[Insert Today’s Date]

Mudane Waalid/Masuul:

Waxa ay igu amreen Kooxda Daba Galka Isku Dhawaanshaha COVID-19 ee Waaxda Caafimaadka Vermont in aan kula wadaago macluumaadka soo socda.

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

# Waxaanu rumaysannahay in ilmahaagu u dhawaatay qofkaasi la sheegay inuu qabo COVID-19.

Mudada qabitaannka qofku waxay ka bilaabantaa laba maalmood ka hor marka ay bilaabmaan calaamaduhu (ama dadka aan qabin calaamadaha, laba maalmood kahor shaybaadhkooda) oo waxay ku eeg tahay ilaa inta uu qofku ladnaanayo.

**Haddii ilmahaaga si buuxda loo tallaalay, uma baahna in la karantiilo ilaa uu astaamo yeesho mooyee.** Si buuxda u tallaalan waxa looga jeedaa inay 14 maalmood ka soo wareegeen ilaa markii ilmahaagu qaatay tallaalka labaad. Waxaanu ku talinaynaa inaad baaritaan ku samayso 7 maalmood kadib taariikhda u baylaha (Maalinta 0 waa taariikhda u baylahista). Haddii ilmahaagu astaamaha yeesho mar uun, raadi baaritaan isla markiiba, oo guriga ku hay ilmahaaga adigoo dadka kale ka fogaynaya.

**Hubi in Ilmahaagu qaatay tallaalka haddii uu u qalmo.** [**Raadi goobta kuugu dhow**](https://www.healthvermont.gov/covid-19/vaccine/getting-covid-19-vaccine)**.**

**Haddii ilmahaagu ka bogsaday COVID-19 3 bilood ee tagay oo aanu lahayn wax astaamo cusub ah**, uma baahna in la karantiilo ama la baaro. Haddii uu yeesho astaamo, ilmahaaga guriga ku hay oo dadka kale ka fogee lana xiriir bixiyihiisa daryeelka caafimaad si uu talo kuu siiyo.

**Haddii ilmahaagu aanu si buuxda u tallaalayn, ilmuhu wuxuu u baahan yahay inuu guriga joogo 14 maalmood. Waxaa taas loo yaqaan karantiime. Waxa aad la socotaa calaamadaha xanuunka wakhtigan.**

* Maalinta 0 ee karantiimada waxaa weeye maalinta ilmahaaga ugu danbaysay ee uu u dhawaaday qof qaba. (Waxaad ka eegtaa shaxda hoose taariikhaha muhiimka ah.)
* Waaxda Caafimaadku waxay ku talisaa in la baaro ugu horrayn maalinta 2 iyo mar labaad maalinta 7. Baaritaanku waa inuu ahaadaa keliya caabuqa hadda (Tusaale PCR Test), waa inaanu ahaan baaritaanka antigiinka (rapid test). Haddii baaritaanka maalinta 2 waxba laga waayo, sii wad karantiilka. Haddii baaritaanka maalinta 7 waxba laga waayo, Ilmahaaguna aanu lahayn wax calaamado ah, ilmahaagu waa ka bixi karaa karantiilka. Haddii baaritaanada mid ahaan wax laga helo, raac tilmaamaha aysoleeshinka ee halkan ku jira healthvermont.gov/covid19positive.
* Waxa aad la socotaa calaamadaha, xataa haddii ay yar yihiin, qufaca, neefta ku dhibaysa ama mushkilada neefsiga, xummada, , daalka, murqo xanuun ama jidh xanuun, madax xanuun, cuno xanuun, urta ama dhadhanka oo dhawaan meesha ka baxa, sanka oo xidhma ama duuf, yalaalugo ama hunqaaco, ama shuban.
* Ilmahaagu waa in aanu ka bixin guriga, marka aad daryeel caafimaad doonanayso moojee.
* Marka hore soo hadal inta aanad booqan daryeelka caafimaad bixiye ama waaxda gurmadka degdeg ah ee aad ilmahaaga usoo kaxaynayso.
* 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. **Ilaa inta macquulka ah**, ilmahaagu waa inuu:
* Joogaa qol gaar ah oo gurigaaga ah oo waxa aad isticmaashaa suuli gaar ah.
* Waxa aad ugu yaraan u jirsataa lix fuudh ama laba mitir dadka kale ee gurigaaga jooga.
* Xidhaa waji gashad hadii uu qol ugu galayo dad kale, iyada oo uu dhib qabo neefsiga ah moojee.
* Inuu iska ilaaliyo la wadaagista dadka kale alaabaadka guriga.
* Ku xidhnaw dadka kale - adiga iyo ilmahaagu waxa uu isticmaali karaa teknooloojiyada si uu ula xidhiidho asxaabtii iyo qoyskiisa.

Hadii 14 maalmood kadib ilmahaagu weli uu leeyahay calaamado, ilmahaagu waxa uu soo afjari karaa karantiimada oo waxa uu ku noqon karaa hawlaha caadiga ah.

