



# မိုးနအိတ်ခိးလၢနကမၤန့ၢ် တၢ်မၤကွၢ် COVID-19 အစၢၤါ.

တၢ်ကွၢ်ကဒါက့ၤ 11/16/2020

တၢ်န့ၢ်အံၤ တၢ်မၤကွၢ်န့ၢ်လၢ COVID-19 န့ၢ်လီၤ. တၢ်ဆၢကတီၢ် ကယံၢ်စ့ၤသီလၢ ကမၤန့ၢ်တၢ်အစၢၤတဖၣ်န့ၢ်လီၤ. နတၢ်မၤကွၢ်အစၢၤတၢ်န့ၢ်အံၤ ကတဲဘၣ်န့ၢ်လၢ မ့ၢ်နဘၣ်က မ့တမ့ၢ် အိတ်တဆူၣ်တၢ်န့ၢ်အံၤန့ၢ်လီၤ. တၢ်ကဲထီၣ်သးသ့လၢ တၢ်မၤကွၢ်ဒီး ကထံၣ်လၢ နအိတ်ဒီးတၢ်ဘၣ်ကလၢ ခါဆူၣ်ညါန့ၢ်လီၤ.

## ဖဲနအိတ်ခိးနတၢ်အစၢၤတဖၣ်အခါ-

- တၢ်မ့ၢ်သမံသမိးတၢ်န့ၢ်မ့ၢ်လၢ နအိတ်ဒီး COVID-19 တၢ်ဆၢကတီၢ်ပနီၣ်တဖၣ်, နအိတ်ဘူးဘၣ်တၢ်ဒီး ပုၤတဂၤလၢအအိတ်ဒီး COVID-19, မ့တမ့ၢ် တၢ်ဟ့ၣ်ကူၣ်န့ၢ်လၢနကသမံသမိးနသးအယံ, **အိတ်လၢဟံၣ်ဒီးတဘၣ်လဲၤဆူကမျၢၢ်ပုၤအါဂၤအကျါ, ဖဲနတဆူးက့ဆါဘီဒ်လံာ် န့ၢ်တက့ၢ်.** တၢ်အိတ်လၢဟံၣ်န့ၢ် ကပတုၢ် COVID-19 အတၢ်ရၢလီၤသးန့ၢ်လီၤ.
- နမ့ၢ်လိာ်ဘၣ်လၢ နကထံၣ်လိာ်ဒီးပုၤသးဒီးပုၤဟ့ၣ်ဆူၣ်ညါတၢ်ကွၢ်ထွဲအယံ, ကိးလိာ်တဲဆူအဝဲသ့ၣ်အအိတ်ဒီးတဲဘၣ်အီၤလၢ နတၢ်မၤကွၢ် COVID-19 အဂီၢ်ဒီးနအိတ်ခိးတၢ်အစၢၤတဖၣ်န့ၢ်လီၤ.

