

# Glossary of Terms for Interpreters Assisting with Contact Tracing

सम्पर्क पत्ता लगाउने (कन्ट्याक्ट ट्रेसिङ) सम्बन्धि

सघाउन अनुवादकहरुको लागि शब्दावली

Who is this glossary for?

यो शब्दावली कस्को निम्ति हो?

This glossary is for interpreters providing interpretation for COVID-19 mitigation and prevention efforts, such as those working with public health departments, contact tracers and case investigators.

यो शब्दावली दोभासेको निम्ति हो जसले कोविड-१९ कम गराउनु र रोकथाम प्रयासमा सार्वजनिक स्वास्थ्य बिभाग, कन्ट्याक्ट ट्रेसरहरु र बिषय अन्वेषकहरुको लागि अनुवाद प्रदान गर्दछ।

What is included in this glossary?

यस शब्दावलीमा के संलग्न गरिएको छ?

The terms in this glossary were compiled from various contact tracing resources, including the CDC, World Health Organization, Contact Tracing Playbook, and Johns Hopkins Bloomberg School of Public Health's COVID-19 Contact Tracing course. Please see the references section for more details. The purpose is to introduce interpreters to the main terms used by contact tracers, case investigators and other healthcare providers in relation to COVID-19, to enable interpreters to best interpret these terms' meanings during client interactions.



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The National Resource Center for Refugees, Immigrants, and Migrants (NRC- RIM) is funded by the U.S. Centers for Disease Control and Prevention to support state and local health departments working with RIM communities. Learn more at [nrcrim.org](http://nrcrim.org). Last update: 03/20/2021.

यो शब्दावली विभिन्न कन्ट्याक्ट ट्रेसिङ श्रोतहरूबाट संकलित गरिएका छन् जस्तै सी. डी. सी., विश्व स्वास्थ्य संगठन, सम्पर्क पत्ता लगाउने (कन्ट्याक्ट ट्रेसिङ) प्लेबुक र जोहन्स होपकिन्स ब्लुमबर्ग सार्वजनिक स्वास्थ्य बिद्यालयको कोविड-१९ कन्ट्याक्ट ट्रेसिङको course /पाठ्यक्रम । बिस्तृत जानकारीको लागि तल दिएको सिफारिस खण्डमा हेर्नुहोस् । यो शब्दावलीको उद्देश्य कन्ट्याक्ट ट्रेसर, बिषय अनुसन्धानकर्ता र कोविड-१९ सम्बन्धित अन्य स्वास्थ्य सेवा प्रदान गर्नेहरूले ग्राहकसंग अन्तक्रिया गर्दा ब्यक्त गर्ने मुख्य शब्दहरूलाई दोभासेले एकदम असल तरिकाले अनुवाद गर्न सकियोस भनि परिचित गराउनु हो ।

Who compiled and translated this glossary?

यो शब्दावली कस्ले संकलन र अनुवाद गरेको हो?

The National Resource Center (NRC) for COVID-19 Contact Tracing, Prevention, and Mitigation Programs for At-Risk Refugee, Immigrants, and Migrants (RIM) in the United States collated the terms for this glossary. Through funding from the Centers for Disease Control and Prevention (CDC), the NRC-RIM is collecting, developing and disseminating best and promising practices to support state and local health departments conducting mitigation, prevention and control measures including case investigation and contact tracing, vaccination and other programs among at-risk refugees, immigrants and migrants. The NRC is a partnership between the University of Minnesota, Minnesota Department of Health, Migrant Clinicians Network, and the International Rescue Committee. For more information visit: <https://nrccrim.umn.edu/>. This glossary has been translated into several languages.

संयुक्त राज्य अमेरिकामा जोखिममा परेका शरणार्थी, आप्रवासी र प्रवासीको (RIM) लागि राष्ट्रिय श्रोत केन्द्र (NRC) ले कोविड-१९ कन्ट्याक्ट ट्रेसिङ, रोकथाम र कम गर्ने कार्यक्रमको लागि यस शब्दावली संग्रहित गरेको हो । रोग नियन्त्रण तथा रोकथाम केन्द्र (सीडीसी)को कोषबाट NRC-RIM ले असल र आशाजनक अभ्यासहरू संकलन, विकास र प्रसार गरि राज्य र स्थानीय स्वास्थ्य विभागहरूमा कम, रोकथाम र नियन्त्रणका उपायहरू, अनुसन्धान, कन्ट्याक्ट ट्रेसिङ, खोप र अन्य कार्यक्रमहरू शरणार्थी, आप्रवासी र प्रवासी माझ संचालन गर्दछ । INRC, मिनिसोटा विश्व बिद्यालय, मिनिसोटा स्वास्थ्य बिभाग, प्रवासी स्वास्थ्यकर्मी संजाल र अन्तर्राष्ट्रिय उद्धार समिति बीच को साझेदारी हो । थप जानकारी को लागि : <https://nrccrim.umn.edu/> मा दबाउनु होस । यो शब्दावली धेरै भाषाहरूमा अनुवाद गरिएको छ ।



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When was this glossary last reviewed?

