[Insert Today’s Date]

Mudane Waalid/Masuul:

Waxa aan kula wadaagayaa macluumaadka soo socda aniga oo matalaya [insert school/facility name] Waaxda Caafimaadka Vermont.

Markay taariikhdu ahayd[insert date], waxaanu ogaanay shakhsi qaba Cudurka Koroonafayras 2019 (COVID-19) inuu joogo[insert school/facility name].

Iyada oo aanu ka duulayno macluumaadka aanu hayno, ilmahaaga waxa dhici karta inay **yar tahay khatarta uu qabo ee u dhawaanshaha** qof qaba COVID-19 inta uu joogo [insert date]. Iyada oo lagu sheego moojee in ilmahaagu uu u dhawaaday qof qaba xanuunka, **looma** baahna inuu galo karantiin, laakiin waxaa muhiim ah in aanu kuu sheegno si aad ula socon kato ilmahaaga hadii uu yeesho [wax calaamado COVID-19 ah](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html) (linki Ingiriisi ah), wixii ku saabsan xaalada talaalka, iyo inaad u doonto shaybaadh 5-7 maalmood kadib marka uu u dhawaado cid qabta.

# Hadii wakhti kamid ah wakhtiyada ilmahaagu uu yeesho calaamado:

* Ilmahaagu waa in aanu ka bixin guriga, marka aad daryeel caafimaad doonanayso moojee.
* Inta uu guriga ku sugan yahay, ilmahaagu waa inuu ka fogaadaa dadka kale ee qoyska, gaar ahaan cid kasta oo halis badan ugu jirta inay aad ugu xanuusato, sida dadka da'da ah ama dadka leh xaalado caafimaad oo kale. Xubnaha qoyska ee kale uma baahna inay iskarantiilaan ilaa ay yeeshaan astaamo.
* Waxa aad la xidhiidhaa daryeelka caafimaad bixiyaha ilmahaaga oo kula xidhiidh taleefanka si aad u ogaato hadii ilmahaaga ay tahay in la baadho. U sheeg in ilmahaaga ay yar tahay khatarta inuu u dhawaado qof shaybaadh lagaga heley COVID-19.
* Ka eeg [Ku Noqoshada Dugsiga Xanuunka Kadib](https://www.healthvermont.gov/sites/default/files/documents/pdf/CYF_VTBacktoSchoolAfterIllness.pdf) wixii talooyin ah ee ku saabsan shaybaadka iyo ku noqoshada dugsiga.
* Hadii ilmahaagu uu qabo xaalad caafimaad oo degdeg ah, waxa aad la hadashaa 9-1-1 ama waxa aad tagtaa isbitaalka.
* Hadii ilmahaagu aanu lahayn bixiye, la hadal 2-1-1 si laguugu xidho xarun caafimaad oo aagaaga ah.

Waad ku mahadsan tahay fahamkaaga in, shuruucda asturnaanta caafimaadka dartood, aanaan awood u lahayn faafinta magacyada shakhsiyaadka qaba COVID-19. Waxaanu sii wadi doonaa in aanu ku soo gaarsiino isbaddalada iyo wixii soo kordha.

**Fadlan kala xiriir Waaxda Caafimaadka Vermont 802-863-7240 (ikhtiyaar 8) haddii aad qabtid su'aalo ama walaacyo dheeraad ah.** Wixii macluumaad dheeraad ah waxaa laga heli karaan websaytka Waaxda Caafimaadka: [healthvermont.gov/COVID-19](http://www.healthvermont.gov/COVID-19).

Aad ayaad u mahadsan tahay,

[Your name and contact info]

[Insert Today’s Date]

Dear parent/guardian:

I am sharing the following information with you on behalf of [insert school/facility name] and the Vermont Department of Health.

On [insert date], we learned about a person with Coronavirus Disease 2019 (COVID-19) at [insert school/facility name].

Based on our information, your child might have had a **low-risk exposure**to the person with COVID-19 on [insert date]. Unless you have been notified that your child is a close contact, they do **not** need to quarantine, but it is important that we bring this to your attention so you can monitor your child for [symptoms of COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html) (link in English), regardless of vaccination status, and consider seeking testing 5-7 days after their exposure.

# If at any point your child develops symptoms:

* Your child should not leave home, except to get medical care.
* While at home, your child should stay apart from other people in the household, especially anyone who is at increased risk of getting very sick, like people who are older or have health conditions. Other household members do not need to quarantine unless they develop symptoms.
* Contact your child’s health care provider by phone to find out if your child should be evaluated. Let them know your child had a low-risk exposure to someone who was diagnosed with COVID-19.
* Refer to [Return to School Following Illness](https://www.healthvermont.gov/sites/default/files/documents/pdf/CYF_VTBacktoSchoolAfterIllness.pdf) for recommendations about testing and return to school.
* If your child is having a medical emergency, call 9-1-1 or go to the hospital.
* If your child doesn’t have a provider, call 2-1-1 to be connected to a clinic in your area.

Thank you for understanding that, due to medical privacy laws, we are not able to release the names of the individuals with COVID-19. We will continue to communicate changes and updates with you.

**Please call the Vermont Department of Health at 802-863-7240 (option 8) if you have questions or concerns.** More information is available at the Health Department website:  [healthvermont.gov/COVID-19](http://www.healthvermont.gov/COVID-19).

Many thanks,

[Your name and contact info]