တၢ်မ့ၢ်သ့ၣ်ညါဘၣ်လၢ ပုၤမၤသကိးတၢ်ဖိတဂၤအံၤ မ့ၢ်အိၣ်ဒီး COVID-19 တၢ်ဆါန့ၣ် ဒုးကဲထီၣ် တၢ်သူၣ်ကိၢ်သးဂၤသ့ဝဲ ဘၣ်ဆၣ် ကျဲအိၣ်အါမံၤလၢ နကအိၣ်ပူၤဖျဲးဒီးတၢ်ဘၣ်ယိၣ်န့ၣ်လီၤ. တၢ်နံၣ်ကျံအံၤ ဘၣ်ထွဲဒီးပုၤအါတဂၤ ဘၣ်ဆၣ် တၢ်နံၣ်ကျလီၢ်တၢ်လီၤဆဲးအံၤ တၢ်ကထၢနုၥ်ပှဲၤထီၣ်အီၤ လၢပုၤမၤတၢ်ဖိတဖၣ် ဖဲတၢ်မၤလၢ်လီၤလီၤဆီဆီအဂီၢ်, ဒ်အမ့ၢ် ပုၤမၤတၢ်ဖိလၢ အဖံးတၢ်မၤတၢ်ဖဲ တၢ်မၤလၢ်လၢ အဘၣ်အိၣ်ဖိုၣ်လိၥ်သးတပူၤယီ ဒီး ပုၤမၤတၢ်ဖိတဖၣ်လၢ အဘၣ်ကွၢ်ထွဲ တၢ်သူၣ်ထီၣ်ဘိုထီၣ်လၢ အကၢဒီၣ်တဖၣ်န့ၣ်လီၤ.

## ယပုၤမၤသကိးတၢ်ဖိ မ့ၢ်ဒီးန့ၢ်ဘၣ် တၢ်ဆါန့ၣ် ယကသ့ၣ်ညါအီၤဒ်လဲၣ်.

နပုၤမၤသကိးတၢ်ဖိ ကတဲဘၣ်နၤလၢလီၤ, နတၢ်မၤကစၢ်ကတဲဘၣ်နၤ, မ့တမ့ၢ် နကဒိးန့ၢ်ဘၣ် တၢ်ကိးလီတဲစိလၢ ဆူၣ်ချ့ဝဲၤကျိၤအိၣ် ဖဲနမ့ၢ်အိၣ်ဘူးဘၣ်ဒီး ပုၤမၤသကိးတၢ်ဖိလၢ အအိၣ်ဒီး တၢ်ဆါဃၢ်တဂၤန့ၣ်လီၤ.

ဖဲန့ၣ်ဘၣ်သ့ၣ်သ့ၣ် တၢ်ကဟ့ၣ်ကမၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤ ဒီး တၢ်ဘၣ်ယိၣ်ဘၣ်ဃး COVID-19 လၢပုၤမၤသကိးတၢ်ဖိအကျါန့ၣ်လီၤ. သ့ၣ်နိၣ်လၢ နကရ့ဒီး နပုၤမၤသကိးတၢ်ဖိလၢ အပှဲၤဒီး တၢ်ယူးယီၣ်ဟ်ကဲ ဒီး တၢ်ဟ်ခူသူၣ်အပူၤတက့ၢ်.

