

## Waxa aad samaynayso hadii lagaa helo COVID-19

### Guriga isku go'doomi:

- Haka bixin guriga, marka aad u baxayso daryeelka caafimaadka moojee. Lasoo hadal marka hore inta aanad booqan bixiyaha daryeelka caafimaad ama waaxda gurmada degdegga ah oo xidho [waji gashadka marada ah](#).
- Badanaa dadka qaba xanuunka yar waxa ay ku caafimaadi karaan guriga. In kasta oo aanay jirin daawayn gaar ah oo COVID-19 ah, waa inaad si wanaagsan u nasataa, cabtaa dareeyaal badan, oo aad qaadataa dawooyinka xumada jabiya hadii aad u baahan tahay.
- Ilaa inta macquulka ah, waxa aad ku jirtaa qol kaliya oo ku yaalla gurigaaga oo isticmaal suuli gaar ah. Wax aad u jirsataa dadka kale ugu yaraan lix fuudh ama laba mitir gurigaaga mar kasta. Waxa aad xidhataa waji gashad maro ah hadii ay qolka dadkale kugula jiraan, iyada oo neefsigu kugu adag yahay moojee. Hala wadaagin agabka qoyska.
- Cid kale xayawaanka guriga kugu la nool ha daryeelan. Tiro yar oo xayawaanada guriga ku nool ah ayaa la sheegey inuu ku dhacay COVID-19. Dadka qaba fayraska waa inay xadidaan u dhawaanshahooda xayawaanka ilaa inta macluumaad dheeraad ah laga heleyo. Hadii ay tahay inaad daryeesho xayawaanka guriga kugula nool, waxa aad xidhataa waji gashad maro ah oo kahor iyo kadibna faraxalo.
- Waxa aad ku xidhnaataa dadka kale - isticmaal teknoolojiyada si aad ula xidhiidho asxaabta iyo qoyska.

### Nadaafada iyo maydhitaanka maalin kasta:

- Nadiifi oo jeermiska ka dil meelaha la taataabto qolkaaga iyo suuligaaga gaarka ah. Cid kale ha nasiidiso aagagga kale ee gurigaaga.
- Waxa aad u maydhaa si wanaagsan agabka qoyska, sida weelka, marka aad isticmaasho kadib.
- Waa inaad gacmaha ku maydho saabuun iyo biyo ugu yaraan 20 ilbidhiqsi badanaa. Icticmaal gacmo nadiifiyaha alkohoosha ah hadii sabuun iyo biyo aanad heleynin.

### Goorta ay tahay in dhakhso daryeelka caafimaad loo doonto:

Hadii neefsigu kugu adag yahay, laabtu ku xanuunayso, aad wareersan tahay, ama isbadal uu ku yimaado midabka dabnahaaga, ciridkaaga, wajigaaga, hareeraha indhahaaha, ama cidiyahaaga, waxa aad dhakhso u doonataa daryeel caafimaad. Marka aad usoo hadlayso daryeelka caafimaadka, u sheeg bixiyaha ama 911 inaad qabto COVID-19 oo aad ku jirto go'doomin guriga ah.

### Dadka kuu dhawaaday inta aad qabtay xanuunka waa inay karantiimo ku galaan guriga – xataa hadii ayna qabin wax calaamado ah:

- Dadka aad isku dhawaateen intii aad qabtay caabuqa, taas oo bilaabanta laba maalmood kahor marka aad yeelatay wax calaamado ah (ama hadii aanad yeelan wax calaamado ah, laba maalmo od kahor maalinta lagu baadhay) oo ay sii socoto ilaa inta [aad ka ladnaanayso](#), waa in ay guriga ku karantiimaysnaadaan. Waxaa ay ka eegi karaan tilmaamaha [“Waxa la samaynayo hadii loo dhawaado qof kala heley COVID-19”](#). Dadka aad u dhawaatay cida ay u dhawaadaan looma baahna inay tilmaamahan raacaan (iyaga oo yeesha calaamadaha moojee).
- Xidhiidhka dhaw waxa uu ka dhigan yahay inaad lix fuudh ama laba mitir wax ka yar u jirsato 15 daqiiqo ama wax ka badan. U dhawaanshaha kama dhigna inaad u jirsato wax ka badan lix fuudh ama laba mitir deegaan gudaha ah wax ka yar 15 daqiiqo, ag maritaanka, ama inaad wakhti yar wada joogtaan qol.

Tusaalayaasha isku dhawaanshaha	Tusaalayaasha AAN ahayn isku dhawaanshaha
Dadka guriga wada degan	Qasnajiga tukaanka raashinka
Lamaanaha jacaylka	Shaqaalaha farmasiga ee dawada ku siiyey
Dadka aad gaadhi wada raacdeen adiga oo qaba xanuunka	Qofka kuyuuga tukaanka kaa horeeya

**Waxaa amaan ah inaad joojiso go'doominta guriga marka aad ladnaato. Iyada oo tilmaamo kale bixiyaha daryeelkaaga caafimaad kuu sheego moojee, kasoo ladnaanshuhu waxaa weeye marka dhamaan sadexdan shay ay dhacaan:**

1. Ay kasoo wareegaan 24 saacadood adiga oo bilaa xumad ah oo aan isticmaalin daawooyinka xumada jabiya, **iyo**
2. Ay calaamadaha kale kaa baaba'een, **iyo**
3. Ay ugu yaraan 10 maalmood kasoo wareegeen markii aad calaamadihii ugu horreeye isku aragtay.

