[Insert Today’s Date]

Mpendwa Mzazi/Mlezi:

Ninakufahamisha yafuatayo kwa niaba ya [insert school name]. Tafadhali jisikie huru kutupigia SIMU kwa [SCHOOL NURSE PHONE NUMBER] au Idara ya Afya ya Vermont kwa 855-722-7878.

Barua hii ni ya kukujulisha kuwa kuna wanafunzi kadhaa wanao na dalili za COVID-19 na/au ambao wamepatikana kuwa na COVID-19. COVID-19 ni ugonjwa wa kupumua unaoambukiza ambao huenezwa kutoka kwa mtu mmoja hadi mwingine kupitia hewa. Inaweza kusambazwa kabla ya mtu kuonyesha dalili.

**Tafadhali fuatilia mtoto wako kwa dalili za COVID-19, licha ya ikiwa amepata chanjo au la. Mtoto wako anaweza kuendelea kwenda shuleni. Ikiwa mtoto wako ataanza kuhisi mgonjwa, inashauriwa apime COVID-19. [Maeneo ya kupima na maelezo mengine yanaweza kupatikana hapa](https://www.healthvermont.gov/covid-19/testing).**

Dalili za COVID-19 ni pamoja na homa, maumivu ya kichwa, kibaridi, maumivu ya mwili/misuli, kikohozi, mafua, kupoteza hali ya kuhisi ladha na/au harufu, upungufu wa pumzi na kuwashwa koo. Mtu anaweza pia kupata kichefuchefu, kutapika, na kuhara.

Ikiwa mtoto wako atapimwa na kupatikana na COVID-19, aendelee kukaa nyumbani kwa siku 5. Anaweza kurudi shuleni ikiwa amepata nafuu na hajapata homa kwa angalau saa 24 bila kutumia dawa inayopunguza homa. Unaweza kuuliza mtoaji wako wa huduma ya afya kuona ikiwa matibabu yoyote ya COVID-19 yanapendekezwa kwa mtoto wako.

Hizi ni [baadhi za njia za kuweka familia yako na wengine salama wakati huu](https://www.healthvermont.gov/covid-19/protect-yourself-others):

* Pata habari za hivi punde kuhusu chanjo ya COVID-19.
* Pata kipimo cha COVID-19 wakati dalili zinatokea; [maeneo ya upimaji na maelezo mengine yanaweza kupatikana hapa](https://www.healthvermont.gov/covid-19/testing).
* Ikiwa mtoto wako ni mgonjwa, akae nyumbani asiende shule.
* Mhimize mtoto wako kufunika midomo anapokohoa na kunawa mikono.
* Ni muhimu kuvaa barakoa ukiwa katika maeneo ya ndani, haswa ikiwa mtu unayeishi naye ana udhaifu wa kinga au ana uwezekano mkubwa wa kuugua COVID-19.

Kwa maelezo zaidi kuhusu COVID-19, wasiliana na Idara ya Afya ya Vermont kwa 802-863-7240.

Viungo muhimu:

* [Kijikaratasi cha Maelezo ya CDC kuhusu Covid-19](https://www.cdc.gov/coronavirus/2019-ncov/downloads/Young_Mitigation_recommendations_and_resources_toolkit_01.pdf)
* [Mwongozo wa Idara ya Afya ya Vermont ikiwa utapimwa na kupatikana na maambukizi](https://www.healthvermont.gov/covid-19/symptoms-sickness/what-do-if-you-test-positive-covid-19)
* [Kupata chanjo au chanjo ya ziada ya COVID-19](https://www.healthvermont.gov/covid-19/vaccine/getting-covid-19-vaccine)
* [Maeneo ya kupimwa na maelezo mengine](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)