## ဘၣ်မနုၤအဃိလၢ ဆူၣ်ချ့ဝဲၤကျိၤ ကကိးယၤလဲၣ်.

ဖဲပုၤတဂၤဒိးန့ၢ်ဘၣ်ဝဲ COVID-19 တၢ်ဆါအခါန့ၣ်, ဆူၣ်ချ့ဝဲၤကျိၤအံၤ ဆဲးကျိးအဝဲသ့ၣ် ဒ်သိးကသ့ၣ်ညါဘၣ် ပုၤလၢအအိၣ်ဘူးတ့ၢ်ဒီးအီၤ ဖဲတၢ်ဆါဘၣ်ကူဘၣ်က် အဆၢတကီၢ် (စးထီၣ်လၢ တချူးတဆၢပနီၣ်ကဲထီၣ်သး ၂ သီ မ့တမ့ၢ် ပုၤလၢတအိၣ်ဒီး တၢ်ဆါပနီၣ်သ့ၣ်တဖၣ်အဂီၢ် တချူးလၢတၢ်မၤကွၢ်အစၢဖျါထီၣ်လၢ အဒိးန့ၢ်ဘၣ်တၢ်ဆါယၢ် ၂ သီ) န့ၣ်လီၤ. တၢ်အိၣ်ဘူးအခ်ီၣိ့ထ့ၣ်ိနဒ့ီၣ် ်တၢ်အိၣ်ဘူးလိၥ်သးလၢ ၆ ပှ့ၣ် တၢ်ဒ့ၣ်စၢၤအပူၤ လၢအစုၤကတၢၢ် ၁၅ မံနံး မ့တမ့ၢ် အါန့ၣ်အန့ၣ် လၢ ၂၄ နၣ်ရံၣ်အတီၢ်ပူၤန့ၣ်လီၤ. ဆူၣ်ချ့ဝဲၤကျိၤအံၤ ကဆဲးကျိး ပုၤလၢအအိၣ်ဘူးဒီးပုၤဒိးန့ၢ်တၢ်ဆါယၢ်သ့ၣ်တဖၣ် ဒ်သိးကသမံသမိးမၤကွၢ် COVID-19 အတၢ်ဘၣ်ယိၣ် ဒီး ဟ့ၣ်လီၤတၢ်ဂ့ၢ်တၢ်ကျိၤဘၣ်ဃး တၢ်အိၣ်လၢဟံၣ် ဒီး တၢ်အကၢဒိၣ်လၢ တၢ်ကမၤကွၢ်သးအဂီၢ်လီၤ.

## ယကဘၣ်အိၣ်ပတုၥ်လဲၤတၢ်မၤ ဒီး အိၣ်လီၤလီၤဆီဆီလၢဟံၣ် အခါဖဲလဲၣ်.

နမ့ၢ်**အိၣ်**ဘူးဒီးပုၤတဂၤဂၤလၢ အဒိးန့ၢ်ဘၣ် COVID-19 ဖဲအဘၣ်ကူဘၣ်က်ကတီၢ်န့ၣ်, နကြၢး [အိၣ်လီၤလီၤဆီဆီ](#) လၢ ၁၄ သီန့ၣ်လီၤ. မ့ၢ်နံၤ “ဝ” န့ၣ် မ့ၢ်မ့ၢ်နံၤ အလိၢ်ခံကတၢၢ်တနံၤလၢ နအိၣ်ဘူးဒီးပုၤအဝဲန့ၣ် န့ၣ်လီၤ. ဒ်ိသန့ုၤထီၣ်သးလၢ နတၢ်ဖံးတၢ်မၤ ဒီးနတၢ်သ့ၣ်တၢ်ဘၣ်အဖီခိၣ်န့ၣ်, တၢ်အိၣ်လီၤလီၤဆီဆီအံၤ ဘၣ်သ့ၣ်သ့ၣ် ကအိၣ်ဒီး တၢ်ကွၢ်ကဟုကွၢ်တနီၤန့ၣ်လီၤ. ဆူၣ်ချ့ဝဲၤကျိၤအံၤ ကဟ့ၣ်လီၤနၤ တၢ်နံၣ်ကျလီၤလီၤဆီဆီတဖၣ် ဒီး ဆူၣ်ညါတပတီၢ်လၢ နကဘၣ်မၤအီၤအဂီၢ်န့ၣ်လီၤ.

