Glossary of Terms for Interpreters Assisting with Contact Tracing

सम्पर्क पता लगाउने (कन्टेयाक्ट ट्रेसिंग) सम्बन्धित 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 विभाग, कन्टेयाक्ट ट्रेसरहरु र विषय अनेकहरुको 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.
The International Rescue Committee
helps people whose lives and livelihoods
are shattered by conflict and disaster to
survive, recover and regain control of
their future.

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
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 निर्माणमा गरिएका कोविड-19 दुरुस्त रूपमा विकसित हुने र हामीले धेरै प्रमाण संकलन गरेका छौ। तस्थायिक र भौतिक अनुसार, हाम्रो परीक्षण हुन सक्ने (जस्तै, उच्च जोखिममा परेका व्यक्तिको मापदंड तोकिएकाहरुका निम्नवर्ग)। NRC ले आफू श्रोतहरु अध्यावधिक सुनिश्चित गर्न नियमित रूपमा जाँच गर्नुभएको छ। 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.

हाम्रो सबै दोभाषिहरुलाई जो सम्पर्क पता लगाउनमा (कोर्सराक्को) अनुवाद गर्न संघाटन हुन्छ, तपाईले हाम्रो धेरै निर्धारितको कोविड-१९ कोर्सरा वेबसाइटमा समाप्तिको Coursera course/पाठक्रम https://www.coursera.org/learn/covid-19-contact-tracing मा गएर अध्याय गर्नलाई सिफारिस गर्दछौ।

Terms, in alphabetical order:

शब्दावली, वर्णनुक्रम 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)
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)

Clinical criteria (or, clinical features)

Signs and symptoms of illness or infection. For COVID-19, this includes:
• Fever
• Cough
• Shortness of breath
• Difficulty breathing
• Headache
• Sore throat
• New loss of smell and/or taste

(Source: CDC)

स्वास्थ्य मापदंड (वा, स्वास्थ्य विशेषताहरू)
कोविड-१९ का बिमारी वा संक्रमणका संकेत र लक्षणहरू, यस्मा संलग्न गरिएका:

• ज्वोरो आउनु
• खोकी लागेको
• सास प्रस्वासमा कमि
• सास फेर्न गाड्दि 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 संकेतहरू:
वस्तुगत रूपमा अरू करैले वा उपकरणद्वारा अवलोकन गर्न सकिन्छ। यसले तापमान, पसिना छुट्टेको, मुटुको धड्कन, अक्सिजनको मात्रा, वा शारीरिक परिक्षणमा असामान्य तथ्यहरू समावेश हुन सक्दछ। कुनै
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)

Somethings can be both a sign and a symptom. For example, fever can is 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)

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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)

Confirmed case

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

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
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)

**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)

**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)

**COVID-19**

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

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)
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)

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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• 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)

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)
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 श्रसनकरताः
विशेष डिजाइन गरिएको मास्क (मुखमा लगाउने) जस्तै कमिसिए ९५ से हावामा भएको कणहरू ढेक्न सक्दछ, कोविड-१९ को समयमा स्वास्थ्य कर्मीहरूले प्रयोग गर्न सिफारिस गरिएको, यो सर्वसाधारणलाई प्रयोग गर्न सिफारिस गरिएको है। (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 बढता गरी 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 विभिन्न देशहरूमा फैलिएको र ठूलो 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
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 कोविड़-१९ बाट संक्रिमत भएको एक व्यक्ति । उदाहरणहरूलाई त्यस्तो व्यक्ति जो:

• स्वास्थ्य मापदण्ड पूरा गरेका (अथांत्रिक ती कोविड़-१९ का लक्षण भएकाहरू) र महामारी अध्यनका प्रमाणहरू (जसै: उनीहरू संक्रिमतको नजिक सम्बन्ध थिए र/वा कोविड़-१९ समुदायमा फैलिसकेको ठाउँबाट आएका थिए ), प्रयोगशालाबाट कोविड़-१९ को जोँको पुष्टी नभएकाहरू ।

वा

• प्रयोगशालाको प्रक्रियात्मक प्रमाण र कुनै पनि स्वास्थ्य मापदण्ड पूरा गरेको (कोविड़-१९ लक्षणहरू) र महामारी अध्यन प्रमाण

• महत्त्वपूर्ण अभिलेख मापदण्ड पूरा गद्दछ, (यसको अर्थ मृत्यु प्रमाण पत्र सूचीले COVID-19 वा SARS-CoV-2 लाई मृत्युको कारण वा मृत्युमा योगदान पुयाउँछ) साथै प्रयोगशालाबाट कोविड़-१९ को जोँको पुष्टी नभएका । (श्रेणी: 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)
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)

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)
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 संबंधित भएको खण्डमा कोविड-१९ पुनरुत्पादन संख्या एकल व्यक्तिले अर्थव्यक्तिसंग सम्पर्कमा आएमा संक्रमित पार्न सक्छ। यसको अर्थ कथन काल पुनरुत्पादन संख्या २ भएमा र ती दुई व्यक्तिहरू अति संबंधित छन् भने त्यो एक व्यक्ति जो कोविड-१९ बिरामी हो, उसले तिनीहरूलाई 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)

स्वास्थ्य प्रस्तावको थोपाहुँ

मानिसले सास फेर्दी बाहिर आउने कणहुँ (जस्तै, शरीरको भागहरूबाट जसले मानिसलाई सास फेर्न मद्दत गर्दछ) श्रवहुँ (सामान्यतया, पानी जस्तै तरल पदार्थ)। यदि व्यक्ति SARS-CoV-2 बाट संक्रमित छ भने, उसको स्वास्थ्य प्रस्तावको थोपापाहुँ SARS-CoV-2 का भाइरस समावेश हुनेछ र तिनीहरूले अरुलाई SARS-CoV-2 बाट संक्रमित गर्दछ। स्वास्थ्य प्रस्तावको थोपाका कणहु खावामा तैरिन सक्दैन, गुरुत्वाकर्षणको कारणले तिनीहरू भुईँगा झर्नु। तस्रथ जब मानिसले सास प्याक्दा थोपाका कणहु ३-४ फिटको दुरी भित्र खस्छ। (श्रोत: Johns Hopkins University and Emily Gurley)
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)

सास्र्ष-कोभू-२ (SARS-CoV-2)
Severe acute respiratory syndrome coronavirus 2, यस्तो किसिमको भाइरस हो जस्तो कोविड-१९ बिमारी ल्याउदछ। (Source: Johns Hopkins University and Emily Gurley)

Specimen
Sample provided by a person for medical testing.

नमुना
विज्ञानीय 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 कन्टेक्ट ह्याकिंग, कारेन्टिन, तथा आइसोलेशन तथा सार्वजनिक स्वास्थ्य र सामाजिक उपायहरू आलोचनाले कडा वा कम कडा गर्ने उद्देश्य कोविड-१९ घटाउनु र नयून स्तरमा कायम गर्नु हो। (स्रोत: 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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outbreak.html#:~:text=An%20outbreak%20is%20called%20an%2C%20classified%20as%20a%20pandemic.


