

နမ့်ဘဉ်တၢ်ယုထံၣ်သ့ၣ်ညါနၢလၢနအိၣ်ဒီး COVID-19 န့ၣ်နကမၤမနုၤလဲၣ်

အိၣ်လီၤလီၤဆီဆီဒီးပုၤအဂၤ ဖဲဟံၣ်-

- မ့တမ့ၢ်ဘဉ်လၢ နဘဉ်လၢဒီးန့ၢ် ကသံကသီအတၢ်ကွၢ်ထွဲဘဉ်ဒီး တဘဉ်ဟးထီၣ်လၢဟံၣ်ပူၤတဂ့ၤ. တချုးလဲၤဒီးကွၢ်သးဒီးကသံၣ်သရၣ် မ့တမ့ၢ် ဂ့ၢ်ဝီအူဝဲကျိၤန့ၣ်, ဆဲးကျၢဟံၣ်စၢၤအဝဲသ့ၣ် ဒီး စူးကတၢ်ကံးညၣ်ကးဘၢမဲၣ်တက့ၢ်.
- ပုၤအဂၤလၢအအိၣ်ဒီး တၢ်ဆူးတၢ်ဆါလၢ အစၢ်သ့ၣ်တဖၣ် ကိညၢ်ထီၣ်က့ၤလၢဟံၣ်သ့ဝဲ န့ၣ်လီၤ. ဖဲတၢ်လီၤလၢ မ့ၢ်တအိၣ်ဘဉ်ဒီး တၢ်ကူဆါယါဘျါ လီၤတၢ်လီၤဆဲးလၢ COVID-19 အဂီၢ်ဘဉ်န့ၣ်, နကြၢးဒီးန့ၢ် တၢ်အိၣ်ဘျးအိၣ်သါလၢလၢပုၤပုၤ, အိတၢ်ထံတၢ်နိသ့ၣ်တဖၣ်အါအါ, ဒီးအလီၤမ့ၢ် အိၣ် အိလီၤကသံၣ်ကသီမၤကယါလီၤတၢ်လီၤကီၢ်တက့ၢ်.
- အိၣ်လၢဒီးလီၤလီၤဆီဆီ ဒီး သူတၢ်လုၢ်ထံၣ်ဒီးတၢ်ဟးလီၤလီၤလီၤဆီဆီ ဖဲဟံၣ်ပူၤတသ့ဝဲအသ့ န့ၣ်တက့ၢ်. အိၣ်ယံၣ်ဒီးပုၤဂၤတဖၣ်လၢနဟံၣ်ပူၤ အစုၤကတၢ် ၂ မံထၢၣ်ကိးဆၢကတီၢ်ဒီးန့ၣ်တက့ၢ်. မ့တမ့ၢ်ဘဉ်လၢနအိၣ်ဒီးတၢ်ကသါအတၢ်ကီၢ်တဲဘဉ်န့ၣ်, ဖျီၣ်တၢ် ကံးညၣ်ကးဘၢမဲၣ်တနအိၣ်ဒီး ပုၤအဂၤလၢဒီးတဖျၢၣ်ယီအပူၤအခါ တက့ၢ်. တဘဉ်စူးကါယုၣ် ဟံၣ်ယီတၢ်ပိးတၢ်လီၤတဂ့ၤ.
- အိၣ်ဒီး ပုၤတဂၤဂၤလၢ အကကွၢ်ထွဲ နဆၣ်ဖိကီၢ်ဖိသ့ၣ်တဖၣ်န့ၣ်တက့ၢ်. ဘဉ်တၢ်ဟံၣ်ဖျါထီၣ်တ့ၢ်ဝဲဒၣ်လၢ ဆၣ်ဖိကီၢ်ဖိတနီၤအအိၣ်ဒီး COVID-19 တၢ်ဆါ န့ၣ်လီၤ. ပုၤလၢအိၣ်ဒီးတၢ်ဆါယၢ်သ့ၣ်တဖၣ် ကြၢးမၤစုၤတၢ်အိၣ်ဘျးလီၢ်သးဒီး ဆၣ်ဖိကီၢ်ဖိတဖၣ်တုၤလၢတၢ်သ့ၣ်ညါအါထီၣ်တၢ်ဂ့ၢ်တၢ် ကျိၤ တဖၣ်တစု န့ၣ်လီၤ. နမ့်ဘဉ်ကွၢ်ထွဲနဆၣ်ဖိကီၢ်ဖိန့ၣ်, ဖျီၣ်ထီၣ်တၢ်ကံးညၣ်ကးဘၢမဲၣ်ဝံၤဒီး သ့နစုတချုးနဖိၣ်ဆၣ်ဖိကီၢ်ဖိဒီးနဖိၣ်ဆၣ်ဖိကီၢ်ဖိဝံၤဝဲ အခါတက့ၢ်.
- အိၣ်ဒီးတၢ်ဆဲးကျၢလီၢ်သးဒီးပုၤဂၤသ့ၣ်တဖၣ် - စူးကါဖဲဖိကဟံၣ်ပီညါ ဒ်သိးကဆဲးကျၢလီၢ်သးဒီး တံၤသကိးသ့ၣ်တဖၣ်ဒီးဟံၣ်ဖိယီဖိ န့ၣ်တက့ၢ်.

