

COVID-19: Nini cha kufanya ikiwa wewe ni mfanyakazi wa huduma za afya

COVID-19 inaenea katika jamii za Vermont. Ingawa wakazi wote wa Vermont wako hatarini kuambukizwa, tunapendekeza kwamba wafanyakazi wa huduma za afya wachukue tahadhari maalum ili kujikinga wao pamoja na wagonjwa wao. Mwongozo huu ni kwa watu wanaofanya kazi katika mazingira ya huduma za afya na wana uwezo wa kuwa hatarini ya kukutana na wagonjwa au vifaa vilivyoambukizwa. Kwa kusudi hili, wafanyakazi wa maabara ya kliniki hawajumuishwa.

Hakikisha kuwa huumwi kabla ya kwenda kazini.

Njia moja ya kufanya hivyo ni kwa kupima halijoto yako. Kaa nyumbani ikiwa una halijoto ya 100° F na zaidi. Ikiwa huna homa, lakini unajisikia kuumwa, au una kikohozi au kupumua kwa shida, kaa nyumbani usiende kazini na umpigie simu mwajiri wako. Baadhi ya maeneo ya kazi yana itifaki za kuchunguza dalili kabla ya kuanza zamu; muulize mwajiri wako kuhusu itifaki zake.

Tambua nini cha kufanya ikiwa unaanza kujisikia kuumwa ukiwa kazini.

Iwapo utaanza kujisikia kuumwa ukiwa kazini, tunapendekeza uvae mask mara moja, umwarifu msimamizi wako, na ufanye mpango wa kuondoka haraka iwezekanavyo. Muulize mwajiri wako kuhusu itifaki maalum ya mahali penu pa kazi.

Tambua namna utakavyoarifiwa ikiwa umewekwa hatarini ya kuambukizwa na mtu aliyethibitishwa.

Idara ya Afya inawasiliana na vituo vya huduma za afya ambavyo vimetoa huduma kwa watu walio na COVID-19 ili kujadili hatua zinazofuata kama inavyopendekezwa na CDC. Wasiliana na mpango wa afya wa kituo chako cha kazi, mpango wa kuzuia maambukizi, au msimamizi anayefaa ili kujadili mpango wao wa kuwaarifu wafanyakazi iwapo wafanyakazi katika kituo chako walitoa huduma za matibabu kwa mtu aliye na COVID-19. Zingatia kuulizia mipango yao kuhusiana na kutengwa kutoka kazini kwa mfanyakazi aliyewekwa kwenye hatari ya kuambukizwa au vigezo vya kurudi kazini.

Ikiwa umewekwa kwenye hatari ya kuambukizwa mahali pengine nje ya mahali pa kazi:

Zungumza na mwajiri wako kuhusu jinsi ulivyowekwa katika hatari ya kuambukizwa na ikiwa unapaswa kutokufika kazini, au hatua gani za ziada unafaa kuchukua kabla ya kwenda kazini.

Ikiwa unaendelea kuwekwa katika hatari ya kuambukizwa, kama vile kutoa huduma kwa mtu aliye na COVID-19 ambaye amelazwa hospitalini:

Fuata wakati wote tahadhari za kiwango na tahadhari za msingi ya maambukizi, pamoja na utumiaji wa kinga ya macho, mask ya uso au cha kupumua, kanzu, na glavu. Ni muhimu hasa kujifuatilia mwenyewe kwa dalili mara kwa mara na kutokwenda kazini ikiwa umepata kikohozi, homa, au upungufu wa pumzi.

Tafadhali kumbuka kuwa mwajiri wako anaweza kuchagua kubadilisha mwongozo huu.

Kwa maelezo zaidi, tembelea: www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assessment-hcp.html na 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