## နတၢ်မၤကွၢ်အစၢၤတဖၣ် မ့ၢ်လၢအိတ်ဒီးတၢ်ဆါအယံ, မၤတၢ်သ့ၣ်တဖၣ်အံၤတဘျီယီတက့ၢ်-

- **အိတ်လၢဟံၣ်** ဒီးအိတ်ယံဒီးပုၤအဂၤတဖၣ်, ပုၤဟ့ၣ်ဒီးပုၤလၢနအိတ်သကိးဒီးအီၤတဖၣ်တက့ၢ်.
- **ကွဲးရဲၣ်လီၤပုၤလၢနအိတ်ဘူးဘၣ်တ့ၢ်တဖၣ် အမံၤဒီးအလီၤတဲစိနီၣ်ဂံၢ်န့ၢ်တက့ၢ်.** ပုၤလၢနအိတ်ဘူးဘၣ်တ့ၢ်န့ၢ် မ့ၢ်ပုၤတဂၤလၢ နအိတ်ဘူး စီၤစ့ၤယံၤတၢ်ဒီးအီၤ 6 ခိတ်ယီၢ်လၢ 15 မံးနံးအတီၢ်ပုၤ မ့တမ့ၢ် အါန့ၢ် 24 န့ၢ်ရဲၣ်ဖဲတၢ်ဘၣ်ကူၣ်ဘၣ်ကဲအိတ်ဒီးန့ၢ်အါန့ၢ်လီၤ. နတၢ်ဘၣ် ကူၣ်ဘၣ်ကဲသ့အဆၢကတီၢ်စးထီၣ်ခဲသီ တချုးနတၢ်ဆါအပနီၣ်တဖၣ်စးထီၣ် - မ့တမ့ၢ် ခဲသီတချုး တၢ်သမံသမိးမၤကွၢ်န့ၢ် ဖဲနတအိတ်ဒီး တၢ်ဆါကွၢ်ပနီၣ်တဖၣ်အါန့ၢ်လီၤ. ဆူၣ်ညါကျါပုၤ ကသံကွၢ်န့ၢ်တၢ်ကွၢ်တဖၣ်အံၤဖဲအဝဲသ့ၣ်ကိးန့ၢ်ဒီးကနီၤလီၤတၢ်သံကွၢ်လၢ အရဲဒိတ်ဒီးပုၤလၢနအိတ်ဘူးဘၣ်တ့ၢ်တဖၣ်လၢကဒီသ့အတၢ်ရၢလီၤဆူၣ်ညါအဂီၢ်န့ၢ်လီၤ. ဘၣ်သ့ၣ်သ့ၣ်နတၢ်ဟ့ၣ်ဘၣ်ကဲစိၣ်လၢဆူၣ်ညါ ဝဲကျါအအိတ်တဘျီယီဘၣ်, အယံနမ့ၢ်အဲၣ်ဒီးနဆဲးကျိးပုၤလၢ အအိတ်ဘူးဘၣ်တ့ၢ်ဒီးနတဖၣ်သ့န့ၢ်လီၤ. ပုၤလၢ အအိတ်ဘူးဘၣ်တ့ၢ် ဒီးနတဖၣ် ကြးအိတ်လီၤဆီအသးဒီးပုၤဂၤတဖၣ် (အိတ်လၢဟံၣ်ဒီးအိတ်ယံဒီးပုၤအဂၤတဖၣ် 14 သီ), ဒီး ဆိကမိၣ် လၢနကလဲၤမၤ ကွၢ်နသးတက့ၢ်.
- **အလီၢ်မ့ၢ်အိတ်န့ၢ်ဆဲးကျါ ကသံၣ်သရဲၣ်** လၢကတၢ်ပိာ်သကိးဘၣ်သး တၢ်ကွၢ်ထွဲန့ၢ်ဒီးတၢ်ယါဘျီတၢ်ဆါကွၢ်ပနီၣ်တဖၣ်အဂီၢ်တက့ၢ်.
- **ဆူၣ်ညါကျါ မ့ၢ်ကိးန့ၢ်လီၤတဲစိအယံ စံးဆါအီၤတက့ၢ်.** ပုၤလၢအကိးန့ၢ် ကဟ့ၣ်နတၢ်ဂ့ၢ်တၢ်ကျါလၢအရဲဒိတ်တဖၣ် န့ၢ်လီၤ. နမ့ၢ်တစံးဆါဘၣ်လီၤတဲစိအယံ, နကိးကဒါက့ၤပုၤသ့ဖဲ 802-863-7240 န့ၢ်လီၤ.

## နတၢ်မၤကွၢ်အစၢၤမ့ၢ်ဖျါလၢ တၢ်ဆါတအိတ် ဒီး နဘၣ်အိတ် လီၤဆီလိာ်သးဒီး ပုၤအဂၤတဖၣ် ဒီဖျါလၢ နလဲၤသကိးဘၣ်တ့ၢ်တၢ် မ့တမ့ၢ် အိတ်ဘူးဘၣ်တ့ၢ်ဒီးပုၤလၢအိတ်ဒီး COVID-19 အယံ-

- တၢ်သမံသမိးတၢ်န့ၢ်ဖဲနအိတ်လီၤဆီလိာ်နသးဒီးပုၤအဂၤ **7 သီတသီ** မ့တမ့ၢ် အလီၢ်ခဲအယံ, ဒီးနတအိတ်ဒီး တၢ်ဆါကွၢ်ပနီၣ် နီတမံၤ အယံ, **နမၤကတၢ် တၢ်အိတ်လီၤဆီလိာ်သးဒီးပုၤအဂၤတဖၣ်သ့န့ၢ်လီၤ.**
- မ့တမ့ၢ်**
- တၢ်သမံသမိးတၢ်န့ၢ် **တချုး 7 သီတသီ** တချုး တၢ်အိတ်လီၤဆီလိာ်ဒီးပုၤအယံ, **အိတ်လီၤဆီလိာ်သးဒီးပုၤဂၤ** တုၤလၢ တၢ်သမံသမိး ကွၢ်န့ၢ်ဒီး ထံလၢတၢ်ဆါတအိတ်ဖဲ 7 သီ မ့တမ့ၢ် ဝဲအလီၢ်ခဲ, မ့တမ့ၢ် ဖဲတၢ်အိတ်လီၤဆီလိာ်သးအကတီၢ်လၢ အိတ်တီၢ် 14 သီ အဂီၢ်န့ၢ်တက့ၢ်.

