

## Ico wokora nimba wegeranye n'umuntu yatowe COVID-19

Aya makuru agenewe abantu begeranye n'umuntu arwaye COVID-19. Kwegerana ni ukuvuga kuba nko ku ntambwe zitandatu canke ku metero zibiri mu kiringo c'iminota 15 canke irenga mu gihe uyo muntu yanduye, ico naco gitangura iminsi ibiri imbere y'ikimenyetso ico arico cose( canke ku bantu batagira ibimenyetso, iminsi ibiri imbere y'umunsi bapimwa) kikabandanya gushika [bakize](#). Kwegerana n'uwurwaye ntibisigura kuba ku ntambwe zirenze zitandatu canke imetero zibiri mu have kamwe mu kiringo c'iminota 15, kumurengana, canke kuba mu cumba kimwe umwanya muto. Abakozi mubijanye n'amagara y'abantu: nkundira urabe [“COVID-19: Ico wokora nimba uri umukozi mubijanye n'amagara y'abantu”](#).

Uburorero bwo kwegerana	Uburorero bwo KUtegerana
Muba mu nzu imwe	Wari umunyabigega wabo mu bushinguro bw'ibiribwa
Muri abagenzi ba hafi	Uri umucuruzi w'imiti yamuhaye imiti
Mwagendeye mu modokari imwe igihe uyo muntu yari yanduye	Wari imbere y'iwe ku mirongo imbere yo ku maduka

### Guma mumwihereho muhira hama ucunge ibimenyetso mu kiringo c'iminsi 14 :

- Umunsi 0 ni umunsi waherutse kwegera uyo muntu.
- Kurikirana ibimenyetso, naho vyoba bidashemeye, vyo gukorora, guhema udashikana canke ingorane zo guhema, umuriro, gukanya, kuguma ujugumira kubera imbeho, umunaniro, kubabara mu mumitsi, ku meneka umutwe, kubabara mu muhogo, gutasorerwa canke kumoterwa, amazuru afunze canke ufise ibicurane, iseseme canke kudahwa, canke gucibwamwo.
- Ntuye muhira, kiretse uguye kwa muganga. [Ambara agafukamunwa](#) nimba ugomba kuva muhira.
- Hamagara imbere yokuja kuraba umuganga canke igisata c'ivyihutirwa.
- Nimba bishoboka, 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 n'abandi mu cumba, kiretse niwaba ufise ingorane zo guhema. Ntushabikanye ibikoresho vyo mu nzu .
- Guma uhanahana amakuru n'abandi – koresha ubuhinga bwa none mu guhanahana amakuru n'abagenzi bawe n'umuryango.

Nimba inyuma y'iminsi 14 utarabona ibimenyetso, ushobora guhagarika umwihereho. Aba icemezo c'ibipimo vyemeza ko utarwaye COVID-19 canke ikete ritangwa n'Igisata c'Ubuzima ntibikwiye gusabwa n'umukoresha wawe kugira usubire mu kazi. Igisata c'Ubuzima ntigitanga ikete ryerekana ko ushobora gusubira gukora.

### Kugira isuku no gukaraba buri munsi:

- Sukura wongere upompe umuti wica imigera mu nzu yawe. Nimba uba mu cumba cisangije ukaba kandi ukoresha ubwogero wisangije, vyisukurire wewe nyene. Saba uwundi muntu agusukurire 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 alukolonimba amazi n'isabune bitari buboneke.

### Nimba ahantu hamwe canke ahandi ugaragaje ibimenyetso:

- Bibwire umuganga wawe kuri terefone kugira umenye nimba ushobora gusuzumwa. Bamenyeshe ko uri mumwihereho muhira kubera coronavirus kubera wegeranye n'uwurwaye COVID-19.

- Nimba uriko uhabwa ubuvuzi bwihuse, hamagara 9-1-1 canke ugende ku bitaro.
- Nimba udafise umuganga, hamagara 2-1-1 uhuzwe n'ihuriro riri mu karere kawe.
- Abantu bafise uburwayi budakomeye bashobora kuvura ibimenyetso vyabo i muhira: kuruhuka cane, kunya ibinyigimba vyinshi no gufata imiti igabanya umuriro igihe bikenewe.

### Ni ryari utegerezwa guhabwa ubuvuzi bwihuse:

Iyo ufise ingorane zo guhema, ubabara mu gikiriza, umuvurungano mu mutwe, canke guhindura ibara ku minwa yawe, ibinyigishi, mu maso, iruhande y'amaso, canke inzara, rondera muganga ningoga. Igihe uterefonye kwa muganga, bwira muganga canke uwitaba krui 9-1-1 ko uri mumwihereho i muhira kubera ufise wegeranye n'umuntu arwaye COVID-19.

