[Insert Today’s Date]

Muvyeyi/murezi:

Narungitswe n’Umurwi ujejwe gutahura abegereye umurwayi wanduye COVID-19 mu gisata kijejwe amagara y’abantu i Vermont kugira ndabasangize amakuru akurikira.

Kw’igenekerezo rya [insert date], twamenyeshejwe ko hari umuntu yanduye inrwara ya Coronavirus (COVID-19) kuri [insert school/facility name] 2019.

# Nta keka ko umwana wawe yegeranye n’umuntu afise COVID-19.

Ikiringo c’uburwayi gitangura guharurwa imbere y’iminsi ibiri yuko ikimenyetso c’ingwara ico ari co cose cibonekeze (canke ku bantu batagaragaza ibimenyetso iminsi ibiri imbere yo gupimwa) kandi kigaca kibandanya gushika bakize.

**Nimba umwana wawe yaricandagishije bikwiye, ntakeneye gushirwa mu mwiherero kiretse afise ibimenyetso.** Kwicandagisha bikwiye bisigura ko haheze iminsi 14 kuva umwana wawe aronse doze y’urucanco ya nyuma. Tugusavye kumupimisha iminsi 5-7 inyuma y’igenekerezo ryo gushobora kuba yaranduye (Umunsi 0 ni igenekerezo ryo gushobora kuba yaranduye). Nimba umwana wawe afise ibimenyetso ahantu ahariho hose, rondera aho umupimishiriza ubwo nyene, kandi umugumize muhira kure y’abandi.

Kora uko ushoboye kugira abana bawe bahabwe urucanco mu gihe babikwiye. [Rondera ivuriro rikwegereye.](https://www.healthvermont.gov/covid-19/vaccine/getting-covid-19-vaccine)

**Nimba umwana wawe yarakize COVID-19 mukiringo c’amezi 3 kandi akaba adafise ikimenyetso nakimwe,** ntakeneye kuja mu mwiherero canke kwipimisha. Atanguye kugira ibimenyetso, gumiza umwana wawe muhira kure y’abandi kandi uhamagare uwutanga bufasha mu vy’ubuvuzi kugira aguhanure.

**Nimba umwana wawe aticandagishije bikwiye, ategerezwa kuguma muhira iminsi 14. Ibi vyitwa gushirwa mu mwiherero. Kurereka ibimenyetso vy’indwara muri iki kiringo.**

* Umunsi uharurwa 0 w’iki kiringo co kwiherera ni umunsi wa nyuma umwana wawe yegereye umuntu arwaye. (Soma ku rutonde hasi wihweze amatariki ahambaye.)
* Igisata Kijejwe ivyamagara gisaba kwipimisha kare kumunsi wa 2 hama ugasubira kandi kumunsi wa 7.

Igipimo gitegerezwa kuba ic’ubwandu bw’ubu (nk’igipimo ca PCR), uretse ko kidategerezwa kuba igipimo ca antingen (kizwi kandi nk’igipimo kinyaruka). Nimba igipimo co ku munsi wa 2 cerekanye ko atarwaye , bandanya umwiherero. Nimba igipimo co ku munsi wa 7 cerekanye ko atarwaye, kandi umwana wawe akaba atabimenyetso nabimwe agifise, arashobora guhagarika umwiherero. Nimba igipimo cerekanye ko arwaye, kurikiza amabwirizwa y’umwiherero kuri heathvermont.gov/ccvid19positive.

* Cungera ibimenyetso, naho vyoba bidashemeye, vyo gukorora, guhema udashikana canke ingorane zo guhema, uburuhe, kubabara mu mitsi canke ku mubiri, kumeneka umutwe, kubabara mu muhogo, kudasoserwa canke kutamoterwa, amazuru afunze canke ibicurane, iseseme canke kudahwa, canke gucibwamwo.
* Umwana wawe ategerezwa kutava i muhira, kiretse agiye kwa muganga.
* Terefona hakiri kare mbere yo kugenda aho umutangabufasha mu buvuzi akorera canke ku bitaro vyitaho indembe hamwe n’umwana wawe.
* Mugihe ari muhira, umwana wawe ategerezwa kuguma kure y’abandi mu rugo, cane cane ku bantu bafise urugero runini rwo kuremba, nk’abantu bashaje canke bafise izindi ndwara. Abandi bomu rugo ntibakeneye kuja mu mwiherero kiretse batanguye kugira ibimenyetso. **Uko bishoboka kwose**, umwana wawe ategerezwa:
* Kuguma mu cumba kizwi yihariye mu rugo kandi agakoresha ubwogero na surwumwe yisangije.
* Kuguma n’imiburiburi ku kirere kireha n’ibirenge bitandatu canke imetero zibiri kure y’abandi mu rugo iwanyu.
* Kwambara agapfukamunwa nimba uri hamwe n’abandi mu cumba icarico cose, kiretse afise ingorane zo guhema.
* Kwirinda gusangira ibikoresho vyo mu nzu.
* Kubandanya ahanahana amakuru n’abandi – wewe n’umwana wawe mushobora kwisunga ubuhinga bwa none mu guhanahana amakuru n’abagenzi n’umuryango.

