



Dalili za virusi vya kawaida vya upumuaji-kama mafua, COVID-19 au RSV-zinaweza kujumuisha joto jingi mwilini, baridi, kujihisi mchovu sana, kukohoa, kutokwa na makamasi na maumivu ya kichwa. Fuata mapendekezo haya ili kupunguza hatari ya kuwaambukizia watu wengine ugonjwa na kujua wakati ambapo unaweza kuhitaji matibabu. Mwongozo huu hautumiki kwa wahudumu wa afya.

Ikiwa Una Dalili za Virusi vya Upumuaji

- **Epuka kuwa karibu na watu** wengine-ikiwa ni pamoja na wale unaoishi nao ambao si wagonjwa. Ikiwa huwezi kuepuka kuwa karibu na watu wengine, fuata hatua za ziada zilizohapa chini ili kupunguza hatari ya kuwaambukizia watu wengine ugonjwa.
- **Fikiria kupimwa COVID-19** ili kukusaidia kuamua ikiwa unahitaji kuchukua hatua zaidi ili kujikinga na kuwakinga wengine.
- **Zungumza na mtoa huduma wa afya kuhusu matibabu** mara moja ikiwa uko katika hatari kubwa ya kuwa mgonjwa sana au ikiwa dalili zako zitakuwa mbaya. Watu walio katika hatari kubwa ya kuwa wagonjwa sana ni pamoja na watoto wadogo, wazee, watu wenye kingamaradhi dhaifu, watu ambao ni wajawazito na watu wenye ulemavu.
- Matibabu lazima yaanze kutumiwa siku chache baada ya kuwa mgonjwa ili yaweze kufanya kazi. Dawa hizi zinaweza kupunguza uwezekano wa kuwa mgonjwa sana au kuhitajika kwenda hospitalini.

Kuanza Kufanya Shughuli za Kawaida Tena

- Unaweza kuanza kufanya shughuli za kawaida baada ya angalau siku moja (saa 24) **ikiwa unahisi umepata nafuu kwa jumla na hujakuwa na joto jingi kwa angalau saa 24** bila kutumia dawa za kupunguza joto jingi.
- **Baada ya kuanza kufanya shughuli za kawaida, chukua hatua hizi za ziada kwa siku 5 zijazo.** Kadri unavyochukua hatua zaidi, ndivyo hatari yako ya kuwaambukizia watu wengine ugonjwa inavyokuwa ndogo.
 - Nawa mikono yako kwa sabuni na maji au utumie kitakasa mikono mara kwa mara.
 - Hakikisha unakaa mbali na watu wengine iwezekanavyo.
 - Vaa barakoa inayokutosha vizuri na ya ubora wa juu.
 - Boresha ubora wa hewa kwa kufungua dirisha, kutumia kichujio cha hewa au kukusanyika nje ya nyumba.
 - Safisha na utakase maeneo kwa kemikali ya kuua viini vya maradhi mara nyingi iwezekanavyo.
- Unaweza kuendelea kueneza virusi kwa wengine, hata kama unahisi nafuu. Ukipata joto jingi au ukianza kuhisi hali yako inakuwa mbaya, epuka kuwa karibu na watu wengine tena hadi upate nafuu.
- Mahali unakofanya kazi, shule yako au mpango wako wa huduma za kutunza watoto unaweza kuwa na sera tofauti za kurudi huko baada ya kuwa mgonjwa. Tafadhali wasiliana na shirika hilo moja kwa moja ili upate maelezo zaidi.



Symptoms of common respiratory viruses-like flu, COVID-19 or RSV-may include fever, chills, feeling very tired, cough, runny nose and headache. Follow these recommendations to lower the risk of getting other people sick and to know when you might need treatment. This guidance does not apply to health care workers.

If You Have Respiratory Virus Symptoms

- **Avoid contact with other** people-including those you live with who are not sick. If you can't avoid contact with others, follow the extra steps below to lower the risk of getting others sick.
- **Consider testing for COVID-19** to help you decide if you need to take more steps to protect yourself and others.
- **Talk to a health care provider about treatment** right away if you are at higher risk of getting very sick or if your symptoms get worse. People at higher risk for severe illness include young children, older adults, people with weakened immune systems, people who are pregnant, and people with disabilities.
- Treatment must be started within a few days of getting sick to work. These medicines can make it less likely you will get very sick or need to go to the hospital.

Returning to Normal Activities

- You can go back to normal activities after at least one day (24 hours) **if you are feeling better overall and have not had a fever for at least 24 hours** without using fever-reducing medicines.
- **After returning to normal activities, take these extra steps for the next 5 days.** The more steps you take, the lower your risk of getting others sick.
 - Wash your hands with soap and water or use hand sanitizer often.
 - Keep a physical distance from other people as much as possible.
 - Wear a face mask that fits well and is high quality.
 - Improve the air quality by opening a window, using an air filter, or gathering outside.
 - Clean and disinfect surfaces as much as possible.
- You can continue to spread the virus to others, even if you're feeling better. If you develop a fever or start to feel worse, avoid contact with others again until you feel better.
- Your workplace, school or child care program may have different return policies after being sick. Please check with the organization directly to learn more.