

Waxaad samaynayso hadii cid aad wada shaqaysaan laga helo COVID-19

Oktoobar 2020

In la ogaado in qofka aad wada shaqaysaan laga heley COVID-19 waxa uu noqon karaa wax laga warwaro, laakiin waxaa jira talaabooyin la qaadi karo si amaan loo qabo. Tilmaamahani waxay khuseeyaan badanaa dadka, laakiin tilmaamo gaar ah ayaa dhici kara in lasiiyo shaqaalahaan waaxaha qaar, sida dadka ka shaqeeya xarumaha la degan yahay iyo shaqaalaha daryeelka daruuriga ah.

Sidee ayaan u ogaanaa in shaqaale aanu wada shaqayno laga heley?

Qofka shaqaalaha ee aad wada shaqaysaan ayaa si toos ah kuugu sheegi kara, cida aad u shaqayso ayaa kuu sheegi karta, ama adiga ayay kulasoo hadli kartaa Waaxda Caafimaadku hadii ay dhacdo inaad isku dhawaateen qofka qaba ee laga heley.

Waxaa jiri kara macluumaad badan oo khaldan oo wareegaya iyo walaacyo ku saabsan COVID-19 in laga helo dadka lala shaqeeyo. Xasuuso inaad cida aad la shaqayso aad ula dhaqanto si qadarin leh oo sirtiisana aad ilaaliso.

Maxay Waaxda Caafimaadku ay dhici kartaa inay iila soo hadasho?

Marka qof laga helo COVID-19, Waaxda Caafimaadka ayaa la xidhiidha si ay u ogaato dadka ay isku dhawaadeen intii ay qabeen xanuunka (laga bilaabo laba maalmood kahor marka ay ku bilaabmeen calaamaduhu ama laba maalmood kahor marka ay soo baxday natiijadiisa sheegeysa in laga heley dadka aan lahayn calaamadaha). U dhawaanshuhu waxay ka dhigan tahay inaad 6 fuudh wax ka yar aad u jirsado qofka isugayn 15 daqiiqo ama wax ak badan qofka 24-saacadood mudo ah. Isku dhawaanshuhu waxa uu ka dhigan yahay in 6 fuudh wax ka yar la isku jirsaday ugu yaraan 15 daqiiqo. Waaxda Caafimaadku waxay la socon doontaa cid kasta oo ay isku dhawaadeen si ay u qiimayso khatartooda COVID-19 iyo inay siiso macluumaadka ah inay guriga joogaan iyo muhiimiyada ay leedahay inay is baadhaan.

Goormaa la iiga baahan yahay inaan karantiimada galo oo aan guriga joogo oo aanan shaqo tagin?

Hadii aad u dhawaatay qof qaba COVID-19 mudada ay qabeen xanuunka, waa inaad [is karantiin garaysaa](#) 14 maalmood. Maalinta 0 waxaa weeye maalinta ugu danbaysa ee aad qofkaa isku dhawaateen. Waxaa jira waxyaabo ay kasoo reebeen tilmaamaha karantiimada kuwaas oo ku salaysan nooca shaqaalaysiinta iyo awooda shaqaalaysiinta. Waaxda Caafimaadku waxa ay ku siin doonaa tilmaamo gaar ah iyo talaabooyinka xiga ee aad qaadayso.

Waxa aad kala xidhiidhi kartaa bixiyaha daryeelkaaga caafimaad wax ku saabsan inaad baadho maalinta 7 aad ama kadib inta aad ku jirto karantiimada, hadii aanad lahayn wax calaamado ah. Ikhtiyaarkan ma aha mid ay heli karaan dadka ka shaqeeya meelaha dadka badan ee ay ka jirto khatarta badan ee ah inuu faafo COVID-19 oo uu asiibo dadka nugal, sida xarumaha kaalmada nolosha iyo xarumaha dadka lagu xidho. Hadii lagaa waayo, waxa aad joojin kartaa karantiimadaada wakhti hore oo waxa aad ku noqon kartaa shaqada.