Nimba haheze iminsi 14 ntihagire ibimenyetso vyibonekeza ku mwana wawe, umwana wawe ategerezwa guheza ikiringo co kwiherera agasubira kurangura ibikorwa bisanzwe.

|  |  |
| --- | --- |
| **Iminsi iharurwa nyuma y’uguhura n’Umurwayi** | **Bigenda gute?** |
| Umunsi wa 0: [Insert Date] | Uyu ni umunsi wa nyuma umwana wawe yahuye n’umuntu arwaye COVID-19 kw’ishure. |
| Umunsi wa 7: [Insert Date] | Urafise guhitamwo gupimisha umwana wawe ku munsi w’ 7 canke nyuma yaho mu kiringo co gushirwa mu mwiherero, nimba ata bimenyetso vyibonekeje. Igipimo gitegerezwa kuba ic’ubwandu bw’ubu (nk’igipimo ca PCR) uretse ko kidashobora kuba igipimo ca antigen (kandi kizwi nk’igipimo kinyaruka). Umwana wawe akeneye kuguma mu mwiherero gushika uronse inyishu z’ibipimo. Nimba ibipimo vyerekanye ko atarwaye kandi umwana wawe akabandanya kutagira ibimenyetso vy’indwara, arashobora gusubira kw’ishure agaheza ikiringo co kwiherera. Bandanya gucungera ko hari ibimenyetso vy’indwara vyibonekeza mu kiringo gisigaye c’iminsi 14. Iga vyinshi bijanye[no gupimwa i Vermont](https://www.healthvermont.gov/response/coronavirus-covid-19/testing-covid-19) kuri [www.healthvermont.gov/covid19testing](http://www.healthvermont.gov/covid19testing). |
| Umunsi wa 14: [Insert Date] | Uyu ni umunsi wa nyuma w’ikiringo co kwiherera (Nimba umwana wawe atapimwe ku munsi w’ 7 canke nyuma yawo, nk’uko vyadondowe hejuru). Nimba umwana wawe abandanyije kutagira ibimenyetso vy’indwara vyibonekeza, arashobora gusubira kw’ishure ku musi ukurikira. |

# Isuku rya buri munsi no kumesura:

* Kora isuku kandi ukoreshe imiti yica imigera mu rugo rwawe. Nimba umwana wawe aguma mu cumba ca wenyene kandi akoresha ubwogero na surwumwe yisangije, barira umwana canke umurwaza asukure ico cumba. Barira uwundi muntu wo mu rugo asukure ahasigaye mu rugo, nimba bishoboka.
* Sukura ibikoresho vyose vyo mu rugo ushimitse, nk’ivyombo, umwana wawe ahejeje kubikoresha.
* Raba neza ko umwana wawe n’abagize urugo bakaraba iminwe yabo n’isabuni n’amazi n’imiburiburi mu kiringo c’imisegunda 20. Koresha umuti wica imigera urimwo alukolo nimba isabune n'amazi bitari buboneke.

# Nimba ibimenyetso vy’indwara vyibonekeje na rimwe ku mwana wawe:

* Yaga n’umutangabufasha mu buvuzi w’umwana wawe kuri telefone kugira utahure nimba umwana wawe yoja kuvurwa. Mubarire ko umwana wawe yashizwe mu mwiherero mu rugo kubera ko yegereye umuntu yapimwe agasanga yarandukijwe COVID-19.
* Nimba umwana wawe aremvye, terefona 9-1-1 canke umushikane ku bitaro.
* Nimba umwana wawe adafise umutangabufasha mu buvuzi, terefona 2-1-1 kugira bakuronderere ivuriro hafi y’aho uba.
* Abantu bafise indwara bataremvye barashobora kwivurira muhira: ruhuka bihagije, fata ibinyobwa vyinshi, kandi ufate imiti igabanya umucanwa nimba bikenewe.
* Nimba umwana wawe afise ibimenyetso vy’indwara, abantu bo mu rugo n’abandi yegereye hafi bategerezwa nabo gushirwa mu mwiherero.