## မ့တမ့ၢ်, နတၢ်မၤကွၢ်အစၢၤမ့ၢ်ဖျါလၢ တၢ်ဆါတအိတ် ဒီး နတဘၣ် အိတ်လီၤဆီလိာ်သးဒီး ပုၤအဂၤတဖၣ် ဒီဖျါလၢ

### နလဲၤသကိးဘၣ်တ့ၢ်တၢ် မ့တမ့ၢ် အိတ်ဘူးဘၣ်တ့ၢ်ဒီးပုၤလၢအိတ်ဒီး COVID-19 ဘၣ်အယံ-

- ဆဲးမၤတၢ်ဒီသ့တဖၣ် ဒ်အမ့ၢ် တၢ်ကျါတၢ်ကးဘၢမံၢ်, တၢ်သ့စုဒီးတၢ်အိတ်ယံလိာ်သးဒီးပုၤဂၤတဖၣ်တက့ၢ်.
- နမ့ၢ်အိတ်တဆူၣ်ဒီး တၢ်ဆူးတၢ်ဆါအဂၤ လၢ COVID-19 အမံၤညါအယံ, အိတ်လၢဟံၣ်တုၤလၢ တၢ်ဆါကွၢ်ပနီၣ်တဖၣ် ဂ့ၤထီၣ်တစု တက့ၢ်.

လၢနကမၤန့ၢ်တၢ်ဂ့ၢ်တၢ်ကျါဘၣ်သး COVID-19 အဂီၢ်- [www.healthvermont.gov/COVID-19](http://www.healthvermont.gov/COVID-19)

Karen

Today you were tested for COVID-19. It may take a few days to get your results. Results from today's test will tell you if you are infected or sick today. It is possible you could test positive in the future.

## While you wait for results:

- If you are being tested because you have symptoms of COVID-19, are a close contact to someone who has COVID-19, or were recommended for testing, **stay home and do not go out in public, even if you don't feel sick.** Staying home will stop COVID-19 from spreading.
- If you need to see a health care provider, call them first and tell them that you were tested for COVID-19 and are waiting for results.

## If your test results are **positive**, do these things right away:

- **Stay at home** and away from other people, including the people you live with.
- **Make a list of the names and phone numbers of your close contacts.** A close contact is a person who you were within 6 feet of for a total of 15 minutes or more over a 24-hour period during your infectious period. Your infectious period starts two days before symptoms began – or two days before the date you were tested if you do not have symptoms.  
The Health Department will ask for this information when they call you and will share important information with your close contacts about how to prevent further spread. You might not hear from the Health Department right away, so go ahead and reach out to your close contacts if you'd like. Your close contacts should quarantine (stay home and away from other people for 14 days), and consider getting tested.
- **Contact your health care provider if needed** to talk about your care and treatment of any symptoms.
- **Answer the phone if you get a call from the Health Department.** The person calling will give you important information. If you miss the call, you may call us back at 802-863-7240.

## If your test results are **negative** and **you are** in quarantine due to travel or close contact with a person who has COVID-19 and:

- you were tested **on day 7** of quarantine or after, and you don't have any symptoms, **you may end quarantine.**
- OR
- you were tested **before day 7** of quarantine, **stay in quarantine** until you have a negative test on or after day 7, or for the rest of the 14-day quarantine.

## Or, if your test results are **negative** and **you are not** in quarantine due to travel or close contact with a person who has COVID-19:

- continue taking preventive actions like wearing a mask, hand washing and social distancing.
- if you are sick with an illness other than COVID-19, stay home until symptoms improve.

For more information about COVID-19: [www.healthvermont.gov/COVID-19](http://www.healthvermont.gov/COVID-19)

English