[Ku qar Tarikhda Maanta]

Mudane Waalid/Koriye:

Waxa aan idiinla wadaagayaa macluumaadka soo socda aniga oo matalaya [insert school name]. Fadlan nagala soo xariir [SCHOOL NURSE PHONE NUMBER] ama laso xariir Waaxda Caafimaadka Vermont 855-722-7878.

Warqadan waxaa lagugu wargelinayaa inay jiraan dhawr arday oo qaba astaamaha COVID-19 /ama shaybaadh lagaga heley COVID-19. COVID-19 waa xanun lakla qaado oo ku dhaca ,oo ay dadku iskugu gudbiyaan hawada. Waxa uu faafi karaa kahor inta aanu qofku yeelan astaamo.

**Fadlan kala soco ilmahaaga astaamaha COVID-19, iyada oo aan la eegeynin xaaladooda talaalka. Ilmahaagu waxa uu weli aadi karaa dugsiga. Hadii ilmahaagu uu xanuunsado, waxaa lagu talinayaa in aad ka baadho COVID-19.** [**Goobaha shaybaadhka iyo macluumaadka kale waxaa laga heli karaa halkan**](https://www.healthvermont.gov/covid-19/testing)**.**

Astaamaha COVID-19 waxaa kamid ah xumad, madax xanuun, qadhqadhyo, murqe/jidh xanuun, qufac, duuf, dhadhanka/urka oo guurta, hiiraag iyo cuno xanuun. Qofka ayaa sidoo kale yeelan kara yalaalugo, hunqaaco iyo shuban.

Hadii ilmahaaga shaybaadh lagaga heley COVID-19, waxa aad guriga ku haystaa 5 maalmood. Waxa ay kusoo noqon karaan dugsiga hadii astaamaha ay ka ladnaadaan oo ay bilaa xumad noqdaan ugu yaraan 24 saacadood iyaga oo aan isticmaalin dawooyinka xumada yareeya. Waxa aad waydiin kartaa bixiyaha daryeelkaaga caafimaad inaad aragto hadii wax kamid ah dawooyinka COVID-19 ay ku haboon yihiin ilmahaaga.

Waa kuwan [qaar kamid ah qaababka aad u ilaalin karto qoyskaaga iyo dadka kale wakhtigan caafimaadkooda](https://www.healthvermont.gov/covid-19/protect-yourself-others):

* Wada qaado talaalkaaga COVID-19.
* Iska baadh COVID-19 marka aad yeelato astaamaha; [goobaha shaybaadhka iyo macluumaad kaleba waxaa laga heli karaa halkan](https://www.healthvermont.gov/covid-19/testing).
* Hadii ilmahaagu uu xanuunsanayo, guriga ku hay oo yaanu iman dugsiga.
* Ilmahaaga ku dhiiri geli inuu afka iyo sanka xidho hadii uu qufacayo oo ha farxasho.
* Isla eega inuu xidho waji gashad inta uu goobaha xiran ku jiro, gaar ahaan hadii qof aad la nooshahay/la joogto uu yahay mid difaaca jirkiisa liito ama ay u badan tahay inuu xanuun badan ka qaado COVID-19.

Wixii macluumaad dheeraad ah ee ku saabsan COVID-19, kala xidhiidh Waaxda Caafimaadka Vermont 802-863-7240.

Linkiyo waxtar leh:

* [Xaashida Macluumaadka Covid-19 ee CDC](https://www.cdc.gov/coronavirus/2019-ncov/downloads/Young_Mitigation_recommendations_and_resources_toolkit_01.pdf)
* [Tilmaamaha Waaxda Caafimaadka Vermont hadii shaybaadh lagaaga helo](https://www.healthvermont.gov/covid-19/symptoms-sickness/what-do-if-you-test-positive-covid-19)
* [Qaadashada talaalka ama talaalka xoojinta COVID-19](https://www.healthvermont.gov/covid-19/vaccine/getting-covid-19-vaccine)
* [Goobaha shaybaadhka iyo macluumaadka kale](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)