[Insert Today’s Date]

Mpendwa mzazi/mlezi:

Nimeamrishwa na Timu ya Ufuatiliaji wa Waliotangamana na COVID-19 katika Idara ya Afya ya Vermont kukupa taarifa ifuatayo.

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

# Tunaamini kwamba mtoto wako alitangamana kwa karibu na mtu aliye na COVID-19.

Kipindi cha hatari ya kuambukiza wengine huanza siku mbili kabla ya dalili zozote kuanza (au kwa watu wasio na dalili yoyote, siku mbili kabla ya siku waliyopimwa) na kinaendelea hadi watakapopona.

**Ikiwa mtoto wako amepata chanjo kamili, hahitajiki kuwekwa karantini isipokuwa ikiwa ana dalili.** Chanjo kamili inamaanisha siku 14 zimepita tangu dozi ya mwisho ya chanjo ya mtoto wako. Tunapendekeza umpeleke akapimwe siku 5 adi 7 baada ya tarehe ya kuwa katika hatari (Siku ya 0 ni tarehe yake ya kwanza kuwepo hatarini). Ikiwa mtoto wako atakuwa na dalili wakati wowote, mpeleke akapimwe mara moja, na umweke mtoto wako nyumbani mbali na wengine.

Hakikisha kuwa watoto wako wanapata chanjo wanapokuwa wanastahiki. [Tambua eneo la kutoa chanjo lililopo karibu nawe.](https://www.healthvermont.gov/covid-19/vaccine/getting-covid-19-vaccine)

**Ikiwa mtoto wako amepona COVID-19 ndani ya miezi 3 iliyopita na hana dalili zozote**, hahitaji kuwekwa karantini au kupimwa. Ikiwa atapata dalili, weka mtoto wako nyumbani mbali na wengine na uwasiliane na mtoa huduma wake wa afya kwa maelekezo.

**Ikiwa mtoto wako hajapata chanjo kamili, anahitaji kukaa nyumbani kwa siku 14. Hii inaitwa karantini. Chunguza uwezekano wa dalili za ugonjwa wakati huu.**

* Siku ya 0 ya kipindi cha karantini ni siku ambayo mtoto wako aliwasiliana na mtu huyo mara ya mwisho. (Tazama jedwali hapo chini kwa tarehe muhimu.)
* Idara ya Afya inapendekeza kupimwa mara tu siku ya 2 inapofika na tena siku ya 7. Kipimo kiwe ni kwa ajili ya maambukizi ya sasa (kama vile kipimo cha PCR), isipokuwa isiwe kipimo cha antijeni (pia kinafahamika kama kipimo cha haraka). Ikiwa kipimo cha siku ya 2 hakionyeshi maambukizi, endelea na karantini. Ikiwa kipimo cha siku ya 7 hakionyeshi maambukizi na mtoto wako bado haonyeshi dalili zozote, anaweza kumaliza karantini. Ikiwa kipimo chochote kinaonyesha maambukizi, fuata mwongozo wa kujitenga katika healthvermont.gov/covid19positive.
* Chunguza dalili, hata ikiwa sio kali za, kikohozi, kupumua kwa shida au matatizo ya kupumua, homa, kibaridi, uchovu, maumivu ya misuli au mwili, maumivu ya kichwa, mwasho wa koo, upotezaji mpya wa hisia za ladha au harufu, kuziba au kamasi kwenye pua, kichefuchefu au kutapika, au kuhara.
* Mtoto wako hapaswi kuondoka nyumbani, isipokuwa anapokwenda kupata huduma ya matibabu.
* Piga simu kabla ya kutembelea mtoa huduma ya afya au idara ya dharura ukiwa na mtoto wako.
* 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. **Kadiri iwezekanavyo**, mtoto wako anapaswa:
* Kukaa katika chumba maalum nyumbani kwako na atumie bafu tofauti.
* Kukaa angalau futi sita au mita mbili kutoka kwa watu wengine nyumbani mwako.
* Kuvaa barakoa ikiwa yuko kwenye chumba chochote na watu wengine, isipokuwa akiwa na shida ya kupumua.
* Aepuke kutumia na wengine vitu vya nyumbani.
* Dumisha mawasiliano na wengine - wewe na mtoto wako mnaweza kutumia teknolojia kuwasiliana na marafiki na familia.