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Dadka u dhawaaday dadka qaba iyo dadka laga heley: Waa in aanay ku xidhin cida ay u shaqeeyaan warqad ah in laga waayay markii laga baadhay COVID-19 ama warqad Waaxda Caafimaadka ah si ay shaqada ugu noqdaan. Waaxda Caafimaadku ma bixiso waraaqo muujinaya in aad ku noqon karto shaqada.

Hadii **aanadd** u dhawaan qof qaba COVID-19 mudada ay qabaan xanuunka, waad shaqo tagi kartaa umana baahnid inaad karantiimo gasho.

Maxaa kale ee ay tahay inaan ka ogaado COVID-19?

- Xanuunadu waxa ay ka dhigi karaan cid kasta mid xanuusanaya iyada oo aan la eegeynin qoomiyadooda ama isirkooga. Baqida iyo warwarka COVID-19 waxa ay dadka ku keeni kartaa inay dadka kale ka fogaadaan ama iska eryaan in kasta oo ayna khatar ugu jirin faafitaanka fayraska.
- Dadku waxay faafin karaan fayraska sababa COVID-19 ilaa laba maalood kahor inta ayna yeelan calaamado. Si walba ha noqotee, dadka qaar oo qaba COVID-19 ma qabaan wax calaamado ah.
- COVID-19 waxa loo maleeyey inuu ku faafo marka ay dadku isku dhawaadaan, dhibcaha candhuufta ee kasoo duulaya marka uu qofka qabaa qufaco, hindhiso, ama hadlo. Ka fogow ku taabashada indhaha, sanko, ama afka gacmo aadan maydhin.
- Waxa aad ku xidhataa afka iyo sanko [waji gashad](#) marka aad dadka kale ee gurigaaga ka baxsan aad la joogto.
- Waxa aad joogtaa guriga oo ka joog shaqada hadii aad yeelato xumad, qadhdhadyo, qufac, neefsiga oo ku dhiba, daal, murqo ama jidh xanuun, madax xanuun, urta ama dhadhanka oo dhawaan kaa taga, cune xanuun, duuf, yalaalugo, hunqaaco, ama shuban. La xiriir bixiyaha daryeelkaaga caafimaad si uu kuu baaro.
- Nadiifi gacmahaaga badanaa, adiga oo isticmaalaya saabuun iyo biyo 20 ilbidhiqsi ama gacma nadiifiye ka kooban ugu yaraan 60% alkohool.
- Waxa aad iska ilaalisaa inaad alaabta iyo aagagga shaqada dadka kale la wadaagto si wanaagsana u [nadiifiso](#) aagagga aad ku shaqayso wixii ka horeeya shaqada iyo kadib marka aad maalintaa shaqada dhamayso.
- Dadka laga heley waa inayna ku noqon shaqada ilaa inta ay dhamaystiranayaan [aysoleeshinka guriga](#).
- Qofka dhamaystirtay karantiimada ama laga sii daayay karantiimada wax khataro oo ah inuu xanuunka gaadhsiyo dadka kale malaha.

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- Aagagga uu isticmaalay qofka laga heley COVID-19 waxay isticmaali karaan dadka kale marka [aagagga la nadiifiyo oo jeermiska laga dilo](#). Haddii ay kasoo wareegtay todoba maalmood markii qofku uu aagga joogay, nadiifin dheeraad ah oo ka baxsan nadiifinta iyo jeermis ka dilida joogtada ah looma baahna.

Halkee ayaan ka heli karaa macluumaad iyo taageero dheeraad ah?

- [Websaytka COVID-19 ee Vermont](#)
- [Su'aalaha Badanaa la is Waydiiyo ee COVID-19](#)
- [SideenUla Tacaalayaa Warwarka Shaqada ee Aan Adkaysi U Yeelanayaa Inta Lagu Jiro Safmarka COVID-19](#)
- [Bulshooyinka, Dugsiyada, Goobaha Shaqada, iyo Munaasabadaha](#)
- [Waxa la samaynayo hadii aad u dhawaato qof laga helay COVID-19](#)
- [La Tacaalida Warwarka](#)
- [Sida Aad Naftaada iyo Dadka Kale u Ilaalinayso](#)

Somali

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.

- 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](#)