# Ni ryari wovurwa mu buryo bwihuta:

Nimba umwana wawe afise ingorane zo guhema, ababara mu gikiriza canke yumva aremerewe, vyamuvuruze mu mutwe, adashobora kuvyuka canke aguma akanuye, canke yahinduye ibara ku minwa yiwe, ku binyigishi, mu maso, hafi y’amaso, canke ku nzara, rondera aho womuvuza ningoga. Mu gihe uhamagaye kwa muganga, barira umutangabufasha mu buvuzi canke kuri 9-1-1 ko umwana wawe yashizwe ukwa wenyene mu rugo kuko yegereye umuntu arwaye COVID-19.

# COVID-19 ikwiragira gute none?

COVID-19 isanzara mugihe umuntu yanduye ahemye utuma dutoduto duca mu muyaga turimwo umugera mugihe akorora, yasamura, aririmba, avuga, canke ahemye. Abantu begeranye munsi y’ibirenge 6 y’umuntu arwaye COVID-19 bashobora kwandura vyoroshe. Ushobora kurwara COVID-19 nimba utuma canke uduce uduhemye, tugiye ku maso canke ku munwa, canke tugiye kuminwe yawe, ugaca wikora kumaso, kw’izuru canke ku munwa. COVID-19 Ikwiragira cane igihe wegereye umuntu afise ubwandu bwa COVID-19. Umugera usanzara biciye mu tuma tw’amate duto duto hagati y’umuntu n’uwundi igihe cokuvuga ,gukorora, canke kwasamura. Utuma tw’amate turagenda gushika munsi y’intambwe 6. Igihe utuma tuvuye ku wundi muntu dushikiriye umunwa wawe canke izuru, ushobora kutwinjiza mu mahaha yawe. Uwu mugera ushobora gukwiragizwa n’abantu batagaragaza ibimenyetso.

Icanco ni uburyo bwambere bwo gukingira umwana wawe kuri COVID-19. Iyo umwana wawe akwije icanco, aba afise urugero ruto rwo kurwara no kwandukiza uy’umugera abandi. Umuntu wese ageze kuronswa urucanco rwa COVID-19 akwiye kwicandagisha. Ni kubuntu, biranyaruka kandi birororoshe. Vugana n’umuganga w’umwana wawe nimba ufise ibibazo canke urondere aho bacandagira hakwegereye kuri [healthvermont.gov/MyVaccine](http://www.healthvermont.gov/MyVaccine). Buri wese, ushizemwo abana badashobora kuronka urucanco, ashobora gufata izindi ntambwe zokwikingira no gukingira abandi. Menya ayandi makuru ku muhora wa [healthvermont.gov/StaySafeVT](http://www.healthvermont.gov/StaySafeVT).

Turagukengurukiye ko watahuye neza ko, bitumwe n’amategeko agenga ibanga ry’ubuvuzi, tudashobora gushira ahabona amazina y’abantu bandukijwe COVID-19. Tuzobandanya kukumenyesha amahinduka n’amakuru mashasha. Dufashijwe n’ububasha bwawe, twiyumvira ko dushobora gutunganya ahantu hizewe abana bashobora gukinira .

**Usabwe guhamagara igisata ca Vermont kijejwe amagara y’abantu ku nomero 802-863-7240 (ufyonde 8) nimba ufise akakubakiye canke amakenga wipfuza guserura.** Amakuru atomoye woyaronka ku muhora ngurukanabumenyi w’Igisata kijejwe amagara y’abantu: [healthvermont.gov/COVID-19](http://www.healthvermont.gov/COVID-19).

Murakoze cane,

[Your name and contact info]

[Insert Today’s Date]

Dear parent/guardian:

I have been directed by the COVID-19 Contact Tracing Team at the Vermont Department of Health to share the following information with you.

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

**We believe that your child was in close contact with the person who has COVID-19.**

A person’s infectious period starts two days before any symptoms began (or for people without any symptoms, two days before the day they got tested) and continues until they are recovered.

**If your child is fully vaccinated, they do not need to quarantine unless they develop symptoms.** Fully vaccinated means 14 days have passed since your child’s final dose of vaccine. We recommend getting them tested 5-7 days after their exposure date (Day 0 is the date of their exposure). If your child develops symptoms at any point, seek testing right away, and keep your child at home away from others.

Make sure that your children get vaccinated when they are eligible. [Find a location near you.](https://www.healthvermont.gov/covid-19/vaccine/getting-covid-19-vaccine)

**If your child has recovered from COVID-19 within the past 3 months and does not have any new symptoms**, they do not need to quarantine or get tested. If they develop symptoms, keep your child at home away from others and contact their health care provider for guidance.