## यो शब्दावली कहिले अन्तिम पटक समीक्षा गरिएको थियो?

Our understanding of COVID-19 is rapidly evolving as the pandemic continues and we gather more evidence. Therefore, some definitions may change slightly (e.g., the criteria for who is considered a “high-risk” individual). The NRC conducts regular checks to ensure our resources are up to date. This glossary was last reviewed in December 2020.

महामारीको निरन्तरतासँगै हाम्रो कोविड-१९ बुझाई द्रुत रूपमा विकसित हुदैछ र हामीले धेरै प्रमाण संकलन गरेका छौ । तसर्थ, कुनै परिभाषाहरुमा थोरै परिवर्तन हुन सक्नेछ (जस्तै; उच्च-जोखिममा परेको व्यक्तिको मापदण्ड तोकिएकाहरुका निम्ति) । NRC ले आफ्ना श्रोतहरु अध्यावधिक सुनिश्चित गर्ने नियमित रूपमा जांच गर्दछ । यो शब्दावली अन्तिम पटक डिसेम्बर २०२० मा समीक्षा गरिएको थियो ।

We recommend that all interpreters assisting with contact tracing take Johns Hopkins' free Coursera course COVID-19 Contact Tracing available at <https://www.coursera.org/learn/covid-19-contact-tracing>.

हामी सबै दोभासेहरुलाई जो सम्पर्क पत्ता लगाउनमा (कन्ट्याक्ट ट्रेसिङमा) अनुवाद गर्न सघाउन हुन्छ, तपाईंहरुले जोहन्स होपकिन्सका कोविड-१९ कन्ट्याक्ट ट्रेसिङको Coursera course/पाठ्यक्रम <https://www.coursera.org/learn/covid-19-contact-tracing> मा गएर अध्ययन गर्नलाई सिफरिस गर्दछौ।

Terms, in alphabetical order:

## शब्दावली, वर्णानुक्रम अनुसार

### Antibody test

“After a person is infected, they typically develop antibodies. Antibodies help the body fight infection and, in many cases, develop immunity. Antibodies are found in the bloodstream and in body secretions, such as saliva. The antibodies that are most important in SARS-CoV-2 are called IgG antibodies. IgG develops 10–14 days after a person is infected. Antibody tests of the blood (and in some cases, saliva) can detect whether the antibody is present or not. A positive antibody test is evidence that the person had SARS-CoV-2 infection. At the current time, we don't know whether this means the person is immune. [Meaning], we don't know whether the person is protected from reinfection.” (Source: [Johns Hopkins University and Emily Gurley](#))



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## एन्टीबडी परिक्षण

जब व्यक्ति संक्रमित हुन्छ, उस्तै सामान्यतया एन्टीबडीहरू विकसित गर्दछ । एन्टीबडीहरूले शरीरमा संक्रमणसंग लड्न मद्दत गर्दछ र धेरै अवस्थामा प्रतिरोध क्षमताको विकास गर्दछ । एन्टीबडी शरीरमा रक्त प्रवाह र शरीरको श्राब जस्तै रालमा पाईन्छ । SARS-CoV-2 मा सबै भन्दा महत्वपूर्ण पाइएको एन्टी बडीहरूलाई IgG एन्टी बडी भनिन्छ । व्यक्तिमा संक्रमण भएको १० -१४ दिनमा IgG विकसित हुन्छ । रगतमा एन्टी बडी (कुनै अवस्थामा रालमा) जांच गर्दा व्यक्तिमा एन्टी बडी रहेको वा नरहेको भनि पत्ता लाग्दछ ।सकारात्मक एन्टी बडी पाईएमा त्यो व्यक्ति SARS-CoV-2 बाट संक्रमित हो भन्ने प्रमाणित हुन्छ । हालको समयमा, यो व्यक्तिमा प्रतिरोधी क्षमता छ कि छैन हामीलाई थाहा हुदैन । अर्थात् त्यो व्यक्ति फेरी संक्रमित हुन् बाट सुरक्षित छ वा छैन भन्ने हामीलाई थाहा हुदैन”। (श्रोत: [Johns Hopkins University and Emily Gurley](#))

## Asymptomatic

“A person who does not show any signs or symptoms of a disease. People with asymptomatic infection feel well. Because they feel well, they don't know they're infected, and they often continue their regular activities, which can easily transmit the virus to others.” (Source: [Johns Hopkins University and Emily Gurley](#))

