Nini cha kufanya ikiwa utapimwa na kugundulika kuwa una COVID-19

Watu wenye COVID-19 wanaweza kuambukiza wengine virusi hivyo. **Ikiwa kipimo chako kitaonyesha kuwa una COVID-19, hata kama umepokea chanjo au huna dalili zozote za ugonjwa huo, jitenge na watu wengine mara baada ya kupokea matokeo ya kipimo chako.** Kujitenga kunamaanisha kukaa nyumbani na mbali na watu wengine – ikiwa ni pamoja na watu wanaoishi nawe – kwa angalau siku 5.

Ikiwa kipimo chako kinaonyesha kuwa una COVID-19

Kaa nyumbani na ujitenge kwa siku 5.

Unaweza kuondoka nyumbani kwako baada ya siku ya 5 ikiwa dalili zako zimepungua NA hujakuwa na homa kwa angalau saa 24 bila kutumia dawa ambayo hupunguza homa.

Mwongozo huu hauhusu wahudumu wa afya.

Huenda Idara ya Afya ikakupigia simu. Ukikosa simu yetu, tupigie tena kupitia 802-863-7200.

Ikiwa bado una dalili baada ya kukamilisha muda wa kujitenga, unaweza kuamua kuchukua tahadhari zaidi kama vile kuvaa barakoa, ambayo husaidia kukulinda wewe na watu walio karibu nawe dhidi ya kupata au kueneza COVID-19.

Iwapo una umri wa zaidi ya miaka 65 au hali ya kimatibabu inayokuweka katika hatari kubwa na una dalili ndogo hadi za wastani, wasiliana na mtoa huduma wako wa afya ili uulize kuhusu matibabu ya COVID-19 — pindi tu utakapopata matokeo ya kipimo yanayoonyesha una maambukizi. Matibabu haya yanaweza kupunguza uwezekano wa kulazwa hospitalini.

Ikiwa unahitaji kumwona mtoa huduma ya afya, piga simu 2-1-1 ili uunganishwe na huduma za utunzaji, au uwasiliane na kituo cha afya kilichoidhinishwa na serikali ya shirikisho kilicho karibu zaidi au mojawapo ya kliniki za bure na za rufaa za Vermont.

Ripoti matokeo yako ya kujipima kwa Idara ya Afya

Unaweza kuripoti matokeo ya kujipima kwa kuteua chaguo la kutoa matokeo yako kiotomatiki kwa idara ya afya ya eneo lako au kwa kujaza Fomu ya Kuripoti Matokeo ya Kipimo cha COVID-19 cha Kujipima Mwenyewe ya Vermont.

Wajulishe watu uliotangamana nao kwa karibu:

Ukipatikana kwamba una COVID-19, ni muhimu kuwajulisha watu uliotangamana nao hivi majuzi kuwa huenda walikuwa hatarini mwa kuambukizwa virusi hivyo. Kwa njia hiyo, wanaweza kuangalia dalili na kupimwa ikihitajika, ili wasaidie kuzuia kuenea zaidi.

Fikiria watu uliotangamana nao kuanzia siku mbili kabla ya dalili zako kuanza au ikiwa hukuwa na dalili, siku uliyopimwa. Ni muhimu sana kuwasiliana na mtu yeyote ambaye anaweza kuwa katika hatari kubwa zaidi ya kuambukizwa COVID-19. Unaweza kushiriki kiungo hiki kwa mwongozo wa ziada: healthvermont.gov/closecontact.

Kujitenga nyumbani:

Watu wengi walio na maradhi yasiyo makali wanaweza kupata nafuu wakiwa nyumbani. Kwa watu wenye dalili ndogo hadi wastani, kuna chaguo za matibabu ya COVID-19.

- Kaa nyumbani, isipokuwa kwa huduma ya matibabu ya dharura au ikiwa unahisi hupo salama ukiwa nyumbani. Vaa barakoa endapo unahitaji kuondoka nyumbani.
- Piga simu kabla ya kutembelea mtoa huduma ya afya au kitengo cha dharura na uwaeleze kuwa umejitenga kwa sababu unaugua COVID-19.
- Kadri iwezekanavyo, kaa katika chumba mahususi nyumbani mwako na utumie bafu na choo tofauti.
- Dumisha umbali wa angalau futi 6 (au mita 2) kati yako na wengine walio nyumbani mwako wakati wote.
- Vaa barakoa ikiwa umo kwenye chumba chochote pamoja na watu wengine au wanyama kipenzi, isipokuwa kama una tatizo la kupumua.
- Usitumie vifaa vya nyumbani pamoja na wengine.
- Safisha na ufukize kemikali ya kuua viini katika sehemu za juu, osha vitu vya nyumbani na unawe mikono mara kwa mara.
- Fuatilia viwango vya oksijeni katika damu yako. Watu ambao wamepatikana kuwa wana COVID-19 huenda wakawa na viwango vilivyo chini kuliko kawaida vya oksijeni kwenye damu kabla ya kuanza kuhisi wanashindwa kupumua. Kufahamu mapema kwamba una viwango vya chini vya oksijeni kunaweza kukusaidia kutambua mapema kwamba unafaa kutafuta matibabu. Hii itasaidia kupunguza makali ya ugonjwa huo.
- Ikiwa unamtunza mtu aliyepatikana kwamba ana ugonjwa, jua jinsi ya kumhudumia mgonjwa nyumbani (CDC).