ကိးနံၤဖဲး အတၢ်မၤကဆဲးကဆိတၢ် ဒီး တၢ်ဆူၣ်တၢ်-

- မၤကဆဲးကဆိဒီး မၤသံတၢ်ဆါယၢ်လၢတၢ်မဲၣ်ဖဲးခိၣ် ဖဲနအိၣ်လီၤလီၤဆီဆီဒီးပူၤဒီး တၢ်လုၢ်ထံၣ်လီၤတက့ၢ်. မၤပုၤတဂၤဂၤ မၤကဆဲးကဆိ နဟံၣ်တၢ် လီၢ်အဂၤသ့ၣ်တဖၣ်န့ၣ်တက့ၢ်.
- သ့စီကွၢ် ဟံၣ်အတၢ်ဖိတၢ်လံၤသ့ၣ်တဖၣ် လီၤတၢ်လီၤဆဲး, ဒ်သိးဒီး ဖၣ်ကပူၤတၢ်ပိးတၢ်လီၤ, ဖဲနသ့အိၣ်ဝံၤအခါ န့ၣ်တက့ၢ်.
- သ့နစုသ့ၣ်တဖၣ် ခဲအံၤခဲအံၤ ဒီး ဆးပုၣ်ဒီးထံ အစုၤကတၢ် ၂၀ စးကး န့ၣ်တက့ၢ်. ဆးပုၣ်ဒီးထံမ့ၢ်တအိၣ်ဘဉ်ဒီးစူးကါတၢ်မၤကဆဲးကဆိစုလၢအပၣ် ယုၣ်ဒီး သံးစီထံ န့ၣ်တက့ၢ်.

ဆၢကတီၢ်လၢ တၢ်ကဘဉ်ဒီးန့ၣ်ဘဉ် ကသံၣ်ကသီအတၢ်ကွၢ်ထွဲ တကတီၢ်ယီ-

နမ့်အိၣ်ဒီး တၢ်ကသါတၢ်ကီၢ်တဲ, သးနါပုၤဆါ, သးကဒဲကဒါ, မ့တမ့ၢ် နထးခိၣ်ပျုၤ, ဝဲလံးစၢ်, မဲၣ်သ့ၣ်, မဲၣ်ချဲတက့ၢ် မ့တမ့ၢ် နစုမ့ၣ်သ့ၣ်တဖၣ် အလွဲၢ်မ့ၢ်ဆီ တလဲသးန့ၣ်, မၤန့ၢ်ကသံၣ်ကသီအတၢ်ကွၢ်ထွဲတဘျီယီ တက့ၢ်. ဖဲနဆဲးကျၢကသံၣ်ကသီအတၢ်ကွၢ်ထွဲအကတီၢ်, တဲပုး ကသံၣ်သရၣ် မ့တမ့ၢ် ၉၁၁ လၢ နအိၣ် ဒီး COVID-19 ဒီး နအိၣ်လီၤလီၤဆီဆီထဲအဂၤဒါ ဖဲဟံၣ်န့ၣ်တက့ၢ်.