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| **Dhawr Maalmood Kadib Marka uu Qofku U Dhawaaday Cida Qabta** | **Maxaa Dhacaya?** |
| Maalinta 0: [Insert Date] | Waa maalinta ilmahaaga ugu danbaysay ee uu u dhawaaday qof qaba COVID-19 dugsiga. |
| Maalinta 7: [Insert Date] | Waxa aad ikhtiyaarka u leedahay inaad ilmahaaga ka baadho marka uu gaadho 7 maalmood kadib mudada karintiinka, hadii aanu lahayn wax calaamado ah. Baaritaanku waa inuu ahaadaa keliya caabuqa hadda (Tusaale PCR Test), waa inaanu ahaan baaritaanka antigiinka (rapid test). Ilmahaagu waa inuu kusii jiraa karantiinka ilaa inta natiijada shaybaadhku ay soo baxayso. Hadii natiijada lagaa waayo oo ilmahaagu aanu weli qabin wax calaamado ah, waxay ku noqon karaan waxbarashada oo waxay soo afjari karaan karantiimada. Waxa aad la socotaa calaamadaha inta ka hadhsan mudada 14 maalmood. Wax badan kaga ogow [baaritaanka Vermont](https://www.healthvermont.gov/response/coronavirus-covid-19/testing-covid-19) halkan [www.healthvermont.gov/covid19testing](http://www.healthvermont.gov/covid19testing). |
| Maalinta 14: [Insert Date] | Waxaa weeye maalinta ugu danbaysa ee karantiinka (hadii ilmahaaga aan la baadhin ama maalinta 7 aad kadib, sida kor lagu sheegey). Hadii ilmahaagu aanu weli lahayn calaamado, waa inuu ku noqdaa dugsiga maalinta xigta. |

# Nadaafada iyo maydhitaanka maalin kasta:

* Nadiifi oo jeermiska ka dil meelaha la taataabto ee gurigaaga. Hadii ilmahaagu uu ku nool yahay qol gaar ah oo uu isticmaalo suuli gaar ah, ilmahaaga ama mid kamid ah cida daryeeshaa ha u nadiifiso qolka. Cid kale oo qoyska ahi ha nadiifiso aaga kale ee guriga, hadii ay macquul tahay.
* Waxa aad u maydhaa alaabta gurigaaga si wanaagsan, sida agabka, marka uu ilmahaagu isticmaalo kadib.
* Waxa aad xaqiijisaa in ilmahaaga iyo xubnaha qoyskaagu ay badanaa ku farxashaan saabuun iyo biyo ugu yaraan 20 ilbidhiqsi. Isticmaal gacmo nadiifiyaha alkohoosha leh haddii aanad haysan saabuun iyo biyo.

# Hadii wakhti kamid ah wakhtiyada ilmahaagu uu yeesho calaamado:

* Waxa aad la xidhiidhaa daryeelka caafimaad bixiyaha ilmahaaga oo kula xidhiidh taleefanka si aad u ogaato hadii ilmahaaga ay tahay in la baadho. Waxa aad u sheegtaa in ilmahaagu uu ku jiro karantiimo maadaama oo ay u dhawaadeen qof laga heley COVID-19.
* 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.
* Dadka qaba xanuunada yaryar waxay ku dawayn karaan astaamaha ay qabaan guriga; si wanaagsan ayay u nasanayaan, cabayaan dareere badan, oo waxay qaadanayaan dawooyinka yareeya xumada hadii loo baahdo.
* Hadii ilmahaagu uu qabo astaamo, xubin qoyskaaga ah iyo dadka kale ee uu u dhawaaday ayaa sidoo kale karantiin ku galaya guriga.

# Goorta ay tahay in daryeelka caafimaad dhakhso loo doonto:

Hadii ilmahaagu uu mushkilad ku qabo neefsiga, ay jiraan damqasho joogto ah ama cadaadis laabta ah, dawakhaad cusub, uu soo toosi kari waayo ama uu soo jeedi kari waayo, ama isbadal midabka dabnaha, ciridka, wajiga, aaga indhaha, ama cidiyaha ah uu jiro, u raadi daryeel caafimaad isla markiiba. Marka aad la hadlayso daryeelka caafimaadka, waxa aad u sheegtaa bixiya ama 9-1-1 in ilmahaagu uu ku jiro karantiime guriga maadaama oo aad u dhawaatay qof qaba COVID-19.

# Siduu COVID-19 u faafaa?

COVID-19 wuxuu fidaa marka qof qaba COVID-19 uu soo daayo dhibco iyo qurubyo aad u yaryar oo uu ku jiro fayrasku markii uu qufaco, hindhiso, heeso, hadlo, ama neefsado. Dadka u jira wax ka yar 6 fuudh qofka qaba COVID-19 aad ayay ugu dhaw yihiin inay cudurka qaadaan. Waxaad qaadi kartaa COVID-19 haddii dhibcahan ama qurubyadan aad qaadato, indhaha, sanka ama afka kaa galaan, ama gacmahaaga gaaraan, kadibna aad indhaha, sanka ama afka taabato.

Tallaaladu waa qaabka ugu wanaagsan ee aad uga ilaalin karto ilmahaaga COVID-19. Marka ilmahaaga si buuxda loo tallaalo, ilmuhu aad ayey u yar tahay inuu bukoodo ama inuu dadka kale fayraska u gudbiyo. Qof kasta oo mutaystay inuu qaato tallaalka COVID-19 waa inuu is tallaalo. Waa bilaash, dhakhso iyo fudayd. La hadal bixiyaha daryeelka caafimaad ee ilmahaaga haddii aad qabto su'aalo ama ka raadi goob tallaal oo kuu dhaw halkan [healthvermont.gov/MyVaccine](http://www.healthvermont.gov/MyVaccine). Cid kasta, oo ay ku jiraan carruurta aan la tallaali karin, waxay qaadi karaan tallaabooyin kahortag si ay u ilaaliyaan naftooda iyo dadka kale. Wax badan ka baro [healthvermont.gov/StaySafeVT](http://www.healthvermont.gov/StaySafeVT).

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. Ka qaybqaadashadaada darteed, waxaanu rumaysannahay inaanu u abuuri karno jawi badbaado iyo madadaalo leh carruurtaada.

**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 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]