[Insert Today’s Date]

Mpendwa mzazi/mlezi:

Ninakuarifu yafuatayo kwa niaba ya [insert school/facility name] na Idara ya Afya ya Vermont.

Mnamo [insert date], tulifahamu kuhusu mtu aliye na Ugonjwa wa Virusi vya Korona vya 2019 (COVID-19) katika [insert school/facility name] .

Kulingana na habari hizi, inawezekana kwamba mtoto wako **alijipata katika hatari (ingawa kidogo)** ya kutangamana na mtu aliye na COVID-19 mnamo [insert date]. Isipokuwa umearifiwa kuwa mtoto wako alitangamana kwa karibu na mgonjwa wa virusi hivi, **hahitaji** kuwa katika karantini, lakini ni muhimu tukujulishe hii ili uweze kufuatilia mtoto wako kwa [dalili za COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html) (kiungo kwa Kiingereza), licha ya hali ya chanjo, na unaweza kumpeleka apimwe siku 5-7 baada ya hatari hii.

# Ikiwa wakati wowote mtoto wako ataonyesha dalili:

* Mtoto wako hapaswi kuondoka nyumbani, isipokuwa anapokwenda kupata huduma ya matibabu.
* Wakati akiwa nyumbani, mtoto wako anapaswa kukaa mbali na watu wengine nyumbani, haswa mtu yeyote ambaye ana uwezekano mkubwa wa kuugua sana, kama vile watu wazee na walio na matatizo ya kiafya. Watu wengine wa nyumbani hawahitaji kujiweka karantini isipokuwa watapata dalili.
* Wasiliana na mtoa huduma ya afya ya mtoto wako kwa simu ili kujua kama mtoto wako anapaswa kutathminiwa. Wajulishe kwamba mtoto wako alikuwa katika hatari ya kiwango cha chini kwa kutangamana na mtu ambaye aligunduliwa kuwa na COVID-19.
* Rejelea [Rudi Shuleni Kufuatia Ugonjwa](https://www.healthvermont.gov/sites/default/files/documents/pdf/CYF_VTBacktoSchoolAfterIllness.pdf) kwa mapendekezo kuhusu upimaji na kurudi shuleni.
* Ikiwa mtoto wako ana dharura ya matibabu, piga simu 9-1-1 au nenda hospitalini.
* Ikiwa mtoto wako hana mtoa huduma, piga 2-1-1 ili uunganishwe na kliniki iliyopo katika eneo lako.

Asante kwa kuelewa kuwa, sababu ya sheria za faragha kwa wagonjwa, hatuwezi kutoa majina ya watu walio na COVID-19. Tutaendelea kuwasiliana nawe juu ya mabadiliko na taarifa mpya.

**Tafadhali piga simu kwa Idara ya Afya ya Vermont kupitia 802-863-7240 (chagua 8) ikiwa una maswali au tashwishi.** Taarifa zaidi zinapatikana katika tovuti wa Idara ya Afya:  [healthvermont.gov/COVID-19](http://www.healthvermont.gov/COVID-19) .

Shukrani nyingi,

[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]