ပုၤသ့ၣ်တဖၣ်လၢ အအိၣ်ဘျးဒီးနၢ ဘျးဘျးတၢ်တၢ် ဖဲနဘဉ်ကူဘဉ်ကဲအခါန့ၣ်, ကြၢးအိၣ်လီၤလီၤဆီဆီလၢဟံၣ်- ဖဲအဝဲသ့ၣ်မ့ၢ်တအိၣ်ဘဉ်ဒီးတၢ်ဆါက့ၢ်ပနီၣ် သ့ၣ်တဖၣ်ဒၣ်လဲၣ် -

- ပုၤသ့ၣ်တဖၣ်လၢ အအိၣ်ဘျးဒီးနၢ ဘျးဘျးတၢ်တၢ် ဖဲနဘဉ်ကူဘဉ်ကဲအကတီၢ်တဖၣ် လၢတချုးနတၢ်ဆါပနီၣ်စးထီၣ်သး ၂ သီ, (မ့တမ့ၢ် နမ့ၢ် တအိၣ်ဒီးတၢ်ဆါက့ၢ်ပနီၣ်တခါခါ တချုးနဒီးန့ၢ်တၢ်မၤကွၢ် ၂ သီ) ဒီး အိၣ်ဘျးဒီးနၢဘျးဘျးတၢ်တၢ်တုၤနတၢ်ဆါ [ကိညၢ်ထီၣ်](#) သ့ၣ်တဖၣ်, ကြၢးအိၣ် လီၤလီၤဆီဆီ လၢဟံၣ်န့ၣ်လီၤ. အဝဲသ့ၣ်ကွၢ်တၢ်ဂ့ၢ်တၢ်ကျိၤဖဲ [“နမ့ၢ်ပုၤတဂၤဂၤလၢအအိၣ်ဘျးလီၢ်သးဘျးဘျးတၢ်တၢ်ဒီးပုၤတဂၤဂၤလၢဘဉ်တၢ်ယု ထံၣ်သ့ၣ်ညါလၢအအိၣ်ဒီး COVID-19 န့ၣ် နကဘဉ်မၤမနုၤလဲၣ်”](#) တၢ်နဲၣ်ကျဲသ့ဝဲန့ၣ်လီၤ. ပုၤလၢအအိၣ်ဘျးဘျးတၢ်တၢ်လီၢ်သးဒီးပုၤလၢအအိၣ်ဘျးလီၢ်သးဒီးနၢဘျးဘျးတၢ်တၢ်သ့ၣ်တဖၣ်(မ့တမ့ၢ်ဘဉ်လၢအဝဲသ့ၣ်အိၣ်ဒီးတၢ်ဆါအပနီၣ်သ့ၣ်တဖၣ်ဘဉ်န့ၣ်)တလိၣ်လုၢ်ပိာ်ထွဲတၢ်နဲၣ် ကျဲဘဉ်.
- တၢ်အိၣ်ဘျးဘျးတၢ်တၢ် အခီပညီမ့ၢ်ဝဲ တၢ်အိၣ်ဘျးလီၢ်သး လၢ ၆ ပုၣ် မ့တမ့ၢ် ၂ မံထၢၣ်အပူၤ လၢတၢ်ဆၢကတီၢ် ၁၅ မံးနံး မ့တမ့ၢ် အါန့ၢ်အန့ၣ် န့ၣ် လီၤ. တၢ်အိၣ်ဘျးဘျးတၢ်တၢ် အခီပညီမ့ၢ်လၢ အိၣ်ဘျးလီၢ်သး ယံၣ်န့ၣ်ဒီး ၆ ပုၣ် မ့တမ့ၢ် ၂ မံထၢၣ် လၢတၢ်သ့ၣ်ထီၣ်တဖျၢၣ်ယီအဖိလဲၣ် အခိၣ် အယၢၤ လၢအစုၤန့ၣ် ၁၅ မံးနံး, လဲတလၢက့ၤတလၢ, မ့တမ့ၢ် အိၣ်ဖဲဒီးတဖျၢၣ်ယီအပူၤ လၢတၢ်ဆၢကတီၢ်ဖုၣ်ကီၢ်ဘဉ်န့ၣ်လီၤ.

