

## Waxa aad samaynayso hadii shaybaadh lagaaga heley COVID-19

Dadka qaba COVID-19 waxay u gudbin karaan fayraska dadka kale. Haddii laga helay cudurka COVID-19, xitaa haddii lagu tallaalay ama aadan lahayn wax astaamo ah, u gal isgo'doomin sida ugu dhakhsaha badan markaad hesho natijada baaritaankaaga. Is go'doomintu micnaheedu waa joogitaanka guriga iyo ka fogaanshaha dadka kale - oo ay ku jiraan dadka kula nool - ugu yaraan 5 maalmood.

### Hadii shaybaadh lagaaga helo COVID-19

Joog guriga oo gal isgo'doomin mudo 5 maalmood ah.

Waxa aad ka bixi kartaa guriga 5 maalmood kadib hadii ay astaamahaagu kasoo reeyaan oo aad noqoto bilaa xumad ugu yaraan 24 saacadood adiga oo aan cunin dawada xumada lagu yareeyo.

Tilmaamahan ma khuseeyaan [shaqaalaha daryeelka caafimaadka](#).

Waaxda Caafimaadka ayaa kula soo hadli karta. Haddii aanad ka qaban taleefanka, dib noogu soo celi adigoo wacaya 802-863-7200.

Hadii aad weli qabto astaamo kadib marka aad dhamaystirato isgo'doominta, waa inaad samaysaa taxadir dheeraad ah sida [xidhashada waji gashad](#), kaas oo adiga iyo dadka kugu dhawba ka ilaalinaya inay qaadaan ama ay faafitaan COVID-19.

**Hadii aad ka wayn tahay 65 jir ama aad khatar sare ku jirto maadaama oo aad xanuun qabto oo aad qabto astaamo yaryar ama kuwa dhexe, waxa aad lasoo xidhiidhaa bixiyahaaga daryeelka caafimaad si aad u waydiiso daawaynta COVID-19 - isla marka sidaa shaybaadh lagaaga helo. Daawaynahani waxay yarayn karaan fursadda lagugu dhigayo isbitaalka.**

Hadii aad u baahato inaad la kulanto bixiye daryeel caafimaad laakiin aanad haysan, la hadal 2-1-1 si aad ugu xidhanto daryeel, ama la xidhiidh [xarun caafimaad oo federaalku aqoonsan yahay](#) ama mid ka mid ah [xarumaha caafimaadka bilaashka ah & la isku gudbiyo ee Vermont](#).

### Waxa aad gaadhsiisaa natijadaada shaybaadhka aad iskaga qaaday Waaxda Caafimaadka

Waxaad ka warbixin kartaa natijada shaybaadhka aad iska qaaday adiga oo dooranaya ikhtiyaarka ah inaad si otomaatig ah u siiso natijoooyinkaaga waaxda caafimaadka deegaankaaga ama adigoo buuxinaya [Foomka ka Warbixinta Natijada Is-Baaridda COVID-19 ee Vermont](#).

### Ogeysii dadka kuu soo dhawaaday:

Hadii shaybaadh lagaaga heley COVID-19, waxaa muhiim ah inaad u sheegto dadka aad wakhtiga wada joogteen dhawaan ee ay dhici karto inay fayraska qaadeen. Sidaas darteed, waxay iskala socon karaan astaamaha oo way is baadhi karaan hadii loo baahdo, si loo baajiyo faafitaan kale.

Waxa aad ka fikirtaa cida aad la joogtay labada maalmood ee ka horeeyay inta ayna kugu bilaabmin astaamuhu ama hadii aanad lahayn astaamo, maalinta aad is baadhay. Waxaa si gaar ah u muhiim ah inaad la xidhiidho qof kasta oo uu khatar badan ku keeni karo COVID-19. Waxa aad la wadaagi kartaa linkigan wixii tilmaamo dheeraad ah: [healthvermont.gov/closecontact](https://healthvermont.gov/closecontact).

### **Guriga isku soo xidh:**

Badanaa dadka qaba xanuunka fudud waxay kaga bogsan karaan gurigooda. Dadka qaba astaamaha yaryar ilaa dhexe, waxaa jira [siyaabo loo daaweeyo COVID-19](#).