## लक्षण नदेखिएका

एक व्यक्ति जसले रोगको कुनै संकेत वा लक्षणहरू देखाउँदैन । लक्षण नदेखिएका संक्रमितहरू सन्धो महसुस गर्दछन । उनीहरू सन्धो महसुस गरेका कारण आफु संक्रमित भएको थाहा हुदैन र नियमित कार्यहरू सुचारु गर्दछन, जस्तै गर्दा अरुमा भाइरस सजिलै सर्न सक्छ । (श्रोत : [Johns Hopkins University and Emily Gurley](#))

## Case

A person who is thought to be (“probable”) or confirmed to be infected with COVID-19. (Source: [CDC](#))

## विषय

त्यो व्यक्ति जो कोविड-१९ बाट संक्रमित हुने बुझिएको हुनसक्छ (सम्भाव्य) वा संक्रमित पुष्टी भैसकेको छ । (श्रोत: [CDC](#))

## Clinical criteria (or, clinical features)

Signs and symptoms of illness or infection. For COVID-19, this includes:



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- Fever
- Cough
- Shortness of breath
- Difficulty breathing
- Headache
- Sore throat
- New loss of smell and/or taste

(Source: [CDC](#))

## स्वास्थ्य मापदण्ड (वा, स्वास्थ्य विशेषताहरु)

कोविड-१९ का बिमारी वा संक्रमणका संकेत र लक्षणहरु, यस्मा संलग्न गरिएका:

- ज्वोरो आउनु
- खोकी लागेको
- सास प्रस्वासमा कमि
- सास फेर्न गाह्रो हुनु
- टाउको दुख्नु
- घाटी दुखाई
- नया गन्ध वा स्वाद हराउनु

(श्रोत : [CDC](#))

### *Signs of illness:*

Can be objectively observed by someone else or a machine. This may include temperature, sweating, heart rate, oxygen levels, or abnormal findings on a physical examination. Some signs mean that the disease (e.g., COVID-19) is becoming more severe. (Source: [Johns Hopkins University and Emily Gurley](#))

### *बिमारी का संकेतहरु:*

वस्तुगत रूपमा अरू कसैले वा उपकरणद्वारा अवलोकन गर्न सकिन्छ । यसले तापमान, पसिना छुटेको, मुटुको धड्कन, अक्सिजनको मात्रा, वा शारीरिक परिक्षणमा असामान्य तथ्यहरु समावेश हुन् सक्दछ। कुनै



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संकेतहरूले रोगले (उद्धारण: कोविड-१९) गम्भीर रूप लिएको जनाउदछ । (श्रोत : [Johns Hopkins University and Emily Gurley](#))

### *Symptoms of illness*

What patients say about how they feel, but that is not easily observed by someone else. This may include fatigue, nausea, muscle aches, headache, chills, difficulty breathing, loss of taste or smell, sore throat. Some symptoms mean that the disease (e.g., COVID-19) is becoming more severe. (Source: [Johns Hopkins University and Emily Gurley](#))

Some things can be both a sign and a symptom. For example, fever can be a sign, but when someone complains they have a "fever", it can also be a symptom.

**Patient should immediately seek care if they have emergency warning signs or symptoms, such as:**

- Severe shortness of breath, especially if they have blue lips or face (could mean they are not getting enough oxygen)
- Increasing rate of breathing, increasing sensation of shortness of breath or waking up during sleep with shortness of breath
- Chest pain
- New confusion or difficulty waking up (Source: modified from [CDC](#))

### *बिमारीका लक्षणहरू*

बिरामीहरूले कस्तो महसूस गर्छन् भन्ने बारेमा आफुले भनेका अनुभव अरूले सजिलै अनुमान गर्न सक्दैन । यस्मा थकान, वाक वाकी, मांसपेशि दुख्नु, टाउको दुख्नु, शारीर चिसो हुनु, सास फेर्न गाह्रो, गन्ध वा स्वाद हराउनु, घाटीको दुखाई हुन् । कुनै लक्षणहरूको अर्थ रोगले (उद्धारण: कोविड-१९) गम्भीर रूप लिएको जनाउदछ । (श्रोत : [Johns Hopkins University and Emily Gurley](#))

ज्वरो संकेत र लक्षण दुवै हो ।

**यदि बिरामीमा आपतकालीन संकेत वा लक्षणहरू छन् भने उनीहरूले तुरुन्त स्वास्थ्य सेवा लिनु पर्नेछ जस्तै:**

- निलो ओठ वा अनुहार, यसको अर्थ बिरामीले पुग्दो अक्सिजन पाईरहेका छैन
- स्वास प्रस्वासको दर बढेको:सास प्रस्वासमा कमि:सास फेर्दा छाती दुखाई



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- निद्राबाट ब्युझदा सास फेर्न कमि महसुस हुनु: भ्रमित हुनु वा ब्युझन गाह्रो हुनु (श्रोत: [CDC](#))

