

Maanta waxaa lagaa baadhay COVID-19. Waxa ay qaadan kartaa dhawr maalmood natiijadaadu. Natiijada shaybaadhka maanta ayaa kuu sheegi doonta hadii aad qabto xanuunka ama aad xanuunsanayso maanta. Waxaa macquul ah in mustaqbalka lagaa helo cudurka.

Inta aad sugayso natiijada:

- Hadii lagaa baadhay maadaama oo aad qabto calaamadaha COVID-19, aad u dhawaato cid qabta COVID-19, ama lagu taliyay in lagaa baadho, **joog guriga oo banaanka ha u bixin, xataa hadii aanad xanuun dareemeynin.** Joogitaankaaga gurigu waxa uu baajin doonaa inaad faafiso COVID-19.
- Hadii aad u baahan tahay inaad la kulanto bixiye daryeel caafimaad, marka hore la hadal oo u sheeg in lagaa baadhay COVID-19 oo aad sugayso natiijada.

Hadii lagaa heley, waxa aad samaysaa waxyaabahan markaba:

- **Joog guriga** oo waxa aad ka fogaataa dadka kale, oo ay kamid yihiin dadka kale ee aad wada nooshihiin.
- **Waxa aad qortaa liiska magacyada iyo lambarada dadka aad u dhawaatay.** U dhawaanshaha qofku waxaa weeye marka aad uga dhawaatay qofka 6 fuudh isugayn 15 daqiiqo ama wax ka badan muddo 24 saacadood ah inta aad ku jirto wakhtiga xanuunka lagaa qaadi karo. Mudada aad xanuunka gudbinaysaa waxay bilaabmaysaa laba maalmood kahor inta ayna kugu bilaabmin calaamaduhu - ama laba maalmood kahor taariikhda lagu baadhay hadii aanad lahayn wax calaamado ah.

Waxda Caafimaadka ayaa ku waydiin doonta macluumaadkan marka ay kula soo hadlayaan oo la wadaagi doona macluumaad muhiim ah dadka aad u dhawaatay macluumaadkaas oo ku saabsan si loo baajiyo in faafitaan dheeraad ahi uu yimaado. Waxaa dhici karta inayna markaba kula soo xidhiidhin Waxda Caafimaadku, markaa adiguba la xidhiidh cida aad u dhawaatay hadii aad doonayso. Cida aad u dhawaatay waa inay karantiimo gashaa (guriga joogtaa oo ay ka fogaataa dadka kale 14 maalmood), oo waa inayna is baadhaa.

- **La xidhiidh bixiyaha daryeelka caafimaad hadii loo baahdo** si aad ugala hadasho daryeelkaaga iyo daawaynta wixii calaamadaha ah.
- **Ka jawaab taleefanka haddii Waxda Caafimaadku kula soo hadasho.** Qofka kula soo hadlayaa waxa uu kuu sheegi doonaa macluumaad muhiim ah. Hadii aanad ka qaban, waxa aad kaga soo celin kartaa 802-863-7240.

Hadii shaybaadhkaaga lagaa waayay oo aad ku jirto karantiime maadaama oo aad socdaal gashay ama aad u dhawaatay qof qaba COVID-19 oo:

- lagaa baadhay **maalinta 7aad** ee karantiimadaada ama wixii ka danbeeya, oo aanad lahayn wax calaamado ah, **waxa aad joojin kartaa karantiimadaada.**

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- lagaa baadhay **maalinta 7aad kahor** ee karantiimada, **ku jir karantiimada** ilaa shaybaadh lagaaga waayayo ama wixii ka danbeeya maalinta 7aad, ama inta ka hadhsan karantiinka 14 maalmood ah.

Ama, hadii lagaa waayay oo aanad ku jirin karantiimo socdaal ama qof aad u dhawaatay oo qaba COVID-19 dartii:

- waxa aad sii wadaa inaad qaado talaabooyinka kahortaga sida xidhashada waji gashadka, farxalka iyo kala fogaanshaha.
- hadii aad qabto xanuun kale oo aan ahayn COVID-19, guriga joog ilaa inta aad ka ladnaanayso calaamadaha.

Wixii macluumaad ee dheeraad ah ee ku saabsan COVID-19: www.healthvermont.gov/COVID-19

Somali

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