တၢ်အိၣ်ဘူးဘူးတၢ်တၢ် အိၣ်သ့ၣ်တဖၣ်	တမ့ၢ် တၢ်အိၣ်ဘူးဘူးတၢ်တၢ် အိၣ်သ့ၣ်တဖၣ်
ပှၤသ့ၣ်တဖၣ်လၢအိၣ်လၢဟံၣ်တဖျါၣ်ယီၤအပူၤ	ပှၤဆါတၢ်လၢပနံၣ်ရံၣ်ကျဲး
ပှၤလအိၣ်လုၣ်လိာ်သး	ပှၤဖီၣ်ကသံၣ်လၢ အဟ့ၣ်နၤကသံၣ်ကသီ
ပှၤသ့ၣ်တဖၣ်လၢအိၣ် သိလုၣ်ဒီးနၤ နိသိးသိး ဝဲနဘၣ်ကူဘၣ်ကၢ်အကတီၢ်	ပှၤတၢ်လၢ အိၣ်လၢနမဲၣ်ညါဝဲ ပှၤရဲၣ်လိာ်သး လၢတၢ်ဆါတၢ်ပှၤအလီၢ်

နမ့ၢ်ကိညာ်ထီၣ်က့ၤန့ၢ် တၢ်လီၤဘၣ်ယိၣ်လၢကဘၣ်ဟံၣ်အိၣ်လီၤဆိသးလၢဟံၣ်လၢဘၣ်န့ၣ်လီၤ. မ့တမ့ၢ်ဘၣ်လၢ နဒီးန့ၢ်ဘၣ် တၢ်န့ၣ်ကျဲးလီၤလီၤဆိသးလၢ နကဟံၣ်သရၣ်အိၣ်ဘၣ်န့ၣ်, တၢ်က့ၤညီန့ၣ်လီၤအံၤ မ့ၢ်ဝဲ တၢ် ၃ ခါ ကဲထီၣ်သးအခါန့ၣ်လီၤ -

1. မ့ၢ်တစူးကါကသံၣ်ကသီ လၢ ကမၤလီၤစ့ၤတၢ်ညါဂီၢ် လၢ ၂၄ န့ၣ်ရံၣ် အတီၢ်ပူၤ တၢ်ကိၢ်မ့တမ့ၢ်ဘၣ်. ဒီး
2. တၢ်ဆါအပနီၣ်သ့ၣ်တဖၣ် မ့ၢ်ဟဲဂ့ၤထီၣ်, ဒီး
3. အစ့ၤကတၢၢ် အသိ ၁၀ ပူၤကွံာ် စးထီၣ်လၢ နတၢ်ဆါအပနီၣ်သ့ၣ်တဖၣ် ဖျါထီၣ်တ့ၢ်.

