学校信函Covid-19信息 更新日期 2022年4月4日

[Insert Today’s Date]

尊敬的家长／监护人：

我仅代表[insert school name]与您分享以下信息。 请随时致电[SCHOOL NURSE PHONE NUMBER]与我们联络，或致电 855-722-7878 联络佛蒙特州卫生部。

谨以此信，向您告知有多位学生出现了 COVID-19 的症状和／或 COVID-19 检测结果呈阳性。 COVID-19 是一种可透过空气人传人的传染性呼吸道疾病。患者出现症状之前，有可能会传播给他人。

无论您的孩子是否接种了疫苗，请监测其是否出现了 COVID-19 的症状。 您的孩子可以继续上学。 如果您的孩子感觉出现了症状，建议其检测是否感染了 COVID-19。 检测地点和其他资讯可在此处获取。

COVID-19 的症状包括发热、头痛、发冷、身体／肌肉疼痛、咳嗽、流鼻涕、 味觉和／ 或嗅觉丧失、呼吸短促和喉咙痛。 同时，患者也可能会头晕、呕吐和腹泻。

如果您的孩子 COVID-19 检测呈阳性，必须居家隔离 5 日。 如果他们的症状有所改善，并且在没有 服用退烧药物的情况下，至少 24 小时没有发烧，他们就可以返回学校。 您可以咨询您的医疗服务提供者意见，是否需要为您的孩子採取 COVID-19 的任何治疗方法。

以下是让您的家人和他人在疫情期间保持健康的方法：

• 了解关於 COVID-19 疫苗接种的最新信息。

• 当出现 COVID-19症状时，需要接受检测；检测地点和其他资讯可在此处获取。

• 如果您的孩子生病了，请留在家中，不要上学。

• 鼓励孩子咳嗽时掩住口鼻，勤洗手。

• 考虑在室内佩戴口罩，尤其是如果您同居／相处过的人免疫功能低下，或更有可能感染 COVID-19 重症。

更多关於 COVID-19 的信息，请联络佛蒙特州卫生部，电话：802-863-7240。

有帮助的连结：

• 美国疾控中心 Covid-19 资料清单

• 佛蒙特州卫生部对於检测阳性的指引

• 接种 COVID-19 疫苗或加强剂

• 检测地点和其他资讯

[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)