**Ama** haddii wax calaamado ah aanad qabin markii aad isbaadhaysay, ladnaanshuhu waa marka 10 maalmood ay kasoo wareegeen taariikhdiisii markii ugu horaysay ee lagaa heley oo aad sii ahayd bilaa caalamado.

Shaybaadh in lagaa waayay ah COVID-19 ama warqad Waaxda Caafimaadka ah kuma waydiinayso cida aad u shaqaysaa si aad shaqada ugu noqoto. Ma bixino warqado sheegeya inaad shaqayn karto.

#### Farqiiga u dhaxeeya go'doominta iyo karantiimada

	Is-go'doominta	Is karantiimaynta
Yaa loogu talo galay?	Dadka qaba calaamadaha COVID-19 <ul style="list-style-type: none"> <li>• Dadka qaba COVID-19 ee aan laakiin xanuunkoodu gaadhsiisnayn heer loo dhigo isbitaalka, <b>ama</b></li> <li>• Dadka sugaya natiijooyinka shaybaadhka</li> </ul>	Dadka aan qabin calaamadaha COVID-19 <ul style="list-style-type: none"> <li>• Dadka u dhaawaday cida qabta COVID-19</li> </ul>
Mudo intee le'eg?	Ilaa inta aad ladnaansayso, taas oo ah marka dhammaan saddexdu ay dhacaan (iyada oo tilmaamo kale bixiyaha daryeelkaaga caafimaad kuu sheego moojee): <ol style="list-style-type: none"> <li>1. Ay kasoo wareegeen 24 saacadood adiga oo bilaa xumad ah oo aan isticmaalin dawooyinka xumada jabiya, <b>iyo</b></li> <li>2. Ay calaamadaha kale kaa baaba'een, <b>iyo</b></li> <li>3. Ay ugu yaraan 10 maalmood kasoo wareegeen markii aad calaamadihii ugu horreeye isku aragtay.</li> </ol> Ama haddii wax calaamad ah aanad qabin markii aad isbaadhaysay, ladnaanshuhu waa marka 10 maalmood ay kasoo wareegaan taariikhdiisii markii ugu horaysay lagaa heley oo aad sii ahayd bilaa caalamado.	14 maalmood ayaa kasoo wareegey ilaa taariikhdiisii u dambaysay ee ay suuragalka ahayd in uu kugu dhacay. Maalinta uu kugu dhacay waa Maalinta 0. Waxa aad ikhtiyaar u leedahay in lagu baadho inta aad ku jirto karantiimadaada hadii aanad wax calaamado ah yeelan. Maalinta 7 aad ama kadib, waa aad is baadhi kartaa adiga oo sii maraya bixiyahaaga ama goobta shaybaadhka ee sida kumeel gaadhka ah loo sameeyay. Waxa aad ku jirtaa karantiimada ilaa inta aad helayso natiijooyinkaaga. Haddii shaybaadhkaaga natiijooyinkiisa laga waayo, oo aanad weli qabin wax calaamado ah, waxa aad joojin kartaa karantiimada. Waxaa kula soo hadli doonta Waaxda Caafimaadka marka natiijooyinkaagu diyaar yihiin, taasi oo caadiyan ah 2-4 maalmood, hadii ayna kasoo horeynba. Waxa sidoo kale warqad laguugu soo diri doonaa boosta 7 maalmood gudahood marka aad is baadho kadib.
Maxay ka dhigan tahay?	Joogitaanka guriga 24/7 qol gaar ah oo ku yaalla guriga, inaad isticmaasho suuli gaar ah, inaad iska ilaaliso inaad isasoo gaadhaan dadka kale. Waxa aad xidhataa waji gashad hadii aad u baahato in aad isla qol la joogto dadka kale, iyada oo neefsigu kugu adag yahay moojee.	Waxaad joogtaa guriga 24/7, waxa aad la socotaa calaamadaha, oo waa inaad dhaqan gelisaa ka fogaanshaha dadka. Haddii ay macquul tahay, waxa aad isticmaashaa qol iyo suuli gaar ah. Haddii aad yeelato calaamado, waa in cida aad u dhawaataana sidoo kale is karantiimaysaa.

**Wixii macluumaad dheeraad ah waxaa laga heli karaa websaytkeena: [www.healthvermont.gov/COVID-19](http://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"> <li>• For people with COVID-19 who aren't sick enough to be hospitalized, <b>or</b></li> <li>• For people who are waiting for test results</li> </ul>	People with no symptoms of COVID-19 <ul style="list-style-type: none"> <li>• Close contacts of people with COVID-19</li> </ul>
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"> <li>4. It's been 24 hours of no fever without the use of fever-reducing medication, <b>and</b></li> <li>5. Other symptoms have improved, <b>and</b></li> <li>6. At least 10 days have passed since your symptoms first appeared.</li> </ol> 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.

More information is available on our website: [www.healthvermont.gov/COVID-19](http://www.healthvermont.gov/COVID-19)