

# Soki ozalaki pene ya moto oyo azali na COVID-19

Osengeli kozala na quarantaine soki ozalaki pene ya moto oyo azali na COVID-19. Elingi koloba okutanaki na moto oyo azali na COVID-19 ntango moto wana azalaki na maladi.

Ntango ozali na quarantaine, osengeli kotikala kaka na ndako mpe mosika na bato basusu lokola ekoki. Osengeli te kokende na mosala, eteyelo, misala libanda ya eteyelo, misala ya lingomba, kosangana na libota, to kokende na misala misusu.

## Okoki kosukisa quarantaine:



**Mikolo 10 nsima ya kozwa bokono soki osali ekzame te.** Soki ozali te na bilembo ya COVID-19, okoki kosukisa quarantaine mikolo 10 nsima ya mbala ya nsuka okutanaki na moto oyo bakangaki na bokono ntango asalaki ekzame.



**Mikolo 7 nsima ya kozwa bokono soki kotalisa nzoto na minganga elakisi eloko moko te.** Bakoki kotala yo nzoto na minganga na mokolo ya 7 ya komitia na quarantaine. Okoki kosukisa quarantaine soki kotalisa nzoto na minganga elakisi eloko moko te mpe soki ozali kolakisa te bilembo ya COVID-19. Osengeli kozala na moke mikolo 7 nsima ya kozwa bokono mpo ete batala ya yo nzoto na minganga. Kasi oyo ekotika mingi koleka ya virusi nzela ya kokoma ebele na nzoto mpo ete emonana ntango bakotalisa nzoto na minganga. Lolenge ya kotalisa nzoto ekoki kozala na PCR to na antigene ya mbangu. Osengeli kokoba komitia na quarantaine kino ntango okozwa mbano/resultat ya kotalisa nzoto.

## Makanisi maye ya kotia na misala ETALI TE bato oyo basili kozwa mangwele nyonso to oyo bavandaka na moto oyo azali na COVID-19.

- Soki osili kozwa mangwele nyonso, ozali na ntina ya kotiamana na quarantaine te nsima ya kokutana na moto oyo azali na COVID-19. Luka kozwa moto oyo apesaka mangwele nzinga nzinga na yo na [coronavirus.utah.gov/vaccine](https://coronavirus.utah.gov/vaccine).
- Osengeli kozala na quarantaine mpo na mikolo 10 soki ovandaka na moto oyo asili kotalisa nzoto na minganga elakisaki bokono ya COVID-19, ata soki ozali na bilembo te to soki bamoni eloko moko te ntango batali nzoto na minganga.

Tala bilembo kino mikolo 14 ekoleka nsima ya kokutana na moto oyo azali na bokono. Mitia mosika na bato basusu mpe talisa nzoto na minganga mpo na COVID-19 sikasika wana soki oyoki nzoto maladi to ozali na bilembo ya bokono ya COVID-19 ntango ozali na quarantaine.

## Bilembo ya COVID-19



**Fievre**

(nzoto moto na 100,4°F to 38°C to koleka to koyoka fievre)



**Kosukosu**



**Mpema mokuse**



**Makoki ya koyoka nsolo to pimbwa/elengi ya biloko ya kolia ezali kokita**



**Bokawuki ya mongongo**



**Misisa koswa mpe mpasi**

Bilembo mosusu biyebani ya COVID-19 bikoki kozwama na [www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html).