Mwongozo wa Upimaji kwa Ufuatiliaji wa COVID-19

VERMONT DEPARTMENT OF HEALTH

Tumia mwongozo huu kwa hatua zinazofuata unazopaswa kuchukua baada ya kupokea matokeo ya kipimo cha kwanza, kulingana na kama una dalili au la, na aina ya kipimo (antijeni au PCR). Mwongozo huu unatumika bila kujali hali yako ya chanjo au ikiwa kipimo ulichofanyiwa kilikamilishwa ana kwa ana katika kliniki au nyumbani (pia kinaitwa kipimo cha kujipima mwenyewe). Matokeo ya kipimo cha nyumbani yanapaswa kuripotiwa kwa Idara ya Afya kwa kujaza fomu hii ya mtandaoni. Chati inaendelea kwenye ukurasa unaofuata. Pata maelezo ya kina zaidi:

- **kwa watu walio na COVID-19** kuhusu kujitenga na kuarifu watu waliotangamana nao kwa karibu katika healthvermont.gov/covid19positive
- **kwa watu waliotangamana kwa karibu na aliyeambukizwa** kuhusu karantini na upimaji katika healthvermont.gov/aboutclosecontact.

	Matokeo ya Kipimo cha Kwanza	Hatua Zinazofuata	Matokeo kutoka kwa Kipimo cha ufuatiliaji cha PCR	Hatua za Mwisho
Kipimo cha PCR	**Huna maambukizi** na huonyeshi dalili	Hakuna Au, ikiwa ulitangamana kwa karibu na aliyeambukizwa na uko karantini, endelea kufuata mwongozo wa karantini.	Kipimo cha PCR ili kufuatilia zaidi hakihitajiki.	
	Huna maambukizi na unaonyesha dalili	Kaa nyumbani mpaka dalili ziishe. Ikiwa umetangamana kwa karibu na aliyeambukizwa na uko karantini, endelea kufuata mwongozo wa karantini.	Kipimo cha PCR ili kufuatilia zaidi hakihitajiki.	
	Una maambukizi na unaonyesha au huonyeshi dalili	Jichukulie kama mtu aliye na maambukizi. Jitenge na uwaarifu watu uliotangamana nao kwa karibu	Haipendekezwi kufanya kipimo cha PCR ili kufuatilia zaidi. Kipimo cha PCR kinachoonyesha huna maabukizi kilichofanyika katika kipindi chako cha kujitenga hakiwezi kuwa sabau ya kumaliza kujitenga. Fuata mwongozo wa kumaliza kujitenga kupitia healthvermont.gov/covid19positive	
	Huna maambukizi na huonyeshi dalili	Hakuna	Kipimo cha PCR ili kufuatilia zaidi hakihitajiki.	

	Matokeo ya Kipimo cha Kwanza	Hatua Zinazofuata	Matokeo kutoka kwa Kipimo cha ufuatiliaji cha PCR	Hatua za Mwisho
Kipimo cha Antijeni		Au, ikiwa ulitangamana kwa karibu na aliyeambukizwa na uko karantini, endelea kufuata mwongozo wa karantini.		
Kipimo cha Antijeni	**Una maambukizi** na unaonyesha au huonyeshi dalili	Jichukulie kama mtu aliye na maambukizi. Jitenge na uwaarifu watu uliotangamana nao kwa karibu.	Kipimo cha PCR ili kufuatilia zaidi hakihitajiki. Kumbuka: Watu waishio kwenye mpangilio wa pamoja kama kundi ni budi wafuate mwongozo wa ziada wa upimaji antijeni. Chanzo: Mwongozo wa CDC wa Upimaji Antijeni	
			Hata hivyo, ikiwa kipimo cha PCR kilifanywa ndani ya saa 48 baada ya kipimo cha kwanza na matokeo yake hayaonyeshi maambukizi...	Kaa nyumbani mpaka dalili ziishe. Ikiwa umetangamana kwa karibu na aliyeambukizwa na uko karantini, endelea kufuata mwongozo wa karantini.
			Ikiwa kipimo cha PCR kilifanywa ndani ya saa 48 ya baada ya kipimo cha kwanza na matokeo yake yanaonyesha maambukizi...	Jitenge na uwaarifu watu uliotangamana nao kwa karibu.
	Huna maambukizi na unaonyesha dalili	Fanya kipimo cha PCR kwa ufuatiliaji zaidi. Ikiwa umetangamana kwa karibu na aliyeambukizwa na uko karantini, endelea kufuata mwongozo wa karantini.	Ikiwa kipimo cha PCR kitaonyesha una maambukizi...	Jitenge na uwaarifu watu uliotangamana nao kwa karibu.
			Ikiwa kipimo cha PCR kitaonyesha huna maambukizi...	Kaa nyumbani mpaka dalili ziishe. Ikiwa umetangamana kwa karibu na aliyeambukizwa na uko karantini, endelea kufuata mwongozo wa karantini.

COVID-19 Follow-up Testing Guide

VERMONT DEPARTMENT OF HEALTH

Use this guide for next steps to take after receiving an initial test result, based on whether or not you have symptoms and type of test (antigen or PCR). This guidance applies regardless of your vaccination status or if the test you took was completed in person at a clinic or at home (also called self-tests). At-home test results should be reported to the Health Department by completing this online form. The chart continues on the next page. Find more detailed information:

- **for people with COVID-19** about isolating and notifying close contacts at healthvermont.gov/covid19positive
- **for close contacts** about quarantine and testing at healthvermont.gov/aboutclosecontact.

	Initial Test Result	Next Steps	Results from Follow Up PCR	Final Steps
PCR Test	**Negative** without symptoms	None Or, if you are a close contact and in quarantine, continue following the quarantine guidance.	A follow up PCR is not needed.	
	Negative with symptoms	Stay home until symptoms resolve. If you are a close contact and in quarantine, continue following the quarantine guidance.	A follow up PCR is not needed.	
	Positive with or without symptoms	Treat as a positive. Isolate and notify close contacts	A follow up PCR is not recommended A follow up negative PCR test during your isolation period does not end isolation. Follow the guidance for	

	Initial Test Result	Next Steps	Results from Follow Up PCR	Final Steps
			ending isolation at healthvermont.gov/covid19positive.	
Antigen Test	**Negative** without symptoms	None Or, if you are a close contact and in quarantine, continue following the quarantine guidance.	A follow up PCR is not needed.	
Antigen Test	**Positive** with or without symptoms	Treat as a positive. Isolate and notify close contacts.	A follow up PCR is not needed. Note: People in group living settings should follow additional guidance for antigen testing. *Source: Guidance for Antigen Testing, CDC*	
			However, if a PCR was done within 48 hours of the initial test and the result is negative…	Stay home until symptoms resolve. If you are a close contact and in quarantine, continue following the quarantine guidance.
			If a PCR was done within 48 hours of the initial test and the result is positive…	Isolate and notify close contacts.

	Initial Test Result	Next Steps	Results from Follow Up PCR	Final Steps
	Negative with symptoms	Get a follow up PCR test. If you are a close contact and in quarantine, continue following the quarantine guidance.	If PCR is positive…	Isolate and notify close contacts.
			If PCR is negative…	Stay home until symptoms resolve. If you are a close contact and in quarantine, continue following the quarantine guidance.