နဆဲးကျိုးနဆူၣ်ချ့ပုၤကွၢ်ထွဲတၢ်ဖိ ဘၣ်ဃး တၢ်ကဒိးန့ၢ် တၢ်မၤကွၢ်အဂီၢ် မ့တမ့ၢ် နကမၤကွၢ်နသးလၢ တၢ်အိၣ်လီၤလီၤဆီဆီ ၇ သိဝံၤအလိၢ်ခံ ဖဲနမ့ၢ်နအိၣ်ဒီး တၢ်ဆါပနီၣ်တဖၣ်အခါန့ၣ်လီၤ. တၢ်ဃုထၢတၤခါအံၤ တမ့ၢ်လၢပုၤလၢ အဖံးတၢ်မၤတၢ် ဘူးဘူးတံၢ်တံၢ်သ့ၣ်တဖၣ်အဂီၢ်ဘၣ် မ့ၢ်လၢအဝဲသ့ၣ်န့ၣ် အိၣ်ဒီးတၢ်ဘၣ်ယိၣ် ဒိၣ်ဒိၣ်မ့ၢ်မ့ၢ်လၢ ကရၤလီၤ COVID-19 တၢ်ဆါဆူ ပုၤလၢအဒိးန့ၢ်ဘၣ်တၢ်ဆါ ညီသ့ၣ်တဖၣ် ဒ်အမ့ၢ် ပုၤလၢအအံးထွဲကွၢ်ထွဲပှၤ ဒီး တၢ်ဒုးဃၣ်အလိၢ်သ့ၣ်တဖၣ်န့ၣ်လီၤ. တၢ်မ့ၢ်မၤကွၢ်နၤလၢ နတအိၣ်ဒီး တၢ်ဆါယၢ်ဘၣ်ဒီး, နပတုၥ်ဆံ တၢ်အိၣ်လီၤလီၤဆီဆီ ဒီး နက့ၤနဒ်ၢ်လ့ၤတၢ်မၤသ့ဝဲန့ၣ်လီၤ.

ပုၤလၢအအိၣ်ဘူးတဖၣ်ဒီး ပုၤလၢအအိၣ်ဒီးတၢ်ဆါယၢ် ခံဂၤလၢၥ်အဂီၢ် – နတၢ်မၤကစၢ်အံၤ တကြၢးဃ့ဝဲဒ့ၣ် တၢ်မၤကွၢ်လၢ တအိၣ်ဒီး COVID-19 မ့တမ့ၢ် လံၥ်ပရၢလၢ ဆူၣ်ချ့ဝဲၤကျိၤအအိၣ်ဘၣ်. ဆူၣ်ချ့ဝဲၤကျိၤအံၤ တဟ့ၣ်လီၤ လံၥ်ပရၢလၢ အဟ်ဖျါထီၣ်ဝဲဒ့ၣ် နက့ၤနၤလီၤတၢ်မၤသ့ဘၣ်.

နမ့ၢ်**တအိၣ်**ဘူးဒီးပုၤလၢ အအိၣ်ဒီး COVID-19 ဖဲအဘၣ်ကူဘၣ်က်အခါန့ၣ်, တလိၣ်လၢ နအိၣ်လီၤလီၤဆီဆီဘၣ် ဒီး နလဲၤတၢ်မၤသ့ဝဲန့ၣ်လီၤ.

## ယကြၢးသ့ၣ်ညါဘၣ်ဃး COVID-19 အဂ့ၢ်အကျိၤအဂၤအိၣ်မနုၤလဲၣ်.

- ပုၤတဂ့ၤမ့ၢ်အိၣ်ဒီး ကလုၥ်ဒုၣ်အတၢ်လီၤစၢၤ မ့တမ့ၢ် ကလုၥ်ဒုၣ် လီၤဆီသနၥ်က့, တၢ်ဆါယၢ်န့ၣ် ဒုးဆ်ီက့အီၤသ့န့ၣ်လီၤ. တၢ်ပျုၢ မ့တမ့ၢ် တၢ်သူၣ်ကိၢ်သးဂီၤလၢ COVID-19 အဂ့ၢ်အံၤ ဒုးကဲထီၣ် တၢ်ဟးဆုံး မ့တမ့ၢ် တၢ်သမၢကွၢ် ပုၤအဂၤသ့ၣ်တဖၣ်လၢ တအိၣ်ဒီး တၢ်ဘၣ်ယိၣ်လၢ ကရၤလီၤတၢ်ဆါယၢ်သ့ၣ်တဖၣ် သ့ဝဲန့ၣ်လီၤ.