**If your child is not fully vaccinated, they need to stay home for 14 days. This is called quarantine. Watch for symptoms of illness during this time.**

* Day 0 of the quarantine period is the day your child was last in contact with the person. (See table below for important dates.)
* The Health Department recommends getting tested as soon as day 2 and again at day 7. The test should be for a current infection (like a PCR test), except it should not be an antigen test (also known as a rapid test). If the test at day 2 is negative, continue to quarantine. If the test at day 7 is negative and your child still does not have any symptoms, they can end quarantine. If either test is positive, follow isolation guidance at healthvermont.gov/covid19positive.
* Watch for symptoms, even if mild, of cough, shortness of breath or difficulty breathing, fever, chills, fatigue, muscle pain or body aches, headache, sore throat, new loss of taste or smell, congestion or runny nose, nausea or vomiting, or diarrhea.
* Your child should not leave home, except to get medical care.
* Call ahead before visiting a health care provider or emergency department with your child.
* 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. **As much as possible, your child should:**
* Stay in a specific room in your home and use a separate bathroom.
* Stay at least six feet or two meters away from others in your home.
* Wear a face mask if they are in any room with other people, unless they have trouble breathing.
* Avoid sharing household items.
* Stay connected with others – you and your child can use technology to communicate with friends and family.

If after 14 days your child still doesn’t have symptoms, your child may end their quarantine and return to regular activities.

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| **Number of Days After Possible Exposure** | **What Happens?** |
| Day 0: [Insert Date] | This is the day your child was last in contact with the person with COVID-19 at school. |
| Day 7: [Insert Date] | You have the option of getting your child tested on or after day 7 of their quarantine period, if they have not had any symptoms. The test should be for a current infection (like a PCR test), except it should not be an antigen test (also known as a rapid test). Your child needs to remain in quarantine until you get the test results. If the results are negative and your child still does not have any symptoms, they may return to school and end quarantine. Continue monitoring them for symptoms for the remainder of the 14 day period. Learn more about [getting tested in Vermont](https://www.healthvermont.gov/response/coronavirus-covid-19/testing-covid-19) at [www.healthvermont.gov/covid19testing](http://www.healthvermont.gov/covid19testing). |
| Day 14: [Insert Date] | This is the last day of quarantine (if your child was not tested on or after day 7, as described above). If your child still doesn’t have symptoms, they may return to school the next day. |

# Daily cleaning and washing:

* Clean and disinfect surfaces in your home. If your child is staying in a separate room and using a separate bathroom, have the child or one caregiver clean that room. Have a separate household member clean the other areas of the home, if possible.
* Thoroughly wash household items, like utensils, after your child uses them.
* Make sure your child and household members wash their hands often with soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren’t available.

# If at any point your child develops symptoms:

* Contact your child’s health care provider by phone to find out if your child should be evaluated. Let them know your child is quarantining at home because they are a close contact of someone who was diagnosed with COVID-19.
* 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.
* People with mild illness can treat their symptoms at home: get plenty of rest, drink plenty of fluids, and take fever-reducing medication if needed.
* If your child has symptoms, household members and other close contacts should also quarantine at home.

# When to get medical care immediately:

If your child has trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, or changes in color on their lips, gums, face, around the eyes, or nails, seek medical care immediately. When you call for medical care, tell the provider or 9-1-1 that your child is quarantining at home because they are a close contact of someone with COVID-19.

# How does COVID-19 spread?

COVID-19 spreads when a person infected with COVID-19 breathes out droplets and very small particles that contain the virus when they cough, sneeze, sing, talk, or breathe. People who are closer than 6 feet from the person with COVID-19 are most likely to get infected. You can get COVID-19 if these droplets or particles are breathed in, land on your eyes nose or mouth, or get on your hands, and then you touch your eyes, nose or mouth.

Vaccines are the best way to protect your child against COVID-19. When your child is fully vaccinated, they are much less likely to get sick and less likely to spread the virus to others. Everyone who is eligible for the COVID-19 vaccine should get vaccinated. It’s free, quick and easy. Talk with your child’s health care provider if you have questions or find a vaccine site near you at [healthvermont.gov/MyVaccine](http://www.healthvermont.gov/MyVaccine). Everyone, including children who can’t be vaccinated, can take prevention steps to protect themselves and others. Learn more at [healthvermont.gov/StaySafeVT](http://www.healthvermont.gov/StaySafeVT).

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. With your participation, we believe we can create a safe and fun experience for your children.

**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]