### Ubudasa hagati yo kwiugarana n'umwihereho

	Kwiugarana	Umwihereho
Kubera nde?	Abantu barwaye COVID-19 <ul style="list-style-type: none"> <li>• Abantu barwaye COVID-19 batarembye ngo bajanwe mu bitaro, <b>canke</b></li> <li>• Abantu barindiriye inyishu z'ibipimo</li> </ul>	Abantu batagira ibimenyetso vya COVID19 <ul style="list-style-type: none"> <li>• Kwegerana hafi n'abantu barwaye COVID19</li> </ul>
Mu kiringo kingana gute?	Gushika gukura, naho ni igihe ibi bitatu biba vyarabaye (kiretse uronse amabwirizwa atandukanye atangwa na muganga): <ol style="list-style-type: none"> <li>1. Haheze amasaha 24 utagira ubushuhe kandi atamuti ugabanya ubushuhe wafashe, kandi</li> <li>2. Ibindi bimenyetso vyaragabanutse, kandi</li> <li>3. N'imiburiburi iminsi 10 yaraheze kuva ibimenyetso vyawe vya mbere bibonetse.</li> </ol> <p>Canke iyo utagize ibimenyetso igihe wipimisha, gukura 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. <p>Ufise amahitamwo yo gushobora kwipimisha mu gihe co kwihereho nimba utigeze ubona ikimenyetso na kimwe. Ku canke inyuma y'umunsi w' 7, ushobora kwipimisha ubicishije ku muganga wawe canke ku kigo gupima vyihuse. Guma mu 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.</p>
Bisigura iki ?	Kuguma muhira 24/7 mu cumba wihariye 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 bakwiye kwishira mu mumwihereho.

Ayandi makuru araboneka ku rubuga ngurukanabumenyi: [www.healthvermont.gov/COVID-19](http://www.healthvermont.gov/COVID-19)

## **What to do if you are a close contact of someone who is diagnosed with COVID-19**

This information is for people who were in close contact with someone who has COVID-19. Close contact means being closer than six feet or two meters apart for 15 minutes or more while the person was infectious, which starts two days before any symptoms began (or for people without any symptoms, two days before the day they got tested) and continues until they are [recovered](#). 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. Health care workers: please see [“COVID-19: What to do if you are a health care worker”](#).

Examples of close contacts	Examples of NOT close contacts
You live in the same home	You were their cashier at the grocery store
You are intimate partners	You are a pharmacist who gave the person medication
You rode in the same car while the person was infectious	You were in front of the person in line at the store

### **Quarantine at home and watch for symptoms for 14 days:**

- Day 0 is the day you were last in contact with the person.
- Watch for symptoms, even if mild, of cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, fatigue, muscle pain or body aches, headache, sore throat, new loss of taste or smell, congestion or runny nose, nausea or vomiting, or diarrhea.
- Don't leave home, except to get medical care. [Wear a cloth mask](#) if you need to leave home.
- Call ahead before visiting a health care provider or emergency department.
- If 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 any room with other people, unless you have trouble breathing. Don't share household items.
- Stay connected with others – use technology to communicate with friends and family.

If after 14 days you still don't have symptoms, you may end your quarantine. Neither a negative test for COVID-19 nor a letter from the Health Department should be required from your employer to return to work. The Health Department does not provide letters indicating that you can return to work.

### **Daily cleaning and washing:**

- Clean and disinfect surfaces in your home. If you are staying in a separate room and using a separate bathroom, clean them yourself. Have someone else clean the other areas of the 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.

### If at any point you develop symptoms:

- Contact your health care provider by phone to find out if you should be evaluated. Let them know you are quarantining at home for novel coronavirus because you are a close contact of someone who is diagnosed with COVID-19.
- If you're having a medical emergency, call 9-1-1 or go to the hospital.
- If you don't have a provider, call 2-1-1 to be connected to a clinic in your area.
- People with mild illness can treat their symptoms at home: get plenty of rest, drink plenty of fluids, and take fever-reducing medication if needed.

### When to get medical care immediately:

If you have trouble 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 9-1-1 that you are quarantining at home because you are a close contact of someone with COVID-19.

### 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, or</li> <li>• For people who are waiting for test results</li> </ul>	People with no symptoms of COVID19 <ul style="list-style-type: none"> <li>• Close contacts of people with COVID19</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, and</li> <li>5. Other symptoms have improved, and</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're in a 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)