Karen

- ပှၤလၢအိၣ်ဒီးတၢ်ဆါယၢ်အံၤ ဒုးဘၣ်ကူဘၣ်က် ဆိတၢ်ဆါယၢ် လၢအဒုးကဲထိၣ် COVID-19 သ့ဝဲ တချုးလၢ တၢ်ဆါပနီၣ်ဟဲဖျါထိၣ်းဘၣ် ၂ သီနဲ့ၣ်လီၤ. ဘၣ်ဆၣ်သနၥ်က့, ပှၤလၢ အအိၣ်ဒီး COVID-19 တနီၤနဲ့ၣ် တအိၣ်ဒီးတၢ်ဆါပနီၢ်သ့ၣ်တဖၣ်ဘၣ်.

- COVID-19 နဲ့ၣ် ဘၣ်တၢ်ဆိကမိၣ်ဟ်စၢၤအီၤလၢ အရၢၤလီၤသး ခီဖျိ တၢ်အိၣ်ဘူးအိၣ်တံၢ်လိၥ်သး တဂၤဘၣ်တဂၤ, ခီဖျိ ထံအဖုံၣ်ဖိသ့ၣ်တဖၣ် ဖဲပှၤလၢဒိးနဲ့ၢ်တၢ် တၢ်ဆါယၢ်တဂၤ ကူး, ကဆဲ မ့တမ့ၢ် ကတိၤတၢ်အခါနဲ့ၣ်လီၤ. ဟးဆုံးတၢ်ဖိၣ်လီၤ နမၥ်ချံ, နနါဒ့ခံ, မ့တမ့ၢ် နကိၥ်ပူၤ ဖဲနတသ့ယၢၤဘၣ် နစုအခါတက့၊်.

- ပံးယၢ် နကိၥ်ပူၤ နနါဒ့ခံ ဒီး [နါဒံခံဖျိၣ်] ဖဲနအိၣ်ဘူးဒီးပှၤအဂၤတဖၣ် လၢနဟၣ်ၣ်ချုအခါတက့၊်.

- ဖဲနမ့ၢ်ဒိးနဲ့ၢ်ဘၣ် တၢ်လိၤကိၢ်, တၢ်ဂိၢ်က်, တၢ်ကူး, တၢ်ကသါတဘ့ျ, တၢ်ဘုံး, ယူၢ်ညၣ်မ့တမ့ၢ်နီၣ်ခိဆါ, ခိၣ်သဉ်ယံဆါ, တၢ်ကသါ မ့တမ့ၢ် တၢ်နါတၢ်နါလီၤမၢ် လၢကဲထိၣ်သးသီ, ကိၢ်ယူၢ်ပူၤဆါ, ဟၢဖၢကျၢၤ, နါဒ့အ့ၣ်ထံယွၤ, သးကလဲၤ, ဘိုး မ့တမ့ၢ် ဟၢဖၢလူအခါနဲ့ၣ်, အိၣ်လၢဟံၣ် ဒီးလဲၤတၢ်မၤတဂ့ၤ. ဆဲးကျိုး နကသံၣ်သရၣ်လၢ တၢ်မၤကွၢ်အဂီၢ်တက့၊်.

- သ့စီနစု တလိၢ်လိၢ်လၢ ဆးပှၢ် ဒီး ထံလၢ အစဲးကး ၂၀ မ့တမ့ၢ် စူးကါ ကသံၣ်ထံမၤသံတၢ်ဆါယၢ်လၢစုအဂီၢ် လၢအအိၣ်ဒီး သံးအစီ ၆၀ မျးကယၤတက့၊်.