မ့တမ့ၢ် နမ့ၢ်တအိၣ်ဒီး တၢ်ဆါအပနီၣ်သ့ၣ်တဖၣ် ဝဲနဘၣ်တၢ်မၤကွၢ်နၤအကတီၢ်, နကိညာ်ထီၣ်ကဒါက့ၤလၢတၢ်ဆါန့ၣ် ဝဲ အသိ ၁၀ ပူၤကွံာ် စးထီၣ်လၢ မ့ၢ်န့ၢ်မ့ၢ်သိလၢ နအိၣ်ဒီး တၢ်ဆါယၢ် အတၢ်မၤကွၢ် ဒီး န တၢ်ဆါပနီၣ်သ့ၣ်တဖၣ် ဟဲဂ့ၤထီၣ်ကဒါက့ၤအကတီၢ် န့ၣ်လီၤ. နတၢ်မၤလီၤအံၤ တကြးယုဝဲ တၢ်မၤကွၢ်အစၢလၢ တအိၣ်ဒီး COVID-19 တၢ်ဆါယၢ် မ့တမ့ၢ် လံာ်ပရၢလၢ ဆူၣ်ချ့ဝဲကျိၤအိၣ် လၢနကက့ၤန့ၣ်လီၤတၢ်မၤအဂီၢ်ဘၣ်. ပတဟ့ၣ်လီၤ လံာ်တၢ်ကွဲးနီၣ်ကွဲးယါလၢ အပၢ်ဖျါထီၣ်ဝဲ နက့ၤန့ၣ်လီၤတၢ်မၤသ့အဂီၢ်ဘၣ်.

