

Ungana Salama na Marafiki na Familia

Mazoea yaliyopendekezwa kukusaidia kukadiria hatari na kupanga ipasawo

Kukaa nyumbani bado ni njia bora zaidi ya kupunguza hatari yetu ya kupata COVID-19, lakini wengi wetu tunayo hamu ya kuchukua hatua kidogo kidogo ili kuwaona tuwapendao wakiwa salama tena. Mwongozo huu unaweza kukusaidia kukadiria hatari za COVID-19 na kuzuia visa vipya na kuugua zaidi kuongezeka haraka.

Chukua tahadhari za kiafya na usalama

Hatua hizi zitakusaidia kukulinda wewe na wengine na kuzuia COVID-19 kuenea.

- ✓ Zingatia umbali wa futi 6 kutoka kwa wengine.
- ✓ Vaa barakoa ya uso au kitambaa cha kufunika uso.
- ✓ Nawa mikono yako kwa sabuni na maji au tumia kieuzi cha mkono.
- ✓ Kaa nyumbani ikiwa unaugua au umetangamana hivi karibuni na mtu ambaye ana COVID-19. Piga simu kwa daktari wako kuona ikiwa unapaswa kupimwa.



Weka mduara wako wa kijamii kuwa mdogo

Hii itafanya iwe rahisi kujua ni nani mwingine ambaye amekuwa katika hatari ya kuambukizwa na haja ya kujitenga ikiwa mtu anaugua.

- ✓ Chagua kaya nyingine unayeiamini ambayo pia inachukua tahadhari za kiafya na usalama. Hii inaweza kuwa familia nyingine, au wanafamilia wenzako wanaoishi katika kaya tofauti.
- ✓ Punguza kikundi chako hadi watu 25 au wachache.



Kaa karibu na nyumbani

Kuchagua shughuli ambazo ziko karibu na nyumbani hupunguza kusimama njiani ambapo unaweza kutangamana na watu wengine au kuwemo katika hatari ya kuambukizwa na nyuso zilizo na viini.

- ✓ Jaribu kukomesha safiri zisizo muhimu ndani ya nusu kipenyo cha kilomita 10 kutoka nyumbani.
- ✓ Fikiria nafasi za nje na maeneo wazi ambayo hayana idadi kubwa ya watu na ni rahisi kutotangamana na watu hao.
- ✓ Chagua shughuli ambazo hazihitaji kushiriki chakula au kugusa vyombo vinavyotumika kwa pamoja au nyuso zingine.



Kinga wale walio kwenye hatari kubwa

Watu wenye umri wa miaka 65 na zaidi na wenye hali zingine za magonjwa wana uwezekano mkubwa wa kuugua zaidi.

- ✓ Wale walio katika hatari kubwa ya kuugua zaidi wanapaswa kuendelea kukaa nyumbani.
- ✓ Ungana na mtu mwingine kwa simu, kompyuta au video.

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Safely Connect with Friends and Family

Recommended practices to help you weigh the risks and plan accordingly

Staying home is still the best way to lower our risk of COVID-19, but many of us are eager to take small steps to safely see our friends and family again. This guidance helps you weigh the risks to prevent new cases and serious illness from quickly increasing.

Take health & safety precautions

These steps will help protect you and others and keep COVID-19 from spreading.

- ✓ Keep a 6-ft distance from other people.
- ✓ Wear a face mask or cloth face covering.
- ✓ Wash your hands with soap and water or use hand sanitizer.
- ✓ Stay home if you are sick or have recently been exposed to someone who has COVID-19. Call your doctor to see if you should be tested.



Keep your social circle small

This will make it easier to know who else may have been exposed and needs to self-isolate if someone gets sick.

- ✓ Choose one other trusted household that is also taking health and safety precautions. This could be another family, or members of your own family who live in a separate household.
- ✓ Limit your group to 25 people or fewer.
- ✓ Keep a list of who you have been in close contact with each day.

Stay close to home

This lowers the chance of having to stop along the way where you may be in close contact with others or exposed to contaminated surfaces.

- ✓ Limit non-essential travel to short distances.
- ✓ Consider outdoor spaces and open areas where it is not too crowded and easier to keep a physical distance.
- ✓ Choose activities that do not require sharing food or touching shared objects or other surfaces.



Protect those at higher risk

People age 65 and over and people with underlying medical conditions are more likely to develop more severe illness.

- ✓ Those at higher risk for serious illness should continue to stay at home.
- ✓ Connect with one another by phone, computer or video.