- Joog guriga, marka laga tago daryeelka caafimaadka ee degdegga ah ama hadii aad guriga amaan daro ku dareento. Xidho waji gashad hadii aad ka baxayso guriga.
- La sii hadal kahor inta aanad booqan bixiyaha daryeelka caafimaad ama waaxda gurmada degdegga ah oo waxa aad u sheegtaa inaad ku jirto isgo'doomin maadaama oo aad qabto COVID-19.
- Ilaa inta ay macquul tahay, joog qol gaar ah oo gurigaaga ah oo waxa aad isticmaashaa suuli gaar ah.
- Waxa aad ugu yaraan u jirsataa 6 fuudh (ama 2 mitir) dadka kale ee gurigaaga jooga mar kasta.
- Xidho waji gashad hadii aad qol kula jirto dad kale ama xayawaanka rabaayada, adiga oo qaba dhib neefsiga ah moojee.
- Cidna hala wadaagin alaabta guriga.
- Nadiifi oo jeermiska ka dil meelaha la taataabto, maydh agabka guriga oo badanaa farxalo.
- La soco heerarka oksijiinta dhiiggaaga. Dadka laga helay COVID-19 waxaa laga yaabaa in dhiigoodu yeesho heerar ka hooseeya heerka caadiga ah ee oksijiinta ka hor inta aysan dareemin dhib neefsashada ah. Ogaanshaha heerar oksijiin oo hooseeya xilli hore waxay kaa caawin kartaa inaad ogaato inaad dhaqso u raadsato daryeel caafimaad. Tani waxay ka dhigi kartaa cudurku mid dhibtiisu ayna ba'nayn.
- Hadii aad daryeesho qof shaybaadh lagaga heley, waxa aad ka ogaataa [sida loo daryeelo qofka xanuunsanaya bogga](#) (CDC).

### **Goorta ay tahay in daryeelka caafimaad dhakhsa loo doonto:**

Doono daryeelka caafimaadka isla markaba hadii aad mushkilad ka qabtid neefsiga, damqasho joogto ah ama cadaadis laabta ah, dawakhaad cusub, inaad soo toosi kari waydo ama aad soo jeedi kari waydo, ama isbadal ku dhaco midabka dabnaha, ciridka, wajiga, agagaarka indhaha, ama cidiyaha. Waxa aad u sheegtaa bixiyahaaga daryeelka caafimaad ama 9-1-1 inaad qabto COVID-19 oo aad ku jirto isgo'doomin guriga ah.

## Da lbashada pulse oximeter (saacada garaaca wadnaha iyo oksijiinta cabirta)

Pulse oximeter waxaa weeye aalad yar oo lagu dhajiyo farta caaradeeda oo qiyaasta garaaca wadnahaaga iyo heerarka oksijiinta. Waxa aad ku ogaan kartaa inta uu le'eg yahay xanuunkaagu. Waad dalban kartaa aaladan hadii adiga ama qof aad daryeesho oo ka wayn 2 sano jir shaybaadh lagaga heley COVID-19. Waxa aad diyaar u noqotaa inaad u sheegto magacaaga, taariikhdaada dhalashada, cinwaanka gurigaaga, macluumaadka xidhiidhka, nooca shaybaadhka aad martay (PCR/LAMP ama antigen), iyo taariikhda shaybaadhka lagaaga heley aad iska qaaday.

Waxa aad dalban kartaa pulse oximeter adiga oo la hadlaya 802-863-7200 ama booqanaya websaytka: <https://survey.alchemer.com/s3/6704528/Vermont-Department-of-Health-Pulse-Oximeter-Request>

## 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.

### If you have a positive COVID-19 test

Stay home and isolate for 5 days.

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.

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 802-863-7200.

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

be at higher risk for COVID-19. You can share this link for additional guidance:  
[healthvermont.gov/closecontact](https://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 802-863-7200 or visit the website:

<https://survey.alchemer.com/s3/6704528/Vermont-Department-of-Health-Pulse-Oximeter-Request>