Difference between isolation and quarantine

	နီၣ်ကတၢ်အိၣ်လီၤဖးသးဒီးပှၤဂၤ	နီၣ်ကတၢ်အိၣ်လီၤလီၤဆိသိ
လၢမတၤအဂီၢ်လဲၣ်.	ပှၤလၢအိၣ်ဒီး COVID-19 တၢ်ဆါအပနီၣ်သ့ၣ်တဖၣ် <ul style="list-style-type: none"> • ပှၤသ့ၣ်တဖၣ်လၢအိၣ်ဒီး COVID-19 လၢအတလိာ်ကီၢ် တုၤထီၣ်ဘး နိသိးကဘၣ်ထီၣ်တၢ်ဆါဟံၣ်, မ့တမ့ၢ် • ပှၤသ့ၣ်တဖၣ်လၢ အိၣ်ဒီး တၢ်မၤကွၢ်အစၢသ့ၣ်တဖၣ် 	ပှၤလၢအိၣ်ဒီး COVID-19 တၢ်ဆါအပနီၣ်သ့ၣ်တဖၣ် <ul style="list-style-type: none"> • ပှၤလၢအိၣ်ဒီးတၢ်အိၣ်ဘူးဘူးတၢ်တၢ်လိာ်သးဒီး ပှၤလၢအိၣ်ဒီး COVID-19
လၢတၢ်ဆါကတီၢ် ကယံာ်ထဲလဲၣ်အဂီၢ်.	ပၢ်တုၤလၢကိညာ်လီၤ, လၢအကဲထီၣ်သး ဝဲတၢ် ၃ ခါ ကဲထီၣ်တ့ၢ်အသးအခါ (မ့တမ့ၢ် နဒီးန့ၢ်ဘၣ်တၢ်န့ၣ်ကျဲး လီၤလီၤဆိသးလၢကသံၣ်သရၣ်အိၣ်ဘၣ်) - <ol style="list-style-type: none"> 1. မ့ၢ်တလိာ်သ့ၣ်ကသံၣ်ကသီ လၢကမၤလီၤစ့ၤ တၢ်ညါဂီၢ် လၢ ၂၄ န့ၣ်ရံၣ် အတီၢ်ပူၤဘၣ်ဆၣ် တၢ်ကိၢ်မ့တမ့ၢ်ဘၣ်. ဒီး 2. တၢ်ဆါအပနီၣ်သ့ၣ်တဖၣ် မ့ၢ်ဟဲဂ့ၤထီၣ်, ဒီး 3. အစ့ၤကတၢၢ် အသိ ၁၀ ပူၤကွံာ် စးထီၣ်လၢ နတၢ်ဆါအပနီၣ်သ့ၣ်တဖၣ် ဖျါထီၣ်တ့ၢ်. <p>မ့တမ့ၢ် နမ့ၢ်တအိၣ်ဒီး တၢ်ဆါအပနီၣ်သ့ၣ်တဖၣ် ဝဲနဘၣ်တၢ်မၤကွၢ်နၤအကတီၢ်, နကိညာ်ထီၣ်ကဒါက့ၤ လၢတၢ်ဆါန့ၣ် ဝဲ အသိ ၁၀ ပူၤကွံာ် စးထီၣ်လၢ မ့ၢ်န့ၢ်မ့ၢ်သိ လၢ နအိၣ်ဒီး တၢ်ဆါယၢ် အတၢ်မၤကွၢ် ဒီး န တၢ်ဆါပနီၣ် သ့ၣ်တဖၣ် ဟဲဂ့ၤထီၣ်ကဒါက့ၤ အကတီၢ် န့ၣ်လီၤ.</p>	လၢ ၁၄ သိ စးထီၣ်ဝဲမ့ၢ်န့ၢ်အလီၢ်ခဲကတၢ်တနံၣ်လၢ အိၣ်ဘူးဒီး ပှၤဒီးန့ၢ်တၢ်ဆါသ့. မ့ၢ်န့ၢ်လၢ တၢ်အိၣ်ဘူးဒီးပှၤဆါန့ၣ်, မ့ၢ်မ့ၢ်န့ၢ် နီၣ်ဂံၢ် ၀ န့ၣ်လီၤ. <p>နမ့ၢ်တအိၣ်ဘၣ်ဒီးတၢ်ဆါက့ၢ်ပနီၣ်နီတမံၤန့ၣ် နအိၣ်ဒီးတၢ်ယုထၢ လၢနကမၤကွၢ်သးဝဲတၢ်ပၢ်လီၤဆိနၤအကတီၢ် န့ၣ်လီၤ. ၇ သိ အတီၢ်ပူၤ မ့တမ့ၢ် ၇ သိပူၤကွံာ်န့ၣ်, နဒီးန့ၢ်တၢ်မၤကွၢ်တခါ ဒီဖျါ နကသံၣ်သရၣ် မ့တမ့ၢ် တၢ်လီၤလၢ တၢ်လဲၤမၤကွၢ်သး သ့ဝဲ န့ၣ်လီၤ.</p> <p>နဘၣ်အိၣ်လီၤဆိနၤဒီးပှၤအကဒီး တုၤလၢနဒီးန့ၢ် နတၢ်မၤကွၢ် အစၢသ့ၣ်တဖၣ်န့ၣ်လီၤ. နမ့ၢ်တအိၣ်ဒီး တၢ်ဆါယၢ် ဒီး တၢ်ဆါ အပနီၣ်မ့ၢ်တအိၣ်နီတခါခါဘၣ်ဒီး, နတလိာ်ဆဲးအိၣ် လီၤဆိ လိာ်သးဒီးပှၤအကဘၣ်န့ၣ်လီၤ. နကဒီးန့ၢ် တၢ်ဆဲးကျိး လၢ တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ဝဲကျိၤ ဝဲနတၢ်မၤကွၢ်အဆၢသ့ၣ်တဖၣ် ဘၣ်တၢ်ကတၢ်ကတီၢ်ပၢ်အိၣ်ဝဲအကတီၢ်, ညီန့ၢ်ဖဲ ၂-၄ န့ၣ် အတီၢ်ပူၤ မ့တမ့ၢ် ဆိန့ၣ်အဝဲန့ၣ် သ့ဝဲလီၤ. နကဒီးန့ၢ်စ့ၣ်ကီး လံာ်ပရၢ ဝဲ ၇ သိ အတီၢ်ပူၤ စးထီၣ်ဝဲတၢ်မၤကွၢ်နၤဝဲအကတီၢ် န့ၣ်လီၤ.</p>
တၢ်အဝဲန့ၣ် အခိပညီမ့ၢ် မန့ၢ်လဲၣ်.	အိၣ်လၢဟံၣ် တနံၣ် ၂၄ န့ၣ်ရံၣ် လၢတနံၣ် ၇ သိ လၢဒီးလီၤလီၤ ဆိဆိတဖျါၣ်အပူၤ, စူးကါတၢ်လုာ်ထံလီၤလီၤလီၤဆိဆိ, ပးဆူး တၢ်အိၣ်ဘူးလိာ်သးဒီး ပှၤဂၤသ့ၣ်တဖၣ် န့ၣ်တက့ၢ်. မ့တမ့ၢ်ဘၣ် ဘၢလၢ နတၢ်ကသါတၢ်ဂ့ၢ်ကိဘၣ် ဒီး နမ့ၢ်အိၣ်လၢ ဒီးတဖျါၣ် ယီၤပူၤဒီး ပှၤဂၤသ့ၣ်တဖၣ်န့ၣ် ဖျါထီၣ် တၢ်ကးဘၢမဲၣ် တက့ၢ်.	အိၣ်လၢဟံၣ် တနံၣ် ၂၄ န့ၣ်ရံၣ် လၢတနံၣ် ၇ သိ, ကွၢ်ထံသမံသမိး တၢ်ဆါအပနီၣ်သ့ၣ်တဖၣ်, ဒီး အိၣ်ယံာ်လိာ်သးတဂၤဒီးတဂၤ န့ၣ်တက့ၢ်. မ့ၢ်သ့န့ၣ် စူးကါဒီး ဒီး တၢ်ဆိလုာ်ထံလီၤလီၤလီၤဆိဆိ တက့ၢ်. နတၢ်ဆါအပနီၣ်မ့ၢ်ဖျါထီၣ်ဒီး ပှၤဂၤအိၣ်ဘူးလိာ်သး ဘူးဘူတၢ်တၢ်ဒီး နၤသ့ၣ်တဖၣ် ကဘၣ်အိၣ်လီၤလီၤဆိဆိ စ့ၣ်ကီးန့ၣ်လီၤ.

