

Hadii aad qabto astaamo, xataa kuwo yaryar, waxa aad la xidhiidhaa bixiyahaaga daryeelka caafimaad si aad isku baadho, xataa hadii aad is talaashay ama aad hore u qaaday COVID-19. Bixiyahaaga ayaa kugu baadhi doona xafiiskiisa ama kuu wareejin doona meel kale oo lagu baadho oo kugu dhaw. Joog guriga oo dadka kale ka fogow inta aad sugayso natiijada.

Astaamaha COVID-19 waxa kamid ah:

- Xummad (100.4 °F ama ka badan)
- Qufac
- Neefta oo kugu adkaata ama mushkilad neefsiga ah
- Qadhaqadhyo
- Daal
- Muruq ama jidh xanuun
- Madax-xanuun
- Cune xanuun
- Dhadhanka ama urta oo oo meesha ka baxa oo cusub
- Sanka oo xidhma ama duuf
- Yalaalugo ama hunqaaco
- Shuban

Doono daryeel caafimaad isla markaba hadii aad yeelato:

- neefsashada oo adkaata,
- damqasho joogto ah ama
- cadaadis laabta ah,
- dawakhaad cusub,
- aad awoodi waydo inaad soo toosto ama hurdo aad ka kici waydo, ama
- isbadalo midabka dabhahaaga ah, ciridka, wajiga, aaga indhaha, ama cidiyaha.

Haddii aadan lahayn bixiye daryeel caafimaad, wac 2-1-1 si laguugu xiriiriyo daryeelka.

Wixii macluumaad ee dheeraad ah ee ku saabsan COVID-19: www.healthvermont.gov/COVID-19

If you have symptoms, even mild ones, contact your health care provider to get tested, even if you are vaccinated or had COVID-19. Your provider will test you at their office or refer you for testing nearby. Stay home and away from other people while you wait for your results.

Symptoms of COVID-19 include:

- Fever (100.4 °F or higher)
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Fatigue
- Muscle or body aches
- Headache
- Sore throat
- New loss of taste or smell
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Seek 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.

If you don't have a health care provider, call 2-1-1 to connect to care.

For more information about COVID-19: www.healthvermont.gov/COVID-19