

# Je, unasubiri matokeo ya kipimo cha COVID-19?

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Leo ulipimwa COVID-19. Huenda ikachukua siku chache kupata matokeo yako. Matokeo ya kipimo cha leo yatakuonyesha ikiwa umeambukizwa au unaugua leo. Inawezekana unaweza kupatikana na virusi katika siku zijazo.

## Wakati unasubiri matokeo:

- Ikiwa unapimwa kwa sababu una dalili za COVID-19, umetangamana kwa karibu na mtu aliye na COVID-19, au ulipendekezewa upimwe, **kaa nyumbani na usiende nje kwa umma, hata kama huhisi kuugua.** Kukaa nyumbani kutazuia COVID-19 kuenea.
- Ikiwa unahitaji kuona mtoa huduma ya afya, mpigie simu kwanza na umweleze kuwa ulipimwa COVID-19 na unasubiri matokeo.

## Ikiwa matokeo yako ya kipimo yanaonyesha una virusi, fanya mambo haya mara moja:

- **Kaa nyumbani** na mbali na watu wengine, ikiwa ni pamoja na watu ambao unaishi nao.
- **Unda orodha ya majina na nambari za simu za watu uliotangamana nao kwa karibu.** Mtu uliyetangamana naye kwa karibu ni mtu ambaye ulikuwa karibu naye umbali wa chini ya futi 6 kwa jumla ya dakika 15 au zaidi kwa kipindi cha saa 24 wakati wa kipindi chako cha uwezekano wa kuambukiza. Kipindi chako cha uwezekano wa kuambukiza huanza siku mbili kabla ya dalili kuanza - au siku mbili kabla ya tarehe uliyopimwa ikiwa huna dalili.  
Wafanyakazi wa Idara ya Afya watakuomba maelezo haya wakati watakupigia simu na watawapa maelezo muhimu watu mliotangamana nao kwa karibu kuhusu jinsi ya kuzuia ueneaji zaidi. Huenda wafanyakazi wa Idara ya Afya wasikupigie mara moja, kwa hivyo chukua hatua na uwasiliane na watu uliotangamana nao kwa karibu ikiwa ungependa kufanya hivyo. Watu uliotangamana nao kwa karibu wanapaswa kujiweka karantini (kukaa nyumbani na mbali na watu wengine kwa siku 14), na kufikiria kuhusu kupimwa.
- **Wasiliana na mtoa huduma wako wa afya ikiwa unahitaji** kuzungumza kuhusu utunzaji na matibabu yako ya dalili zozote.
- **Jibu simu ikiwa unapigiwa simu na Idara ya Afya.** Mtu anayekupigia atakupata maelezo muhimu. Ukikosa simu, unaweza kutupigia tena kupitia 802-863-7240.

## Ikiwa matokeo yako ya kipimo yanaonyesha huna virusina uko katika karantini kwa sababu ya kusafiri au kutangamana kwa karibu na mgonjwa wa COVID-19 na:

- ulipimwa katika **siku ya 7** ya karantini au baadaye, na huna dalili yoyote, **unaweza kumaliza karantini.**  
AU
- ulipimwa **kabla ya siku ya 7** ya karantini, **kaa katika karantini** hadi upate matokeo ya kuonyesha huna virusi katika au baada ya siku ya 7, au kwa muda wote wa karantini ya siku 14.

## Au, ikiwa matokeo ya kipimo chako ni hasi na hujajiweka karantini kwa sababu ya kusafiri au kutangamana kwa karibu na mtu aliye na COVID-19:

- endelea kuchukua hatua za kujizuia kama vile kuvaa barakoa, kunawa mikono na kudumisha umbali wa kimwili.
- ikiwa unaugua maradhi mengine isipokuwa COVID-19, kaa nyumbani hadi dalili zitakapopata nafuu.

**Kwa maelezo zaidi kuhusu COVID-19: [www.healthvermont.gov/COVID-19](http://www.healthvermont.gov/COVID-19)**

Swahili

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)