

Waxa aad samaynayso hadii aad u dhawaatay qof laga heley COVID-19

Macluumaadkan waxa loogu talo galey dadka u dhawaaday qof qaba COVID-19. U dhawaanshuhu waxa uu ka dhigan yahay inaad u jirsato wax ka yar lix fuudh ama laba mitir 15 daqiiqo ama wax ka badan qofka isaga oo qaba xanuunka, taas oo ka bilaabanta laba maalmood kahor inta ayna ku bilaabmin wax calaamado ah (ama dadka aan lahayn wax calaamado ah, laba maalmood kahor maalinta la baadhay) oo sii socota ilaa inta ay [ladnaanayaan](#). U dhawaanshuhu kama dhigna inaad u jirsato wax ka badan lix fuudha ama laba mitir deegaan gudaha ah wax ka yar 15 daqiiqo, ag maritaanka, ama inaad wakhti yar wada joogtaan qol. Shaqaalaha daryeelka caafimaadka: fadlan ka eeg [“COVID-19: Waxa aad samaynayso hadii aad tahay shaqaalaha daryeelka caafimaadka”](#).

Tusaalayaasha isku dhawaanshaha	Tusaalayaasha AAN ahayn isku dhawaanshaha
Waxa aad la degan tahay guri	Waxa aad u ahayd qansajigooga tukaanka raashinka
Waxaad tihiin lamaane jacayl ka dhaxeeyo	Waxa aad tahay shaqaalaha farmasiga dawada siiyey qofka
Waxa aad la raacday gaadhi qofka oo qaba xanuunka	Waxa aad safka tukaanka ka horeysay qofka

Karantiimada guriga iyo la socodka calaamadaha muddo 14 maalmood ah:

- Maalinta 0 waa maalinta ugu danbaysay ee aad qofka u dhawaatay.
- Waxa aad la socotaa calaamadaha, xataa hadii ay yar yihiin, qufaca, neefsiga oo yar ama neefsiga oo ku dhiba, xumad, qadhqadhyo, gariir soo noqnoqonaya oo wata qadhqadhyo, daal, murqo xanuun ama jidh xanuun, madax xanuun, cune xanuun, dhadhanka ama urta oo kaa guurta oo cusub, san duuf leh ama xidhan, yalaalugo ama hunqaaco, ama shuban.
- Haka bixin guriga, marka aad u baxayso daryeelka caafimaadka moojee. [Xidho waji gashad maro ah](#) hadii ay tahay inaad guriga ka baxdo.
- Lasoo hadal marka hore inta aanad booqan bixiyaha daryeelka caafimaad ama waaxda gurmada degdegga ah.
- Hadii ay macquul tahay, waxa aad ku jirtaa qol kaliya 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 aad ku jirto qol ay dad kale ku jiraan, iyada oo neefsigu kugu adag yahay moojee. Hala wadaagin agabka qoyska.
- Waxa aad ku xidhnaataa dadka kale - isticmaal teknoolojiyada si aad ula xidhiidho asxaabta iyo qoyska.

Hadii 14 maalmood kadib weli aanad lahayn calaamado, waad joojin kartaa karantiimadaada. Shaybaadh in lagaa waayay ah COVID-19 ama warqad Waaxda Caafimaadka ah kuma waydiinayso cida aad u shaqaysaa si aad shaqada ugu noqoto. Waaxda Caafimaadku ma bixiso waraaqo sheegaya inaad shaqada ku noqon karto.

Nadaafada iyo maydhitaanka maalin kasta:

- Nadiifi oo jeermiska ka dil meelaha la taataabto ee gurigaaga. Hadii aad degan tahay qol gaar ah oo aad suuli kaligaa isticmaasho, nadiifi adigu. Cid kale ha nasiidiso aagagga kale ee guriga.
- 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.

Hadii wakhti kamid ah wakhtiyada aad yeelato calaamado:

- Waxa aad taleefan kula xidhiidhaa bixiyaha daryeelkaaga caafimaad si aad u ogaato hadii ay tahay in lagu baadh. U sheeg inaad ku jirto karantiime guriga ah coronavirus cusub dartii maadaama oo aad u dhawaatay qof laga heley COVID-19.

- Hadii aad qabto xaalad caafimaad oo degdeg ah, la hadal 9-1-1 ama qabo isbitaalka.
- Hadii aanad lahayn bixiye, la hadal 2-1-1 si laguugu xidho xarun caafimaad oo aaggaaga ah.
- Dadka qaba xanuunka yar waxaa ay ku dawayn karaan calaamadahooda guriga: waa in ay si wanaagsan u nastaan, cabaan dareerayaal badan, oo ay qaataan dawooyinka xumada jabiya hadii ay u baahan yihiin.

Goorta ay tahay in dhakhso daryeelka caafimaad loo doonto:

Hadii neefsigu ku dhibayo, laabtu ku xanuunayso, wareersan tahay, ama isbadal uu ku yimaado midabka dabnahaaga, ciridkaaga, wajigaaga, hareerahaaga indhahaaga, ama cidiyahaaga, waxa aad dhakhso u doonataa daryeel caafimaad. Marka aad usoo hadasho daryeelka caafimaad, u sheeg bixiyaha ama 9-1-1 inaad ku jirto karantiime gurigaaga ah maadaama oo aad u dhawaatay qof qaba COVID-19.

Farqiga 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"> • Dadka qaba COVID-19 ee aan laakiin xanuunkoodu gaadhsiisnayn heer loo dhigo isbitaalka, ama • Dadka sugaya natiijooyinka shaybaadhka 	Dadka aan qabin calaamadaha COVID19 <ul style="list-style-type: none"> • Dadka u dhaawaday cida qabta COVID19
Mudo intee le'eg?	Ilaa inta aad ladnaanayso, taas oo ah marka dhammaan saddexdu ay dhacaan (iyada oo tilmaamo kale bixiyaha daryeelkaaga caafimaad kuu sheego moojee): <ol style="list-style-type: none"> 1. Ay kasoo wareegeen 24 saacadood adiga oo bilaa xumad ah oo aan isticmaalin dawooyinka 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 calaamad ah aanad qabin markii aad isbaadhaysay, ladnaanshuhu waa marka 10 maalmood ay kasoo wareegaan taariikhdiis markii ugu horaysay lagaa heley oo aad sii ahayd bilaa caalamado.	14 maalmood ayaa kasoo wareegey ilaa taariikhdiis 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 karantiimadaa 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. Hadii 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 qol la jooqto dad 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. Hadii ay macquul tahay, waxa aad isticmaashaa qol iyo suuli gaar ah. Hadii 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

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"> • 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 COVID19 <ul style="list-style-type: none"> • Close contacts of people with COVID19
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'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