- ဟးဆုံး တၢ်စူးကါယှၥ်တၢ်ဖိတၢ်လံၤတဖၣ် မ့တမ့ၢ် တၢ်မၤသကိးတၢ်လၢတၢ်လိၢ်တပူၤယီ ဒီးပှၤအဂၤတဖၣ် ဒီး [မၤကဆုံကဆို]တၢ်မၤလိၢ် ဂ့ၤဂ့ၤဘၣ်ဘၣ် တချုးလၢ စးထိၣ်တၢ်မၤ ဒီး မၤတၢ်ဝံၤအဆၢကတိၢ်တက့၊်.

- ပှၤလၢအဒိးနဲ့ၢ်ဘၣ်တၢ်ဆါယၢ်သ့ၣ်တဖၣ်အံၤ တချုးလၢ ဟဲကူၤနၥ်လီၤတၢ်မၤနဲ့ၣ်, ကဘၣ် [အိၣ်လီၤလီၤဆီဆီလၢဟံၣ်] တုၤလၢအဝံၤတစုနဲ့ၣ်လီၤ.

- ပှၤလၢ အအိၣ်လီၤလီၤဆီဆီဝံသ့ၣ်တဖၣ် မ့တမ့ၢ် ပှၤလၢအအဘၣ်တၢ်ပျဲအီၤလၢ တၢ်အိၣ်လီၤဆီ သ့ၣ်တဖၣ်အံၤ တဒုးကဲထိၣ် တၢ်ဘၣ်ကူဘၣ်က် အတၢ်ဘၣ်ယိၣ် ဆူပှၤအဂၤတဖၣ်ဘၣ်.

- တၢ်လိၢ်တၢ်ကျဲလၢ အဘၣ်တၢ်စူးကါတ့ၢ်အီၤ ခီဖျိ ပှၤလၢအဒိးနဲ့ၢ်ဘၣ် COVID-19 တတီၤအံၤ [ဖဲတၢ်မၤကဆုံဒီးတၢ်မၤသံတၢ်ဆါယၢ်] ဝံၤဝဲအခါနဲ့ၣ်, ပှၤအဂၤစူးကါအီၤသ့ဝဲနဲ့ၣ်လီၤ. ပှၤအဝဲနဲ့ၣ် အိၣ်တ့ၢ်ဖဲတၢ်လိၢ်အံၤ မ့ၢ်ယံၥ် ၇ သီနဲ့ၣ်ဒီး, တလိၣ်လၢ တၢ်မၤကဆုံအါထိၣ်နဲ့ၣ် ညီနုၢ်တၢ်မၤကဆုံဒီး တၢ်မၤသံတၢ်ဆါယၢ်ဘၣ်.

## ယးယုဒိးနဲ့ၢ်ဘၣ် တၢ်ဂ့ၢ်တၢ်ကျိုၤဒီးတၢ်ဆီၣ်ထွဲမၤစၢၤကသ့ဖဲလဲၣ်.

- [Vermont COVID-19 ဟ်ယဲၤသန္]

- [COVID-19 တၢ်သံကွၢ်လၢ တၢ်သံကွၢ်အီၤ တလိၢ်လိၢ်တဖၣ်]

- [နကဘၣ်ကွၢ်ဆၢၣ်မဲၥ်ဒီး တၢ်ဖးတၢ်မၤအတၢ်သူၣ်က်ၢ်သးဂီၤဒ်လဲၣ် ဒီး ဒုးအိၣ်ထိၣ်တၢ်သ့တူၢ်တၢ်ဖဲ COVID-19 တၢ်ဆါသတြိၥ်အခါဒ်လဲၣ်]

- [ပှၤတဝၢတဖၣ်, ကွိတဖၣ်, တၢ်မၤလိၢ်တဖၣ်, ဒီး မူးတဖၣ်]

- [နမ့ၢ်အိၣ်ဘူးဒီးပှၤလၢ အအိၣ်ဒီး COVID-19 တၢ်ဆါနဲ့ၣ် နကဘၣ်မၤအီၤဒ်လဲၣ်]

