

## Ivyo gukora nimba urwaye COVID-19

Abantu barwaye COVID-19 bashobora gukwiragiza umugera mu bandi. **Nimba igipimo cerekana ko wanduye COVID-19, naho woba waricandagishije canke udafise ibimenyetso na bimwe, ja ahantu ha wenyene kare ukironka inyishu z'igipimo.** Kuja ahantu ha wenyene bisigura kuguma i muhira kandi kure y'abandi bantu – harimwo abantu mubana – mu kiringo c'iminsi 5 n'imiburiburi.

### Nimba igipimo cawe cerekanye ko urwaye COVID-19

Guma muhira kandi uje aha wenyene mu minsi 5.

Ushobora kuva muhira inyuma y'umunsi ugira 5 nimba ibimenyetso vyawe vyaraheze KANDI utigeze ugira ubushuhe n'imiburiburi amasaha 24 udakoresheje imiti igabanya ubushuhe.

Aya mabwirizwa ntaraba [abatangabufasha mu vy'ubuvuzi](#).

Ushobora guterefonwa n'igisata kijejwe amagara y'abantu. Nimba tutakuronse kuri terefone, urashobora kuduterefona wewe ku nimeru 802-863-7200.

Nimba ugifise ibimenyetso inyuma yo guheza kuba aha wenyene, ushobora guhitamwo amabwirizwa yiyongeye nko [kwambara agafukamunwa](#), kagukingira hamwe n'abantu mwegeranye gufatwa canke gukwiragiza COVID-19.

**Nimba ufise imyaka irenga 65 canke ufise ivyago vyinshi vy'amagara** kandi ufise ibimenyetso bikaze ahandi bikagabanuka, iture umutangabufasha wawe umubaze ibijanye n'imiti ya COVID-19 - kare cane ukironka inyishu zerekana ko urwaye. Ubu buvuzi bushobora kugabanya ivyago vyo kuja mu bitaro.

Nimba ukeneye kubona umutangabufasha mu vy'amagara ariko ukaba udafise n'umwe, hamagara 2-1-1 kugira ngo bakuronse uwukwitaho, canke witure [ivuriro ryemerwa ku rwego rw'igihugu](#) canke rimwe mu [mavuriro y'akarorero kandi avura ku buntu y'i Vermont](#).

### Tanga icegeranyo c'inyishu z'igipimo wipimye ubwawe ku gisata kijejwe amagara y'abantu

Ushobora kwuzura inyishu z'igipimo wipimye ubwawe mu guhitamwo ingingo yo gutanga inyishu zawe ku gisata c'amagara y'abantu mu karere canke mu kwuzura [ifishi y'i Vermont y'inyishu z'igipimo ca COVID-19 wipimye ubwawe](#).

### Bimenyeshe abo mwegeranye:

Nimba igipimo cerekanye ko urwaye COVID-19, birahambaye kumenyesha abantu mwamaranye umwanya ko bashobora kuba baranduye umugera. Kuri ubwo, bashobora kuraba ibimenyetso hama bakipimisha nimba bikenewe, mu gufasha gukinga ikwiragira.

Iyumvire abo mwamaranye umwanya uherye ku minsi ibiri imbere y'uko ibimenyetso bitangura, umunsi wapimiweko. Birahambaye cane kumenyesha uwo ariwe wese ashobora kugira ivyago vyinshi vya COVID-19. Ushobora gusangiza abandi uwu muhora kubw'ayandi mabwirizwa: [healthvermont.gov/closecontact](https://healthvermont.gov/closecontact).

### **Guma aha wenyene i muhira:**

Abantu benshi batarembye bashobora gukirira i muhira. Ku bantu bafise ibimenyetso bikaze, hariho [amahitamwo y'ubuvuzi bwa COVID-19](#).

- Guma i muhira, kiretse ukeneye kuvurwa vyihutirwa canke mu gihe wiyumva ko i muhira amagara yawe ageramiwe. Ambara agafukamunwa nimba ukeneye kuva i muhira.
- Banza uhamagare imbere yo kuja kuraba umuganga canke igisata c'ubufasha bwihuse kandi umubarire ko wiyugaranye kubera urwaye COVID-19.
- Kora uko ushoboye kose, ugume i muhira mu cumba kimwe kandi ukoreshe ubwogero bwa wenyene.
- Gusigaza n'imiburiburi ibirenge 6 (canke imetero 2) kure y'abandi mubana umwanya wose.
- Ambara agafukamunwa nimba uri kumwe n'abandi mu cumba canke ibikoko, kiretse ufise ingorane zo guhema.
- Ntutangira n'abandi ibikoresho vyo mu nzu.
- Hanagura canke usukure, oza ibikoresho vyo mu nzu kandi ukarabe ibiganza kenshi.
- Suzuma urugero rw'impwemu ziri mu maraso yawe. Abantu basanganywe COVID-19 bashobora kugira urugero ruri hasi rw'impwemu ziri mu maraso yabo imbere y'uko bagira ikibazo co guhema. Kumenya ko ufise urugero ruri hasi rw'impwemu ziri mu maraso bishobora kugufasha kumenya kurondera ubuvuzi vuba. Ibi bishobora gutuma indwara igabanya ubukari.
- Nimba uriko witaho umuntu arwaye, raba [uko bitaho umuntu arwaye i muhira](#) (CDC).

### **Ni ryari wovurwa ubwo nyene:**

Rondera muganga ningoga nimba ufise ingorane zo guhema, uguma ubabara mu gikiriza canke uremerewe mu gikiriza, usubiriye kwumva ufise umuvurungano mu mutwe, kudashobora kwikangura canke ukaguma uri maso, canke ugahindura ibara ku minwa yawe, ku binyigishi, mu maso, iruhande y'amaso, canke ku nzara. Bwira umutangabufasha wawe mu vy'ubuvuzi canke uhamagare 9-1-1 ko urwaye COVID-19 kandi ko wiyugaranye i muhira.

### **Ugusaba agakoresho gapima umuvuduko w'amaraso**

agakoresho gapima c'umuvuduko w'amaraso ni agakoresho gato cane gaterwa mu rwara rwawe hama gapima urugero rw'umuvuduko n'impwemu. Gashobora kugufasha kumenya uko urwaye. Ushobora gusaba kamwe nimba wewe canke umuntu witaho arenza imyaka 2 igipimo cerekanye ko arwaye COVID-19. Itegure gutanga izina, igenekerezo ry'amavuka, aho uba, amakuru y'uko bogutora, ubwoko bw'igipimo wafashe (PCR/LAMP canke antijene), kandi igenekerezo igipimo cerekana indwara cafatiweko.

Ushobora gusaba igipimo c'umuvuduko w'amaraso mu guhamagara 802-863-7200 canke uje ku rubuga ngurukanabumenyi: <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

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