

Unachohitaji kufanya ikiwa umekuwa karibu sana na mtu ambaye ametambuliwa kuwa COVID-19

Maelezo haya ni kwa watu ambao walitangamana kwa karibu sana na mtu ambaye ana COVID-19. Kutangamana kwa karibu kunamaanisha kuwa katika ukaribu wa futi sita au mita mbili kwa dakika 15 au zaidi wakati mtu huyo alikuwa na uwezo wa kuambukiza, kipindi ambacho huanza siku mbili kabla ya dalili zozote kuonekana (au kwa watu wasio na dalili yoyote, siku mbili kabla ya siku waliyopimwa) na kinaendelea mpaka [atakapopona](#). 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 kuwa katika chumba kimoja kwa muda mfupi. Wafanyakazi wa huduma za afya: tafadhali tazama [“COVID-19: Nini cha kufanya ikiwa wewe ni mfanyakazi wa huduma za afya”](#).

Mifano ya kutangamana	Mifano ya KUTOTANGAMANA
Unaishi katika nyumba moja	Ulikuwa keshia wake katika duka la vyakula
Ninyi ni wenzi wa karibu	Wewe ni mfamasia uliyempa mtu huyu dawa
Mliabiri gari moja wakati mtu huyo alikuwa na uwezo wa kuambukiza	Ulikuwa mbele ya mtu huyu katika foleni ya duka

Kaa katika karantini nyumbani na ufuatilie dalili kwa siku 14:

- Siku ya 0 ni siku ambayo ulikuwa karibu sana na mtu aliyeambukizwa mara ya mwisho.
- Angalia iwapo una dalili, hata ikiwa sio kali, za kikohozi, upungufu wa pumzi au tatizo la kupumua, homa, kibaridi, kutetemeka mara kwa mara na kibaridi, uchovu, maumivu ya misuli au maumivu ya mwili, kuumwa kwa kichwa, kuwashwa kooni, kupoteza kupya kwa ladha au harufu, kuziba au kamasi kwenye pua, kichefuchefu au kutapika, au kuhara.
- Usiondoke nyumbani, isipokuwa kwa ajili ya kupata huduma ya matibabu. [Vaa barakoa ya kitambaa](#) ikiwa unahitaji kuondoka nyumbani.
- Piga simu kabla ya kutembelea mtoa huduma za afya au idara ya dharura.
- Ikiwezekana, kaa katika chumba mahususi nyumbani kwako na utumie bafu na choo tofauti.
- Kaa angalau futi sita au mita mbili mbali na watu wengine nyumbani kwako wakati wote. Vaa barakoa ya kitambaa ikiwa uko katika chumba chochote na watu wengine, isipokuwa ikiwa unashindwa kupumua. Usitumie vifaa vya nyumbani na wengine.
- Endelea kuwasiliana na wengine - tumia teknolojia ili uwasiliane na marafiki na familia.

Ikiwa baada ya siku 14 bado huna dalili, unaweza kuacha kukaa katika karantini. Kipimo cha matokeo hasi ya COVID-19 wala barua kutoka Idara ya Afya hazipaswi kuhitajika na mwajiri wako ili urudi kazini. Idara ya Afya haitoi barua zinazoonyesha kuwa unaweza kurudi kazini.

Usafishaji na uoshaji wa kila siku:

- Safisha na utumie kemikali ya kuua viini vya maradhi kwenye nyuso katika nyumba yako. Ikiwa unakaa katika chumba tofauti na unatumia bafu na choo tofauti, osha vyumba hivi mwenyewe. Muombe mtu mwingine asafishe maeneo mengine ya nyumbani.
- 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 mikono kilicho na kileo iwapo huna sabuni na maji.

Ikiwa wakati wowote unaonyesha dalili:

- Wasiliana na mtoa wako wahuduma za afya kwa simu ili kujua ikiwa unapaswa kutathminiwa. Mjulishe kuwa uko katika karantini nyumbani kutokana na virusi vipya vya corona kwa sababu umetangamana kwa karibu na mtu ambaye ametambuliwa kuwa na COVID-19.
- Ikiwa unahitaji dharura ya matibabu, piga 9-1-1 au nenda hospitalini.
- Ikiwa huna mtoa huduma, piga simu 2-1-1 ili uunganishwe na kliniki katika eneo lako.
- Watu walio na maradhi yasiyo makali wanaweza kutibu dalili zao nyumbani: kupumzika kwa muda mrefu, kunywa viowevu vingi, na kutumia dawa za kupunguza makali ya homa ikiwa inahitajika.

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 ya matibabu mara moja. Unapopiga simu kwa ajili ya huduma ya matibabu, mjulishe mtoa huduma au 9-1-1 kuwa uko kwenye karantini nyumbani kwa sababu umetangamana kwa karibu na mtu aliye na COVID-19.

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 COVID19 <ul style="list-style-type: none"> • Watangamani wa karibu na watu walio na COVID19
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. 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.	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. Vaa barakoa ikiwa uko kwenye chumba 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 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