## Community transmission (or, community spread)

In an area, people are infected with SARS-CoV-2, but some are not sure how or where they became infected. (Source: [CDC](#))

## समुदायमा हुने सरुवा (वा, समुदायमा फैलिनु)

कुनै क्षेत्रमा मानिसहरु SARS-CoV-2 बाट संक्रमित भएका तर केहि मानिसहरु कसरी संक्रमित भए भन्ने यकिन नभएका । (श्रोत : [CDC](#))

## Confirmed case

A laboratory has verified that the person is infected with COVID-19. (Source: [CDC](#))

## पुष्टी भएका बिषय

प्रयोगशालाले प्रमाणित गरेको कोविड-१९ बाट संक्रमित भएको व्यक्ति । (श्रोत : [CDC](#))

## Congregate Housing

Many people living close together in the same building, sharing many of the same living areas. (Source: [Johns Hopkins University and Emily Gurley](#))

## संयुक्त आवास

धेरै मानिसहरु संगै एकै भवनमा नजिक बसेका, सार्वजनिक बास स्थान प्रयोग गरेको । (श्रोत: [Johns Hopkins University and Emily Gurley](#))

## Contact or Close Contact

A person who may be at risk for a contagious disease because they were physically close to or exposed to someone known to have the disease. The exact definition depends on the type of disease. For COVID-19, CDC defines a close contact as a person who was within 6 feet of a person infected with COVID-19, for at least 15 minutes (or more) depending on the exposure. Data is still limited for how long of exposure is relevant for COVID-19. It depends on how physically close the person was to the person infected with COVID-19, how long they were



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close to each other, whether the infected person had symptoms (for example, was coughing) and whether either person was wearing a N95 respirator. (Source: [CDC](#))

## सम्पर्क वा नजिक सम्पर्क

शारीरिक रूपमा नजिक भएको कारण वा रोग लागेकासंग सम्पर्क भएकोले उक्त व्यक्ति सरुवा रोगको जोखिममा हुन सक्छ । रोगको सही परिभाषा त्यसको प्रकारमा निर्भर हुन्छ । कोविड-१९ को लागि, सी. डी. सी. ले त्यो व्यक्ति कोविड-१९ संक्रमित व्यक्तिसंग ६ फिट वरी परि कम्तिमा १५ मिनेट (वा सो भन्दा बडी) रहेकोलाई नजिक सम्पर्कमा भएको भनि परिभाषित गर्दछ । संक्रमितसंग कति समय खुल्ला रूपमा भेट गरेमा कोविड-१९ सर्छ भन्ने आकडा अझै थोरै छ, तिनीहरु एक अर्कामा कति नजिक थिए , वा संक्रमित व्यक्तिसंग लक्षणहरु (उद्धारण को लागि, खोकिरहेको थियो ) वा दुवै व्यक्तिहरुले N95 मास्क लगाएका थिए । (श्रोत : [CDC](#))

## Containment

Using measures such contact tracing, quarantine, early detection and isolation of cases to prevent the spread of disease early on in transmission. (Source: [WHO](#))

## रोकथाम

कन्ट्याक्ट ट्रेसिङ, कारेन्टाइन, प्रारम्भिक पहिचान, र आइसोलेसन जस्ता उपायहरु प्रयोग गरेर रोग फैलन र पुर्व सरुवा रोक थाम गर्ने (श्रोत: [WHO](#))

## Coronaviruses (CoVs)

A large group of viruses. There are 7 different types of coronaviruses that can infect humans, ranging from those that cause the common cold to the coronavirus responsible for COVID-19. (Source: [CDC](#))

## कोरोना भाइरसहरु (CoVs)

ठुलो समुहका भाइरसहरु । यहाँ ७ प्रकारका कोरोना भाइरसहरु छन जस्ले मानवलाई संक्रमित गर्न सक्दछ, त्यस मध्ये केहिले साधारण रुघा निम्याउछ भने केहि कोविड-१९ को जिम्मेवार हुन्छन । (श्रोत: [CDC](#))

## COVID-19

“The name of the disease caused by the novel coronavirus, SARS-CoV-2, and is short for “Coronavirus Disease 2019” (Source: [WHO](#))



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## कोविड-१९

नोवेल कोरोना भाइरसद्वारा निम्तिने रोग को नाम, SARS-CoV-2, र कोरोना भाइरस रोग २०१९ को छोटो नाम ।  
(श्रोत: [WHO](#))

### Epidemiologic evidence (or, epidemiologic risk / linkage)

In the 14 days before a person starts experiencing COVID-19 symptoms, a person who is exposed to at least one of the below:

- Close contact with a confirmed or probable case of COVID-19
- Close contact with a person experiencing illness and who themselves were linked to a confirmed case of COVID-19
- Travel to or living in an area with sustained, ongoing community transmission of SARS-CoV-2
- Member of a high-risk group for COVID-19

(Source: [CDC](#))

### महामारी अध्यन प्रमाण (वा महामारी अध्यन जोखिम / सम्पर्क)

१४ दिन अगाडि कुनै व्यक्तिले कोविड-१९ का लक्षणहरू अनुभव गर्न थाल्छ, त्यो व्यक्ति जो कम्तिमा तल दिएको एक मध्येको सम्पर्कमा आएको हुन्छ:

- सम्भावित कोविड-१९ वा पुष्टी भएको संग नजिक सम्पर्क
- बिमारी अनुभव गरिरहेका वा उक्त बिमारी कोविड-१९ पुष्टी भएकोसंग संगत गरेकोसंग नजिक सम्पर्क
- SARS-CoV-2 समुदायमा फैलिरहेको वा भैरहेको क्षेत्रमा यात्रा गरेको वा बसेको
- कोविड-१९ को उच्च जोखिम समूहको सदस्य

(श्रोत: [CDC](#))

### Epidemiologist

Individuals trained as “disease detectives”, these professionals search for the cause of disease, identify people who are at risk, determine how to control or stop the disease from spreading or how to prevent the disease from happening again. (Source: [CDC](#))



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## महामारी विज्ञ

“रोग पत्ता लगाउने” तालिम प्राप्त व्यक्तिहरु, यी विशेषज्ञहरुले रोगको कारण खोज गर्दछन्, जोखिममा परेका मानिस पहिचान गर्दछन्, रोगलाई नियन्त्रण वा फैलिन रोक्न वा रोग फेरी आउन नदिन रोकथामको निर्धारण गर्दछन् । (श्रोत: [CDC](#))

## Exposure notification (or, proximity tracing)

Using Bluetooth technology or GPS coordinates, digital tools track how close people are to each other and notify people who were close to a positive COVID-19 case. (Source: [Contact Tracing Playbook](#))

## सम्पर्क भएको सूचना (वा, निकटता ट्रैसिङ)

डिजिटल यन्त्र; ब्लूटूथ प्रविधि वा जि. पी. एस. निर्देशक प्रयोग गरि कोविड-१९ लागेका व्यक्ति संग अर्को मानिस कति नजिक छ भनि पत्ता लगाई र त्यसको सूचना उक्त व्यक्तिलाई दिने । (श्रोत : [Contact Tracing Playbook](#))

## High-risk persons

People with specific characteristics that make their risk of becoming infected or having severe illness from COVID-19. This may change as we learn more about COVID-19, but based on current knowledge, high-risk persons are those:

- 65 years and older
- With underlying medical conditions – this list is updated as more studies become available. It includes conditions such as cancer, diabetes, heart conditions, obesity, pregnancy, and smoking.

Other groups may need to take extra precautions based on characteristics about themselves as individuals or where they live. This currently includes racial and ethnic minority groups, persons who are pregnant and/or breastfeeding, people with disabilities; people living in rural communities, newly resettled refugees, people experiencing homelessness, and those living or working in nursing homes and longer-term care facilities. (Source: [CDC](#))



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## उच्च जोखिम व्यक्तिहरु

त्यो मानिस जो संग निश्चित विशेषताहरु छन् जस्तै संक्रमित हुने जोखिम बढाउछ वा कोविड-१९ बाट गम्भीर बيمारी भएको छ । कोविड-१९ को बारेमा अझ धेरै सिक्दै गर्दा यो बदलिन सक्छ, तथापी अहिलेको ज्ञान अनुसार, उच्च जोखिममा यस्ता मानिसहरु पर्दछन्:

- ६५ वर्ष वा त्यो भन्दा बढी उमेरको
- अन्य स्वास्थ्य स्थिति भएका – थप अनुसन्धान पछि यो सूची अध्यावधिक हुनेछ । यस्मा समावेस भएका जस्तै क्यान्सर, मधुमेह, मुटुको अवस्था, मोटोपन, गर्भवती र धूम्रपान ।

अन्य समूहहरूले व्यक्तिको रूपमा आफू बस्ने ठाउँका विशेषताहरूको आधारमा थप सावधानीहरू लिन आवश्यक पर्दछ । यसमा हाल समिलित भएका: जातीय र अल्पसंख्यक समूहहरू, गर्भवती र / वा स्तनपान गराउने महिलाहरु, अपांग भएका मानिसहरु, ग्रामीण समुदायमा बस्ने मानिसहरू, नयाँ पुनर्वास शरणार्थीहरु, घर बार बिहिन अनुभव गरिरहेका मानिसहरु र बृद्ध आश्रम र लामो समय हेरचाह केन्द्रमा काम गर्नेहरु । (श्रोत: [CDC](#))

