[Insert Today’s Date]

尊敬的家長／監護人：

我僅代表[insert school name]與您分享以下信息。 請隨時致電[SCHOOL NURSE PHONE NUMBER]與我們聯絡，或致電 855-722-7878 聯絡佛蒙特州衛生部。

謹以此信，向您告知有多位學生出現了 COVID-19 的症狀和／或 COVID-19 檢測結果呈陽性。 COVID-19 是一種可透過空氣人傳人的傳染性呼吸道疾病。患者出現症狀之前，有可能會傳播給他人。

**無論您的孩子是否接種了疫苗，請監測其是否出現了 COVID-19 的症狀。 您的孩子可以繼續上學。 如果您的孩子感覺出現了症狀，建議其檢測是否感染了 COVID-19。** [檢測地點和其他資訊可在此處獲取](https://www.healthvermont.gov/covid-19/testing)。

COVID-19 的症狀包括發熱、頭痛、發冷、身體／肌肉疼痛、咳嗽、流鼻涕、 味覺和／ 或嗅覺喪失、呼吸短促和喉嚨痛。 同時，患者也可能會頭暈、嘔吐和腹瀉。

如果您的孩子 COVID-19 檢測呈陽性，必須居家隔離 5 日。 如果他們的症狀有所改善，並且在沒有 服用退燒藥物的情況下，至少 24 小時沒有發燒，他們就可以返回學校。 您可以咨詢您的醫療服務提供者意見，是否需要為您的孩子採取 COVID-19 的任何治療方法。

以下是[讓您的家人和他人在疫情期間保持健康的方法](https://www.healthvermont.gov/covid-19/protect-yourself-others)：

* 了解關於 COVID-19 疫苗接種的最新信息。
* 當出現 COVID-19症狀時，需要接受檢測；[檢測地點和其他資訊可在此處獲取](https://www.healthvermont.gov/covid-19/testing)。
* 如果您的孩子生病了，請留在家中，不要上學。
* 鼓勵孩子咳嗽時掩住口鼻，勤洗手。
* 考慮在室內佩戴口罩，尤其是如果您同居／相處過的人免疫功能低下，或更有可能感染 COVID-19 重症。

更多關於 COVID-19 的信息，請聯絡佛蒙特州衛生部，電話：802-863-7240。

有幫助的連結：

* [美國疾控中心 Covid-19 資料清單](https://www.cdc.gov/coronavirus/2019-ncov/downloads/Young_Mitigation_recommendations_and_resources_toolkit_01.pdf)
* [佛蒙特州衛生部對於檢測陽性的指引](https://www.healthvermont.gov/covid-19/symptoms-sickness/what-do-if-you-test-positive-covid-19)
* [接種 COVID-19 疫苗或加強劑](https://www.healthvermont.gov/covid-19/vaccine/getting-covid-19-vaccine)
* [檢測地點和其他資訊](https://www.healthvermont.gov/covid-19/testing)

[Insert Today’s Date]

Dear Parent/Guardian:

I am sharing the following information with you on behalf of [insert school name]. Please feel free to call us at [SCHOOL NURSE PHONE NUMBER] or the Vermont Department of Health at 855-722-7878.

This letter is to inform you that there are several students with symptoms of COVID-19 and/or who have tested positive for COVID-19. COVID-19 is a contagious respiratory disease that is spread person-to-person through the air. It can be spread before a person shows symptoms.

**Please monitor your child for symptoms of COVID-19, regardless of their vaccination status. Your child may continue to go to school. If your child starts to feel sick, it is recommended that they test for COVID-19.** [**Testing locations and other information can be found here**](https://www.healthvermont.gov/covid-19/testing)**.**

Symptoms of COVID-19 include fever, headache, chills, body/muscle aches, cough, runny nose, loss of taste and/or smell, shortness of breath and sore throat. A person may also experience nausea, vomiting, and diarrhea.

If your child tests positive for COVID-19, keep them home for 5 days. They may return to school if their symptoms have improved and they have had no fever for at least 24 hours without the use of medicine that reduces fevers. You may ask your healthcare provider to see if any treatment for COVID-19 is recommended for your child.

Here are [some ways to keep your family and others healthy during this time](https://www.healthvermont.gov/covid-19/protect-yourself-others):

* Stay up to date on COVID-19 vaccination.
* Get a test for COVID-19 when symptoms occur; [testing locations and other information can be found here](https://www.healthvermont.gov/covid-19/testing).
* If your child is sick, keep them home from school.
* Encourage your child to cover any cough and to wash their hands.
* Consider masking in indoor spaces, especially if someone you live/spend time with is immunocompromised or is more likely to get very sick with COVID-19.

For more information on COVID-19, contact the Vermont Department of Health at 802-863-7240.

Helpful links:

* [CDC Covid-19 Fact Sheet](https://www.cdc.gov/coronavirus/2019-ncov/downloads/Young_Mitigation_recommendations_and_resources_toolkit_01.pdf)
* [Vermont Department of Health guidance for if you test positive](https://www.healthvermont.gov/covid-19/symptoms-sickness/what-do-if-you-test-positive-covid-19)
* [Getting the COVID-19 vaccine or booster](https://www.healthvermont.gov/covid-19/vaccine/getting-covid-19-vaccine)
* [Testing locations and other information](https://www.healthvermont.gov/covid-19/testing)