[Insert Today’s Date]

Muvyeyi/Murezi:

Ndagusangije amakuru akurikira kubw’ishure [insert school name]. Usabwe kuduhamagara wisanzuye kuri [SCHOOL NURSE PHONE NUMBER] canke igisata c’amagara y’abantu kuri 855-722-7878.

Iri kete ni iryo kukumenyesha ko hariho abanyeshure benshi bafise ibimenyetso vya COVID-19 kandi /canke igipimo cerekanye ko barwaye COVID-19. COVID-19 ni indwara yo guhema yandukira ikwiragira umuntu ku muntu biciye mu muyaga. Ishobora gukwiragira imbere y’uko umuntu agaragaza ibimenyetso.

**Usabwe gukurikirana umwana wawe kubw’ibimenyetso vya COVID-19, utitayeho ko yacandazwe. Umwana wawe arashobora gukomeza aja kw’ishure. Nimba umwana wawe atanguye kwumva ko arwaye, bisabwe ko apimwa COVID-19.** [**Ibibanza vyo gupima hamwe n’ayandi makuru bishobora kuboneka hano**](https://www.healthvermont.gov/covid-19/testing)**.**

Ibimenyetso vya COVID-19 harimwo ubushuhe, kumeneka umutwe, imbeho, umubiri/kubabara mu mubiri, gukorora, ibicurane, kudasoserwa/canke kumoterwa, guhema udashikana hamwe no gusasatwa mu muhogo. Umuntu ashobora kandi kugira iseseme, kudahwa, no gucibwamwo.

Nimba umwana wawe arwaye COVID-19, mugumize muhira iminsi 5. Ashobora gusubira kw’ishure nimba ibimenyetso vyiwe vyaheze kandi atabushuhe yagize n’imiburiburi amasaha 24 atariko arakoresha imiti igabanya ubushuhe. Ushobora gusaba umutangabufasha wawe mu vy’ubuvuzi kuraba ko hari ubuvuzi ubwaribwo bwose bwa COVID-19 butegekanijwe ku mwana wawe.

Hano hariho [inzira zimwe zimwe zo kuguma umuryango wawe n’abandi bafise amagara meza muri kino gihe](https://www.healthvermont.gov/covid-19/protect-yourself-others):

* Guma witaho ibigezweho ku rucanco rwa COVID-19.
* Ipimishe COVID-19 igihe ibimenyetso bigaragaye, [Ibibanza vyo gupima hamwe n’ayandi makuru bishobora kuboneka hano](https://www.healthvermont.gov/covid-19/testing).
* Nimba umwana wawe arwaye mugumize muhira.
* Shishikariza umwana wawe gufuka umunwa igihe cose akoroye hamwe no gukaraba iminwe.
* Itwararike kwambara agafukamunwa uri ahantu hugaye cane cane ubana/wirirwana n’uwufise ubwirinzi buke bw’umubiri canke afise ivyago vyinshi vyo kurwara COVID-19.

Ku yandi makuru kuri COVID-19, hamagara igisata c’amagara y’abantu c’i Veromont kuri 802-863-7240.

Imihora ifasha:

* [Urupapuro rw’ukuri rwa CDC Covid-19](https://www.cdc.gov/coronavirus/2019-ncov/downloads/Young_Mitigation_recommendations_and_resources_toolkit_01.pdf)
* [Amabwirizwa y’igisata c’amagara y’abantu c’i Vermont nimba igipimo cerekanye ko urwaye](https://www.healthvermont.gov/covid-19/symptoms-sickness/what-do-if-you-test-positive-covid-19)
* [Ronka urucanco rwa COVID-19 canke inkabuzo](https://www.healthvermont.gov/covid-19/vaccine/getting-covid-19-vaccine)
* [Ibibanza vyo gupima hamwe n’ayandi makuru](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)