

COVID-19: Waxa la sameeyo haddii aad tahay shaqaale daryeel caafimaad

COVID-19 wuxuu ku faafaya bulshooyinka gobalka Vermont. In kasta oo dadka gobalka Vermont ay dhammaantood qatar ugu jiraan soo-gaadhistiisa, waxaan ku talineynaa in shaqaalaha daryeelka caafimaadku ay qaataan taxaddar qaar ah oo ay ku ilaalinayaan naftooda iyo tan bukaankoodaba. Tilmaantan waxaa loogu talagalay dadka ka shaqeeya goobaha daryeelka caafimaadka oo awood u leh la kulanka bukaanada ama waxyaabaha cudurada faafa laga helo. Ujeeddadan darteed, shaqaalaha sheybaadhka laguma darin.

Iska hubi in aadan jiranayn kahor intaadan shaqada aadin.

Hal dariiqo oo tan lagu sameeyo ayaa ah in aad iska cabirto heerkulkaaga. Guriga joog haddii heerkulkaagu yahay 100 ° F iyo wixii ka sarreeya. Haddii aadan qandho qabin, laakiin aad xanuun dareento, ama qufac ama neefsashada oo kugu adkaata, guriga joog oo wac loo shaqeeyahaaga. Goobaha shaqada qaarkood waxay leeyihiin borotokoolka baadhista astaamaha cudurka ka hor intaadan bilaabin saacadahaaga;ka hubso loo-shaqeeyaha nidaamyadooda.

Baro waxa la sameeyo haddii aad dareento xanuun inta aad shaqada ku jirto.

Haddii aad xannuun dareentid inta aad shaqada ku jirto, waxaan kugula talineynaa inaad isla markaasba aad xidhato maaskaro, ogeysii kormeerahaaga, oo samayso qorshe aad sida ugu dhakhsaha badan uga baxdo shaqada. Ka hubi loo shaqeeyahaaga arrimaha ku saabsan borotokoolka gaarka ah ee goobtaada shaqada.

Baro sida lagu la soo socodsiiin doono hadii laga helay kiis la xaqiijiyay.

Waaxda Caafimaadku waxay gaadhsiineysaa xarumaha daryeelka caafimaadka oo daryeelka siiyay dadka qaba COVID-19 in ay ugala hadlaan talaabooyinka xiga sida ay ku taliso CDC. La xidhiidh barnaamijkaaga caafimaadka ee shaqada , barnaamijka ka hortagga caabuqa, ama maamulaha ku habboon si aad ugala hadasho qorshahooda si loogu wargaliyo shaqaalaha dhacdada in shaqaale xaruntaada ah uu daryeel siiyeen qof qaba COVID-19. Tixgeli weydiinta qorshayaashooda ku saabsan shuruudaha loogu talagalay shaqaalaha soo shaac baxay ka-saarista ama ku soo noqoshada shaqada.

Haddii aad cudurka ka soo qaaday meel aan ahayn goobta shaqada:

Kala hadal loo-shaqeeyahaaga hadii cudurka laga helo iyo haddii ay tahay inaad shaqada ka joogto, ama wixii tallaabooyin dheeri ah oo ay tahay inaad qaadatid intaadan shaqada aadin.

Haddii aad la leedahay la kulan joogto ah, sida siinta daryeel qof COVID-19 qaba oo isbitaalka la dhigay:

Had iyo jeer raac heerarka taxaddarka iyo gudbinta, oo ay ku jiraan isticmaalka qalabka ka ilaalinta indhaha, maaskarada wajiga ama qalabka neefsashada, khamiiska ay Takhaatiirtu xidhaan, iyo galoofisyada. Waxaa si gaar ah muhiim u ah inaad naftaada si joogto ah ula socoto astaamaha iyo inaad naftaada ka reebto shaqada haddii uu kugu dhacdo qufac, qandho, ama neefta oo kugu adkaata.

Faddlan ogow in loo shaqeeya haaga laga yaabo inay doortaan inay wax ka beddelaan hagitaankan.

Si aad u hesho maclumaad dherad ah, booqo: www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html iyo www.heathvermont.gov/COVID-19

COVID-19: What to do if you are a health care worker

COVID-19 is spreading in Vermont communities. While all Vermonters are at risk for exposure, we recommend that health care workers take specific precautions to protect themselves and their patients. This guidance is for people who work in health care settings and have the potential to be exposed to patients or infectious materials. For this purpose, clinical laboratory workers are not included.

Make sure that you are not sick before going to work.

One way to do this is by taking your temperature. Stay home if you have a temperature of 100° F and above. If you don't have a fever, but you feel ill, or have a cough or shortness of breath, stay home from work and call your employer. Some workplaces have symptom screening protocols before starting a shift; check with your employer about their protocols.

Know what to do if you start feeling sick while at work.

If you start feeling ill while at work, we recommend putting on a mask right away, notifying your supervisor, and making a plan to leave as soon as possible. Check with your employer about the specific protocol at your workplace.

Know how you will get notified if you have been exposed to a confirmed case.

The Department of Health is reaching out to health care facilities that have provided care to people with COVID-19 to discuss next steps as recommended by CDC. Reach out to your facility's occupational health program, infection prevention program, or the appropriate administrator to discuss their plan to notify employees in the event that staff at your facility provided care for someone with COVID-19. Consider asking about their plans for exposed employee exclusion from work or return to work criteria.

If you have been exposed somewhere other than the workplace:

Talk with your employer about your exposure and if you should stay out of work, or what additional measures to take before going to work.

If you have ongoing exposures, such as providing care for someone with COVID-19 who is hospitalized:

Always follow standard and transmission-based precautions, including use of eye protection, facemask or respirator, gown, and gloves. It's especially important to monitor yourself for symptoms regularly and to exclude yourself from work if you develop cough, fever, or shortness of breath.

Please note that your employer may choose to supersede this guidance.

For more information, visit: www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assessment-hcp.html and www.healthvermont.gov/COVID-19