## Incubation period

The time from when a person is infected with SARS-CoV-2 until the person experiences their first COVID-19 symptoms (e.g., the time between when the virus enters a person's body and when the person has a fever). The SARS-CoV-2 incubation period ranges from 2 to 14 days. (Source: [CDC](#))

## इन्क्युबेसन अवधि

SARS-CoV-2 बाट संक्रमित भएको समय देखि त्यो व्यक्तिले पहिलो पल्ट कोविड-१९ का लक्षणहरुको अनुभव गरेको (जस्तै, व्यक्ति को शरीरमा भाइरस प्रवेश भएको र उक्त व्यक्तिमा ज्वोरो आएको बीचको समय ) । SARS-CoV-2 को इन्क्युबेसन अवधि २ देखि १४ दिन सम्म रहन्छ ।(श्रोत: [CDC](#))

## Infectious period

Time during which a case (a person infected with SARS-CoV-2) can transmit the virus to other people. The infectious period begins 2 days before a case has signs and symptoms of COVID-19, meaning they could be spreading COVID-19 without realizing they are sick.

The end of the infectious period is defined as when:

- It is at least 10 days after the onset of illness



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- Symptoms are improving
- There has been no fever within the past 3 days

People who are asymptomatic can also be infectious and their infectious period is more difficult to define. (Sources: [CDC](#); [Johns Hopkins University and Emily Gurley](#))

## संक्रमण सर्ने अवधि

SARS-CoV-2 संक्रमित व्यक्तिबाट अर्को व्यक्तिमा सर्ने सक्ने समयको अवधि । संक्रमण सर्ने समय संक्रमित व्यक्तिबाट कोविड-१९ का संकेत र लक्षणहरु हुनुभन्दा २ दिन पहिले नै अर्थात् आफु बिमारी भएको थाहा नपाई कोविड-१९ सार्न सक्छ ।

संक्रमण अन्त्य भएको समयको परिभाषा तब गरिन्छ:

- बिमारी शुरुवात भएको कम्तिमा १० दिन
- लक्षणहरु सुधार हुदै गएको
- बिगत ३ दिनसम्म ज्वोरो नआएको

लक्षण नदेखिएका व्यक्ति पनि संक्रमित हुन सक्छन र उनीहरुको संक्रमण अवधि परिभाषित गर्न थप गाह्रो हुन्छ । (श्रोत : [CDC](#); [Johns Hopkins University and Emily Gurley](#))

## Isolation

Separating people infected with COVID-19 (both those who are sick with COVID-19 and those with no symptoms) from people who are not infected with COVID-19. The goal is to prevent or limit the sick person from spreading COVID-19 to others in their household or in the general public. For example, a person may isolate in a section of their house if they have a private bedroom and bathroom to use. (Source: [Johns Hopkins University and Emily Gurley](#))

## आइसोलेसन

कोविड-१९ संक्रमित भएका व्यक्तिहरुलाई ( ती दुवै कोविड-१९ बिमारी र लक्षणहरु नदेखिएका) संक्रमित नभएका बाट अलग्गै छुटाएर राख्ने। यसको मुख्य उधेश्य कोविड-१९ बिमारीबाट उसको घरमा वा सर्वसाधारणमा फैलन नदिनु वा रोकथाम गर्नु हो । उदहारणको लागि यदि घरमा निजि सुत्ने कोठा र शौचालय छ भने आफ्नो घरको एक भागमा अलग्गै बस्ने । (श्रोत: [Johns Hopkins University and Emily Gurley](#))



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## N95 respirator

A specially designed mask (facepiece) that can block at least 95% of airborne particles, recommended for use by healthcare workers during COVID-19. Due to significant shortages, it is not recommended for use by the general public. (Source: [CDC](#))

## N95 श्वसनकर्ता

बिशेष डिजाइन गरिएको मास्क (मुखमा लगाउने) जसले कम्तिमा ९५ % हावामा भएका कणहरू छेक्न सक्दछ, कोविड-१९ को समयमा स्वास्थ्य कर्मीहरूले प्रयोग गर्ने सिफारिस गरिएको, यो सर्वसाधारणलाई प्रयोग गर्न सिफारिस गरिएको छैन। (श्रोत: [CDC](#))

## Outbreak

“A higher-than-expected number of occurrences of disease (e.g., COVID-19) in a specific location and time.” (Source: [CDC](#))

## आकस्मिक शुरुवात

निश्चित स्थान र समयमा अनुमान भन्दा बढ्ता गरि रोग देखा पर्नु (जस्तै कोविड-१९)। (श्रोत: [CDC](#))

## Pandemic

“Event in which a disease spreads across several countries and affects a large number of people.” (Source: [CDC](#))

