Glossary of Terms for Interpreters Assisting with Contact Tracing

Who is this glossary for?

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.

What is included in this glossary?

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.
Who compiled and translated this glossary?

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, the National Association of County and City Health Officials and others. For more information visit: https://nrcrim.umn.edu/. This glossary has been translated into several languages.
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 nrcrim.umn.edu. Last update: 03/09/2020.

When was this glossary last reviewed?

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 on January 2, 2021.

**Terms, in alphabetical order | သီးခြားစာရင်း**

**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 blood and in body secretions, such as saliva. The antibodies that are most important in SARS-CoV-2 testing 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. If the IgG antibody is present (a positive antibody test) it is evidence that the person has had SARS-CoV-2 infection. At the current time, it is not known for certain that this means the person is immune. In addition, the antibody test can be incorrect, for example, it sometimes shows IgG present when it is not. Therefore, even when someone has a positive antibody test, it may not mean a person is protected from reinfection.” (Source: modified from the [Johns Hopkins University and Emily Gurley](https://www.jhu.edu/))
Asymptomatic

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

လူီးဗားချီးမြဲပါး

“အီးဗားချီးမြဲပါး လူီးဗားချီးမြဲပါးပြုလုပ်ရာ လူးဗားချီးမြဲပါး ကူးစက်ခံရသည် သို့မဟုတ် လူးဗားချီးမြဲပါးပြုလုပ်ရာ လူးဗားချီးမြဲပါး မြဲပါသသည့် လူတစ်ဦး။ လူးဗားချီးမြဲပါးသည် မြဲပါသသည်ဟု မခံစားရာများသည် လူးဗားချီးမြဲပါးသည် မြဲပါသသည်ဟု ခံစားရာများ၍ ကူးစက်ခံရသည်ကို မသိဘဲ လူးဗားချီးမြဲပါးပြုလုပ်ငန်းေဆာင်တာများကို ဆက်လုပ်မည်ြဖစ်ပီး အြခားလူများထံ ဗိုင်းရပ်စ်ကို အလွယ်တကူ ထိုလည်းကောင်း ကူးစက်ေစိုင်သည်။” (ရင်းြမစ် - Johns Hopkins University နှင့် Emily Gurleyမှ)

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

ကူးစက်မှန်းသည်ဟု ထင်းမင်ခံရသည် (“ြဖစ်သေသာ”) သို ့မဟုတ် အတည်ပြုထားသည်လူတစ်ဦး။ (ရင်းမစ်- CDC)

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)

ဗိုင်းသား ရေးသားသောအခန်းစံသတ်မှတ်ချက်များတွင် ပါဝင်သည်မှာ –

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- အသက်ရှိများခင်း
- အသက်ရှိရခ်ခင်း
- လည်ချာင်းနားခင်း
- နားပြန်လည်ခင်း
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• အနံ့သို့မဟုတ်အရသာမရှိ (ရင်းမစ်: CDC)

**Signs of illness**

Can be objectively observed by someone else or a machine. This may include cough, elevated temperature, sweating, increased heart rate, low blood oxygen levels, vomiting, diarrhea, 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)

**ဗိုင်းရာသုံးနာများ**

လူတစ်ဦးသို့မဟုတ်စက်ဖင့်အခြားအတိုင်းေစာင့်ေစကည်းရာများ (ရင်းမစ်- CDC) အေရာဂါလကားများပါဝင်ရာများ ပါဝင်သည်။ လကားအထက်သည် ေရာဂါမှာပိုးချက်များ ပါဝင်သည်။ (ရင်းမစ်- Johns Hopkins University နှင့် 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/tiredness, nausea, muscle aches, headache, chills, difficulty breathing, loss of taste or smell, sore throat or other symptoms. Certain or worsening symptoms mean that the disease (e.g., COVID-19) may be becoming more severe. (Source: Johns Hopkins University and Emily Gurley)

**ဖျားနာများ ေရာဂါလကားများ**

လူနာများကို ေြပားသည့်သူတို့ခံစားေနရပားများဖစ်သော်လည်း ထွန်းကြားသည်။ ၎င်းတွင် ပင်ပန်း/ေမာပန်းများ၊ မအီမသားများ၊ ကိုက်သားနာများ၊ ေခါင်းကိုက်ခင်း၊ ချမ်းစိမ့်ခင်း၊ အသက်အမျိုးခိုး၎င်းသို့မဟုတ် အရသာမရှိခင်း၊ လည်းချာင်းနာများသည် ေရာဂါလကားများပါဝင်သည်။ (ရင်းမစ်- Johns Hopkins University နှင့် Emily Gurley)
COVID-19) ကို ပျော်ရွှင်းရန် အသိပေးချက်တစ်ခု (ရင်းြမစ်- John Hopkins University မှ Emily Gurley)

Something 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)
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
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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 as 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](https://www.cdc.gov/coronavirus/2019-ncov/index.html))

ကိုဗစ် - ၁၉ "The name of the disease caused by the novel coronavirus, SARS-CoV-2, and is short for “Coronavirus Disease 2019.” (Source: [WHO](https://www.who.int/zh/factsheets/detail/coronavirus-(covid-19))

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](https://www.cdc.gov/coronavirus/2019-ncov/index.html))
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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.

အရာယ်များသူများ

ကူးစက်သို့မဟုတ် COVID-19 ကူးစက်သူဖြစ်သော်လည်း အရာယ်များသူများသူများသည် ဖျားနာများသို့မဟုတ် ကူးစက်သူဖြစ်သော်လည်း COVID-19 ကူးစက်သူဖြစ်သော်လည်း တိုးတက်ဦးစွာထောင်သော်လည်း များသူများသူများသူများသူများသူများသူများသူများသူများသူများသူများသူများသူများသူများသူများ

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- နဂိုရင်းစွဲကျန်းမားသူသည် အရာယ်များသူများသူများသူများသူများသူများသူများသူများသူများသူများသူများသူများသူများသူများသူများ

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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)

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)
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.

ကူးစက်လွယ်ေသာကာလ

ကူးစက်သူ (SARS-CoV-2 ကူးစက်သူ) သည် အသံနှစ်ဖုံးကြည့်သူ၏ အကြီးမားသော ကူးစက်သူ ကူးစက်သူ ကူးစက်သူ ကူးစက်သူ COVID-19 ကူးစက်သူ ကူးစက်သူ ကူးစက်သူ ကူးစက်သူ ကူးစက်သူ ကူးစက်သူ COVID-19 ကူးစက်သူ ကူးစက်သူ ကူးစက်သူ ကူးစက်သူ

The end of the infectious period is defined as when:

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

**Outbreak**

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

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

ဗိုင်းရပ်ဆိုင်ရာမှတ်တမ်းများ (Proximity tracing)
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)
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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)

Specimen
A biologic sample provided by a person for medical testing.

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)
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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)

References | အကိုးအကားများ:


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