- [တၢ်ကွၢ်ဆၢၣ်မဲၥ်ဒီးတၢ်သူၣ်က်ၢ်သးဂီၤ]

- [နကဒိသဒၢလီၤ နနီၢ်ကစၢ်သး ဒီးပှၤဂၤတဖၣ် ဒ်လဲၣ်]

Karen

# What to do when your co-worker has COVID-19

Learning that a co-worker has tested positive for COVID-19 can be stressful, but there are actions you can take to stay safe. This guidance applies to most people, but more specific guidance may supersede this for employees from certain sectors, such as people who work in congregate living facilities and critical care infrastructure workers.

## How will I know if my co-worker tested positive?

Your co-worker may tell you directly, your employer may tell you, or you may receive a call from the Health Department if you had possible close contact with a co-worker who tested positive.

There may be misinformation circulating and concerns about getting COVID-19 among co-workers. Remember to treat your co-workers with respect and confidentiality.

## Why might the Health Department call me?

When a person tests positive for COVID-19, the Health Department contacts them to find out who they were in close contact with during their infectious period (beginning two days before the start of symptoms or two days before a positive test result for people who did not have symptoms). Close contact means being within 6 feet of each other for a total of 15 minutes or more over a 24-hour period. The Health Department will follow up with each close contact to assess their risk for COVID-19 and provide information about staying home and the importance of getting tested.

## When would I need to quarantine and stay home from work?

If you **were** in close contact with someone with COVID-19 while they were infectious, you should quarantine for 14 days. Day 0 is the last day you had contact with that person. There may be some exceptions on quarantine guidance based on your type of employment and staffing capacity. The Health Department will provide you with specific guidance and next steps to take.

You can contact your health care provider about getting tested on or after day 7 of quarantine, if you have had no symptoms. This option is not available to those who work in close congregate settings where there is a high risk of transmitting COVID-19 to vulnerable people, such as assisted living and detention facilities. If your test is negative, you may end quarantine early and go back to work.

For both close contacts and people who tested positive: Neither a negative test for COVID-19 nor a letter from the Health Department should be required from your employer to return to work. The Health Department does not provide letters indicating that you can return to work.

If you **were not** in close contact with someone with COVID-19 while they were infectious, you may go to work and you do not need to quarantine.

## What else should I know about COVID-19?

- Diseases can make anyone sick regardless of their race or ethnicity. Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

English

- People can spread the virus that causes COVID-19 up to two days before they have symptoms. However, some people with COVID-19 do not have any symptoms.

- COVID-19 is thought to spread through close contact from person-to-person, through respiratory droplets produced when an infected person coughs, sneezes, or talks. Avoid touching your eyes, nose, or mouth with unwashed hands.

- Cover your mouth and nose with a [mask](#) when around others outside of your home.

- Stay home from work if you develop a fever, chills, cough, shortness of breath, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion, runny nose, nausea, vomiting, or diarrhea. Contact your health care provider for testing.

- Clean your hands often, either with soap and water for 20 seconds or a hand sanitizer that contains at least 60% alcohol.

- Avoid sharing items or workspaces with others and thoroughly [clean](#) workspaces prior to working and after you are done for the day.

- People who test positive should not return to work until they have completed [home isolation.](#)

- Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

- Areas that were used by someone who tested positive for COVID-19 can be used by other people once the areas have been [cleaned and disinfected](#). If it has been seven days since the person was in the area, additional cleaning beyond routine cleaning and disinfection is not necessary.

## Where can I find more information and support?

- [Vermont's COVID-19 Website](#)

- [COVID-19 Frequently Asked Questions](#)

- [How to Cope with Job Stress and Build Resilience During the COVID-19 Pandemic](#)

- [Communities, Schools, Workplaces, and Events](#)

- [What to do if you are a close contact of someone who is diagnosed with COVID-19](#)

- [Coping With Stress](#)

- [How to Protect Yourself & Others](#)

English