## महामारी

त्यस्तो अवस्था जहाँ रोग बिभिन्न देशहरूमा फैलिन्छ र ठुलो संख्यामा मानिसहरूलाई असर गर्दछ। (श्रोत: [CDC](#))

## Probable case

A person who meets some, but not all, criteria indicating they are infected with COVID-19. For example, it could be a person who:

- Meets clinical criteria (meaning they have the symptoms of COVID-19) and epidemiologic evidence (e.g., they came into close contact with someone infected)



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and/or were in an area with community transmission of COVID-19) with no confirmatory laboratory testing performed for COVID-19;

OR

- Meets presumptive laboratory evidence AND either clinical criteria (COVID-19 symptoms) OR epidemiologic evidence
- Meets vital records criteria (meaning a death certificate lists COVID-19 or SARS-CoV-2 as cause of death or contributing to death) with no confirmatory laboratory testing performed for COVID-19 (Source: [CDC](#))

## सम्भावित बिषय

केहि तर पूर्ण मापदण्डको संकेत नदेखिएको कोविड-१९ बाट संक्रमित भएको एक व्यक्ति । उदाहरणको लागि, त्यस्तो व्यक्ति जो:

- स्वास्थ्य मापदण्ड पूरा गरेका (अर्थात् ती कोविड-१९ का लक्षण भएकाहरु ) र महामारी अध्यनका प्रमाणहरु (जस्तै: उनीहरु संक्रमितको नजिक सम्पर्कमा थिए र/वा कोविड-१९ समुदायमा फैलिसकेको ठाउँबाट आएका थिए ), प्रयोशालाबाट कोविड-१९ को जाँचको पुष्टी नभएकाहरु ।

वा

- प्रयोगशालाको प्रकल्पित प्रमाण र कुनै पनि स्वास्थ्य मापदण्ड पूरा गरेको (कोविड-१९ लक्षणहरु) वा महामारी अध्यन प्रमाण
- महत्त्वपूर्ण अभिलेख मापदण्ड पूरा गर्दछ, (यसको अर्थ मृत्यु प्रमाण पत्र सूचीले COVID-19 वा SARS-CoV-2 लाई मृत्युको कारण वा मृत्युमा योगदान पुऱ्याउँछ) साथै प्रयोशालाबाट कोविड-१९ को जाँचको पुष्टी नभएका ।(श्रोत: [CDC](#))

## Proximity tracing (or, exposure notification)

Using Bluetooth technology or GPS coordinates, digital tools track how close people are to each other and notify people who were close to a positive COVID-19 case. (Source: [Contact Tracing Playbook](#))



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## निकटता ट्रेसिङ (वा, सम्पर्क भएको सूचना)

डिजिटल यन्त्र, ब्लूटूथ प्रविधि वा जि. पी. एस. निर्देशक प्रयोग गरि कोविड-१९ लागेका व्यक्ति संग अर्को मानिस कति नजिक छ भनि पत्ता लगाई र त्यसको सूचना उक्त व्यक्तिलाई दिने । (श्रोत : [Contact Tracing Playbook](#))

## PCR test

“Short for polymerase chain reaction. A PCR test is a diagnostic test that identifies virus in the body. SARS-CoV-2 has DNA and RNA sequences that are unique and specific to the virus—that is, no other virus or organism has these sequences. The SARS-CoV-2 PCR test assesses for these sequences. If they are present, the test is positive. PCR tests for SARS-CoV-2 are usually done from swabs taken from the back of the throat or nose.” (Source: [Johns Hopkins University and Emily Gurley](#))

## पी. सी. आर. जांच

“polymerase chain reaction” को छोटो नाम । पी. सी. आर. एउटा रोग पत्ता लगाउने जांच हो जसले शरीरमा भाइरस पहिचान गर्दछ । SARS-CoV-2 मा भाइरससंग अनौठो र बिशेष DNA र RNA को अनुक्रम हुन्छ – अर्थात् अन्य कुनै भाइरस वा जीवसंग यिनीहरुको अनुक्रम मिल्दैन । SARS-CoV-2 पी. सी. आर. जांचले यस्ता अनुक्रमहरुको मूल्यांकन गर्दछ । यदि यी अनुक्रमहरु पाईएमा जांच सकारात्मक हुनेछ । SARS-CoV-2 को पी. सी. आर. जांच को लागि सामान्यतया घांटी वा नाकको भित्रि भागको स्वाब लिएर गरिन्छ । (श्रोत: [Johns Hopkins University and Emily Gurley](#))

## Quarantine

“Used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms.” (Source: [CDC](#))

