

Unachostahili kufanya ukitambuliwa kuwa na COVID-19

Jitenge nyumbani:

- Usiondoke nyumbani, isipokuwa kwa ajili ya kupata huduma ya matibabu. Piga simu kabla ya kumtembelea mtoa huduma ya afya au idara ya dharura na uvae [barakoa ya kitambaa](#).
- Watu wengi walio na maradhi yasiyo makali wanaweza kupona wakiwa nyumbani. Ingawa hakuna matibabu mahususi ya COVID-19, unapaswa kupumzika kwa muda mrefu, kunywa viowevu vingi, na kutumia dawa za kupunguza makali ya homa ikiwa inahitajika.
- Kadri iwezekanavyo, kaa katika chumba mahususi ndani ya nyumba yako na utumie choo na bafu tofauti. Kaa angalau futi sita au mita mbili mbali na watu wengine nyumbani kwako wakati wote. Vaa barakoa ya kitambaa ikiwa uko kwenye chumba na watu wengine, isipokuwa ikiwa unashindwa kupumua. Usitumie vifaa vya nyumbani pamoja na wengine.
- Kuwa na mtu mwingine wa kutunza wanyama vipenzi wako. Idadi ndogo ya wanyama vipenzi wameripotiwa kuugua COVID-19. Watu wenye virusi wanapaswa kuepuka kutangamana na wanyama hadi taarifa zaidi zifahamike. Ikiwa unahitaji kushughulikia mnyama kipenzi wako, vaa barakoa ya kitambaa na unawe mikono yako kabla na baada ya kumshughulikia.
- Endelea kuwasiliana na wengine - tumia teknolojia ili uwasiliane na marafiki na familia.

Usafishaji na uoshaji wa kila siku:

- Safisha na utumie kemikali ya kuua viini vya maradhi kwenye chumba na choo chako tofauti. Muombe mtu mwingine asafishe maeneo mengine ya nyumbani kwako.
- Osha kabisa vifaa vya nyumbani, kama vile vyombo vya jikoni, baada ya kuvitumia.
- Nawa mikono yako mara kwa mara kwa sabuni na maji kwa angalau sekunde 20. Tumia kieuzi cha mkono kilicho na kileo iwapo huna sabuni na maji.

Wakati wa kupata huduma ya matibabu mara moja:

Ikiwa una matatizo ya kupumua, maumivu ya kifua, kuchanganyikiwa, au mabadiliko ya rangi kwenye midomo, ufizi, uso, karibu na macho au kucha zako, tafuta huduma za matibabu mara moja. Unapopiga simu kwa ajili ya huduma ya matibabu, eleza mtoa huduma au 911 kwamba una COVID-19 na unajitenga nyumbani.

Watu ambao wametangamana nawe kwa karibu wakati ulianza kuwa na uwezekano wa kuambukizana wanapaswa wanapaswa kujiweka katika karantini nyumbani - hata kama hawana dalili:

- Watu ambao walitangamana nawe katika kipindi ulipoanza kuwa na uwezekano wa kuambukizana, ambacho huanza siku mbili kabla ya kupata dalili zozote (au ikiwa huonyeshi dalili zozote, siku mbili kabla ya wewe kupimwa) na kinaendelea hadi [unapopona](#), wanapaswa kuwa kwenye karantini nyumbani. Wanaweza kurejelea mwongozo wa [“Unachofaa kufanya ikiwa umetangamana kwa karibu na mtu ambaye ametambuliwa kuwa na COVID-19”](#). Watangamani wa karibu na watangamani wako hawahitajiki kufuata mwongozo (isipokuwa kama wanaonyesha dalili).
- Kutangamana kwa karibu kunamaanisha kuwa katika ukaribu wa futi sita au mita mbili kwa dakika 15 au zaidi. Kutangamana kwa karibu hakumaanishi kuwa katika umbali wa zaidi ya futi sita au mita mbili katika mazingira sawa ya ndani kwa chini ya dakika 15, kutembea karibu na, au kukaa katika chumba kimoja kwa muda mfupi.