Wakati wa kupata huduma ya matibabu haraka:

Pata huduma ya matibabu mara moja ikiwa una matatizo ya kupumua, maumivu yasiyoisha au shinikizo kwenye kifua, kuchanganyikiwa upya, kushindwa kuamka au kubaki kama umeamka au mabadiliko ya rangi kwenye midomo, ufizi, uso, karibu na macho au kwenye kucha zako. Mweleze mtoa huduma wako wa afya au 9-1-1 kuwa una COVID-19 na unajitenga nyumbani.

Kuomba kifaa cha kupimia oksijeni

Pulse oximeter ni kifaa kidogo kinachoshikamana kwenye ncha ya kidole chako na kupima kiwango cha mapigo ya moyo na oksijeni. Inaweza kukusaidia kujua jinsi ulivyo mgonjwa. Unaweza kuomba moja ikiwa wewe au mtu unayemtunza aliye na umri wa zaidi ya miaka 2

atapatikana kwamba ameambukizwa COVID-19. Kuwa tayari kutoa jina lako, tarehe ya kuzaliwa, anwani ya eneo, maelezo ya mawasiliano, aina ya kipimo ulichofanya (PCR/LAMP au cha antijeni), na tarehe ambayo ulifanya kipimo.

Unaweza kuomba pulse oximeter kwa kupiga simu 802-863-700 au kutembelea tovuti: https://survey.alchemer.com/s3/6704528/Vermont-Department-of-Health-Pulse-Oximeter-Request

What to do if you test positive for COVID-19

People with COVID-19 can spread the virus to others. **If you test positive for COVID-19, even if you are vaccinated or never have symptoms, isolate as soon as you receive your test result.** Isolation means staying home and away from other people – including the people who live with you – for at least 5 days.

If you have a positive COVID-19 test
Stay home and isolate for 5 days. You can leave your home after day 5 if your symptoms have improved AND you have had no fever for at least 24 hours without the use of medicine that reduces fevers.

This guidance does not apply to health care workers.

You may get a call from the Health Department. If you miss the call, call us back at 802-863-7200.

If you still have symptoms after completing isolation, you might choose to take extra precautions such as wearing a mask, which helps protect you and the people around you from getting or spreading COVID-19.

If you are over 65 or have a high-risk medical condition and have mild to moderate symptoms, reach out to your health care provider to ask about COVID-19 therapeutics — as soon you get your positive test result. These treatments can reduce the chance of being hospitalized.

If you need to see a health care provider but don't have one, call 2-1-1 to be connected to care, or contact the nearest federally qualified health center or one of Vermont's free & referral clinics.

Report your self-test results to the Health Department

You can report self-test results by choosing the option to automatically provide your results to your local health department or by filling out the Vermont COVID-19 Self-Test Result Reporting Form.

Notify your close contacts:

If you test positive for COVID-19, it's important let people you spent time with recently know they could have come into contact with the virus. That way, they can look out for symptoms and get tested if needed, to help prevent further spread.

Think about who you spent time with starting two days before your symptoms began or if you had no symptoms, the day you were tested. It's especially important to reach out to anyone who may

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be at higher risk for COVID-19. You can share this link for additional guidance: healthvermont.gov/closecontact.

Isolate at home:

Most people with mild illness can recover at home. For people with mild to moderate symptoms, there are treatment options for COVID-19.

- Stay home, except for urgent medical care or if you feel unsafe at home. Wear a mask if you need to leave home.
- Call ahead before visiting a health care provider or emergency department and tell them you are isolating because you have COVID-19.
- As much as possible, stay in a specific room in your home and use a separate bathroom.
- Stay at least 6 feet (or 2 meters) away from others in your home at all times.
- Wear a mask if you're in any room with other people or pets, unless you have trouble breathing.
- Don't share household items.
- Clean and disinfect surfaces, wash household items and wash hands often.
- Monitor your blood oxygen levels. People diagnosed with COVID-19 may have below-normal levels of oxygen in their blood before they feel short of breath. Finding low oxygen levels early can help you know to seek medical care sooner. This could make the disease less severe.
- If you are caring for someone who tested positive, find out how to care for someone sick at home (CDC).

When to get medical care immediately:

Get medical care immediately if you have trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, or changes in color on your lips, gums, face, around the eyes, or nails. Tell your health care provider or 9-1-1 that you have COVID-19 and are isolating at home.

Requesting a pulse oximeter

A pulse oximeter is a small device that clips onto your fingertip and measures your pulse and oxygen levels. It can help you know how sick you are. You can request one if you or someone you care for over the age of 2 tests positive for COVID-19. Be prepared to give your name, date of birth, physical address, contact information, what kind of test you took (PCR/LAMP or antigen), and the date the positive test taken.

You can ask for a pulse oximeter by calling 802-863-7200 or visit the website: https://survey.alchemer.com/s3/6704528/Vermont-Department-of-Health-Pulse-Oximeter-Request

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