What to do if you are diagnosed with COVID-19

Isolate at home:

- Don't leave home, except to get medical care. Call ahead before visiting a health care provider or emergency department and wear a [wear a cloth mask](#).
- Most people with mild illness can recover at home. While there is no specific treatment for COVID-19, you should get plenty of rest, drink plenty of fluids, and take fever-reducing medication if needed.
- As much as 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 a room with other people, unless you have trouble breathing. Don't share household items.
- Have someone else care for your pets. A small number of pets have been reported to be sick with COVID-19. People with the virus should limit contact with animals until more information is known. If you need to care for your pet, wear a cloth mask and wash your hands before and after.
- Stay connected with others – use technology to communicate with friends and family.

Daily cleaning and washing:

- Clean and disinfect surfaces in your separate room and bathroom. Have someone else clean the other areas of your 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.

When to get medical care immediately:

If you have difficulty 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 911 that you have COVID-19 and are isolating at home.

People who have been in close contact with you while you were infectious should quarantine at home – even if they don't have symptoms:

- People that were in close contact with you during your infectious period, which starts two days before you developed any symptoms (or if you haven't had any symptoms, two days before the day you got tested) and continues until you have [recovered](#), should quarantine at home. They can refer to the [“What to do if you are a close contact of someone who is diagnosed with COVID-19”](#) guide. Close contacts of your close contacts do not need to follow the guidelines (unless they have symptoms).
- Close contact means being within six feet or two meters for 15 minutes or more. 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.

Examples of close contacts	Examples of NOT close contacts
People living in the same home	Cashier at the grocery store
Intimate partners	Pharmacists who gave you medication
People who rode in the same car while you were infectious	The person in front of you in line at the store

It's safe to stop home isolation when you've recovered. Unless you get different instructions from your medical provider, recovery is when all three things have happened:

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.

Neither a negative test for COVID-19 nor a letter from the Health Department should be required from your employer to return to work. We do not provide letters indicating that you can work.

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 COVID-19 <ul style="list-style-type: none"> • Close contacts of people with COVID-19
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 need to be in the same 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