## क्वारेन्टिन

“कोविड-१९ सम्भावित संक्रमितसंग सम्पर्क गरेकालाई अरुबाट अलग्गै राख्ने स्थान । क्वारेन्टिनले व्यक्ति आफै बिरामी वा लक्षणहरु थाहै नपाई भाइरसद्वारा संक्रमित हुनुभन्दा अगाडि रोकथाम गर्न मद्दत गर्दछ” । (Source: [CDC](#))



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## Reproductive number

The number of people a single person with COVID-19 will infect, if each person they come into contact with is susceptible to being infected. For example, if the reproductive number is 2, that means that one person sick with COVID-19 could infect 2 other people and cause them to get COVID-19, if those 2 other people are susceptible. (Source: [Johns Hopkins University and Emily Gurley](#))

## पुनरुत्पादन संख्या

यदि प्रत्येक व्यक्ति अति संवेदनशील भएको खण्डमा कोविड-१९ पुनरुत्पादन संख्या एकल व्यक्तिले अर्को व्यक्तिसंग सम्पर्कमा आएमा संक्रमित पार्ने सक्दछ । यसको अर्थ कथन काल पुनरुत्पादन संख्या २ भएमा र ती दुई व्यक्तिहरु अति संवेदनशील छन् भने त्यो एक व्यक्ति जो कोविड-१९ बिरामी हो, उस्तै तिनीहरुलाई संक्रमित पार्न सक्छ । (श्रोत: [Johns Hopkins University and Emily Gurley](#))

## Respiratory droplets

Particles from respiratory (e.g., body parts involved in helping a person to breathe) secretions (usually, water-like fluid) that are exhaled by a person. If a person is infected with SARS-CoV-2, their respiratory droplets will contain the SARS-CoV-2 virus, and these can infect others with SARS-CoV-2. Respiratory droplet particles cannot float in the air; they will drop to the ground by gravity. Therefore, after a person exhales them, they fall within 3–4 feet. (Source: [Johns Hopkins University and Emily Gurley](#))

## स्वास प्रस्वासको थोपाहरु

मानिसले सास फेर्दा बाहिर आउने कणहरु (जस्तै, शरीरको भागहरुबाट जस्तै मानिसलाई सास फेर्न मद्दत गर्दछ) श्रावहरु (सामान्यतया, पानी जस्तै तरल पदार्थ) । यदि व्यक्ति SARS-CoV-2 बाट संक्रमित छ भने, उसको स्वास प्रस्वासको थोपाहरुमा SARS-CoV-2 का भाइरस समावेस हुनेछन् र तिनीहरुले अरुलाई SARS-CoV-2 बाट संक्रमित गर्दछन । स्वास प्रस्वासको थोपाका कणहरु हावामा तैरिन सक्दैनन्, गुरुत्वाकर्षणको कारणले तिनीहरु भुइँमा झर्छन् । तसर्थ जब मानिसले सास फ्याक्दा थोपाका कणहरु ३-४ फिटको दुरी भित्र खस्छन । (श्रोत : [Johns Hopkins University and Emily Gurley](#))



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## SARS-CoV-2

Severe acute respiratory syndrome coronavirus 2, which is the type of virus that causes the COVID-19 illness. (Source: [Johns Hopkins University and Emily Gurley](#))

## सार्स -कोभ -२ (SARS-CoV-2)

Severe acute respiratory syndrome coronavirus 2, यस्तो किसिमको भाइरस हो जसले कोविड-१९ बिमारी ल्याउदछ । (Source: [Johns Hopkins University and Emily Gurley](#))

## Specimen

Sample provided by a person for medical testing.

## नमुना

चिकित्सा जांचको लागि व्यक्तिले दिने नमुना ।

## Suppression

The goal of contact tracing, quarantine, finding and isolating COVID-19 cases, and of alternating between strict and less strict public health and social measures – to reduce and maintain low levels of COVID-19 transmission. (Source: [Contact Tracing Playbook](#))

## दबाउनु

कोविड-१९ केसहरूको कन्ट्याक्ट ट्रेसिङ, क्वारेन्टिन, तथ्य र आइसोलेसन तथा सार्वजनिक स्वास्थ्य र सामाजिक उपायहरू आलोपालो कडा वा कम कडा गर्ने उद्देश्य कोविड-१९ घटाउनु र न्यून स्तरमा कायम गर्नु हो । (श्रोत: [Contact Tracing Playbook](#))

## Telemedicine

Use of electronic communication to share information and deliver health care services. Telemedicine has become more widely used with the arrival of COVID-19. (Source: [Contact Tracing Playbook](#))



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## टेलिमेडिसिन

विधुतीय संचार प्रयोग गरेर सूचना बाड्ने र स्वास्थ्य सेवाहरु प्रदान गर्ने । कोविड-१९ को आगमनसंगै टेलिमेडिसिनको प्रयोग अझ व्यापक हुदै गएको छ । (श्रोत: [Contact Tracing Playbook](#))

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