनु भएनु प्रयास गर्न सक्छ। जसले (PCR/LAMP वा एन्टिजेन), र पोजिटिभ भएको मिति उपलब्ध गराउन तयार हुनुहुन्छ।

तपाई 802-863-7240 मा कल गरेर वा https://survey.alchemer.com/s3/6704528/Vermont-Department-of-Health-Pulse-Oximeter-Request वेबसाइटमा गएर पल्स अक्सिमिटरका लागि अनुरोध गर्न सक्नुहुन्छ।
What to do if you test positive for COVID-19

People with COVID-19 can spread the virus to others. **If you test positive for COVID-19, even if you are vaccinated or never have symptoms, isolate as soon as you receive your test result.** Isolation means staying home and away from other people – including the people who live with you – for at least 5 days.

<table>
<thead>
<tr>
<th>If you have a positive COVID-19 test</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stay home and isolate for 5 days.</td>
</tr>
<tr>
<td>You can leave your home after day 5 if your symptoms have improved AND you have had no fever for at least 24 hours without the use of medicine that reduces fevers.</td>
</tr>
</tbody>
</table>

This guidance does not apply to health care workers.

You may get a call from the Health Department. If you miss the call, call us back at 802-863-7240.

If you still have symptoms after completing isolation, you might choose to take extra precautions such as wearing a mask, which helps protect you and the people around you from getting or spreading COVID-19.

**If you are over 65 or have a high-risk medical condition** and have mild to moderate symptoms, reach out to your health care provider to ask about COVID-19 therapeutics — as soon you get your positive test result. These treatments can reduce the chance of being hospitalized.

If you need to see a health care provider but don’t have one, call 2-1-1 to be connected to care, or contact the nearest [federally qualified health center](#) or one of Vermont's free & referral clinics.

**Report your self-test results to the Health Department**

You can report self-test results by choosing the option to automatically provide your results to your local health department or by filling out the [Vermont COVID-19 Self-Test Result Reporting Form](#).

**Notify your close contacts:**

If you test positive for COVID-19, it’s important let people you spent time with recently know they could have come into contact with the virus. That way, they can look out for symptoms and get tested if needed, to help prevent further spread.

Think about who you spent time with starting two days before your symptoms began or if you had no symptoms, the day you were tested. It’s especially important to reach out to anyone who may
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be at higher risk for COVID-19. You can share this link for additional guidance: healthvermont.gov/closecontact.

**Isolate at home:**

Most people with mild illness can recover at home. For people with mild to moderate symptoms, there are treatment options for COVID-19.

- Stay home, except for urgent medical care or if you feel unsafe at home. Wear a mask if you need to leave home.
- Call ahead before visiting a health care provider or emergency department and tell them you are isolating because you have COVID-19.
- As much as possible, stay in a specific room in your home and use a separate bathroom.
- Stay at least 6 feet (or 2 meters) away from others in your home at all times.
- Wear a mask if you’re in any room with other people or pets, unless you have trouble breathing.
- Don’t share household items.
- Clean and disinfect surfaces, wash household items and wash hands often.
- Monitor your blood oxygen levels. People diagnosed with COVID-19 may have below-normal levels of oxygen in their blood before they feel short of breath. Finding low oxygen levels early can help you know to seek medical care sooner. This could make the disease less severe.
- If you are caring for someone who tested positive, find out how to care for someone sick at home (CDC).

**When to get medical care immediately:**

Get medical care immediately if you have trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, or changes in color on your lips, gums, face, around the eyes, or nails. Tell your health care provider or 9-1-1 that you have COVID-19 and are isolating at home.

**Requesting a pulse oximeter**

A pulse oximeter is a small device that clips onto your fingertip and measures your pulse and oxygen levels. It can help you know how sick you are. You can request one if you or someone you care for over the age of 2 tests positive for COVID-19. Be prepared to give your name, date of birth, physical address, contact information, what kind of test you took (PCR/LAMP or antigen), and the date the positive test taken.

You can ask for a pulse oximeter by calling 802-863-7240 or visit the website: https://survey.alchemer.com/s3/6704528/Vermont-Department-of-Health-Pulse-Oximeter-Request