Mifano ya kutangamana	Mifano ya KUTOTANGAMANA
Watu wanaoishi katika nyumba moja	Keshia kwenye duka la vyakula
Wenzi wa karibu	Wafamasi waliokupa dawa
Watu ambao waliabiri gari moja nawe wakati ulikuwa na uwezo wa kuambukiza	Mtu aliye mbele yako katika foleni ya dukani

Ni salama kuacha kujitenga nyumbani wakati umepona. Isipokuwa kama utapata maagizo tofauti kutoka kwa mtoa huduma wako wa matibabu, kupona ni wakati mambo yote matatu yametokea:

1. Imekuwa masaa 24 ya kutokuwa na homa bila kutumia dawa za kupunguza makali ya homa, **na**
2. Dalili zingine zimepungua, **na**
3. Angalau siku 10 zimepita tangu dalili zako zilipoonekana kwanza.

Au ikiwa hukuwa na dalili wakati ulipopimwa, kupona ni wakati siku 10 zimepita tangu tarehe ya kipimo chako cha kwanza chenye matokeo ya kuonyesha una virusi na ulipoendelea kutokuwa na dalili.

Kipimo cha matokeo hasi ya COVID-19 wala barua kutoka Idara ya Afya hazipaswi kuhitajika na mwajiri wako ili urudi kazini. Hatutoi barua zinazoonyesha kuwa unaweza kufanya kazi.

Tofauti kati ya kujitenga na karantini

	Kujitenga mwenyewe	Kujiweka katika karantini
Inapaswa kuwa kwa nani?	Watu walio na dalili za COVID-19 <ul style="list-style-type: none"> • Kwa watu walio na COVID-19 ambao sio wagonjwa vya kutosha kulazwa hospitalini, au • Kwa watu ambao wanasubiri matokeo ya kipimo 	Watu wasio na dalili za COVID-19 <ul style="list-style-type: none"> • Watu ambao wamekuwa karibu sana na watu walio na COVID-19
Kwa muda gani?	Hadi upone, ambao ni wakati yote matatu yametokea (isipokuwa kama utapata maagizo tofauti kutoka kwa mtoa huduma wako wa matibabu): <ol style="list-style-type: none"> 1. Imekuwa masaa 24 ya kutokuwa na homa na bila kutumia dawa za kupunguza homa, na 2. Dalili zingine zimepungua, na 3. Angalau siku 10 zimepita tangu dalili zako zilipoonekana kwanza. <p>Au ikiwa hukuwa na dalili wakati ulipimwa, kupona ni wakati siku 10 zimepita tangu tarehe ya kipimo chako cha kwanza chenye matokeo ya kuonyesha una virusi na ulipoendelea kutokuwa na dalili.</p>	Kwa siku 14 tangu tarehe ya mwisho ya uwezekano wa kuwa katika hatari. Siku uliyokuwa katika hatari ni Siku ya 0. Una chaguo la kupimwa wakati wa kipindi chako cha karantini ikiwa hujapata dalili zozote. Katika siku ya 7 au baada ya siku 7, unaweza kupimwa kupitia kwa mtoa huduma wako au kwenye kituo cha muda cha upimaji. Kaa katika karantini hadi utakapopokea matokeo yako. Ikiwa matokeo ni hsi, na bado huna dalili zozote, unaweza kuacha kukaa katika karantini. Utapata simu kutoka Idara ya Afya wakati matokeo yako yanapokuwa tayari, ambayo kwa kawaida ni kati ya siku 2-4, au mapema. Pia utapokea barua katika sanduku lako katika siku 7 baada ya kupimwa.
Hii inamaanisha nini?	Ukae nyumbani 24/7 katika chumba tofauti ndani ya nyumba, utumie bafu na choo tofauti, uepuke kuwa karibu na wengine. Uvae barakoa ikiwa unahitaji kuwa katika chumba kimoja na watu wengine, isipokuwa ikiwa unashindwa kupumua.	Ukae nyumbani 24/7, ukifuatilia dalili, na ukidumisha umbali wa kutengana. Ikiwezekana, tumia chumba, bafu na choo tofauti. Ikiwa unaonyesha dalili, watu ambao wametangamana nawe kwa karibu pia wanapaswa kujitenga.

Maelezo zaidi yanapatikana katika tovuti yetu: 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.

More information is available on our website: www.healthvermont.gov/COVID-19