Ikiwa baada ya siku 14 mtoto wako bado hana dalili, mtoto wako anaweza kutoka karantini na kurudi kwenye shughuli za kawaida.

|  |  |
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| **Idadi ya Siku Baada ya Uwezekano wa Kuwa Hatarini** | **Nini kinatokea?** |
| Siku ya 0: [Insert Date] | Hii ndiyo siku ambayo mtoto wako alitangamana kwa mara ya mwisho na mtu aliye na COVID-19 akiwa shuleni. |
| Siku ya 7: [Insert Date] | Una chaguo la kumpima mtoto wako Siku ya 7 au baadaye baada ya kipindi cha karantini, ikiwa hajakuwa na dalili yoyote. Kipimo kiwe ni kwa ajili ya maambukizi ya sasa (kama vile kipimo cha PCR), isipokuwa isiwe kipimo cha antijeni (pia kinafahamika kama kipimo cha haraka). Mtoto wako anatakiwa kubaki kwenye karantini hadi upate matokeo ya kipimo. Ikiwa matokeo yanaonyesha hana virusi na mtoto wako bado hana dalili zozote, anaweza kurudi shuleni na kumaliza kukaa karantini. Endelea kumfuatilia kwa uwezekano wa kuwepo dalili katika kipindi kilichosalia kati ya hizo siku 14. Pata maelezo zaidi kuhusu [kupimwa huko Vermont](https://www.healthvermont.gov/response/coronavirus-covid-19/testing-covid-19) kwenye [www.healthvermont.gov/covid19testing](http://www.healthvermont.gov/covid19testing). |
| Siku ya 14: [Insert Date] | Hii ni siku ya mwisho ya karantini (endapo mtoto wako hakupimwa siku ya 7 au baadaye, kama ilivyoelezwa hapo juu). Ikiwa mtoto wako bado hana dalili, anaweza kurudi shuleni siku inayofuata. |

# Kusafisha na kuosha kila siku:

* Safisha na utumie kemikali ya kuua viini vya maradhi kwenye sehemu za nyumba yako. Ikiwa mtoto wako anakaa katika chumba tofauti na anatumia bafu tofauti, mwelekeze mtoto huyo au mtoa huduma mmoja asafishe chumba hicho. Panga mwanafamilia tofauti asafishe maeneo mengine ya nyumba, ikiwezekana.
* Osha vizuri kabisa vifaa vya nyumbani, kama vyombo, baada ya mtoto wako kuvitumia.
* Hakikisha mtoto wako na wanafamilia wanaosha mikono yao mara kwa mara kwa sabuni na maji kwa angalau sekunde 20. Tumia kitakasa mikono chenye kileo ikiwa sabuni na maji havipatikani.

# Ikiwa wakati wowote mtoto wako ataonyesha dalili:

* Wasiliana na mtoa huduma ya afya ya mtoto wako kwa simu ili kujua kama mtoto wako anapaswa kutathminiwa. Wajulishe kuwa mtoto wako anajitenga nyumbani kwa sababu ni mtangamanaji wa karibu na mtu ambaye aligunduliwa kuwa ana COVID-19.
* 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.
* Watu walio na maradhi yasiyo makali wanaweza kutibu dalili zao nyumbani: kupumzika vya kutosha, kunywa vimiminika vingi, na kunywa dawa za kupunguza homa kama itahitajika.
* Ikiwa mtoto wako ana dalili, wanakaya na wengine waliotangamana naye kwa karibu pia wanapaswa kukaa karantini nyumbani.

# Wakati gani wa kupata huduma ya matibabu mara moja:

Ikiwa mtoto wako ana matatizo ya kupumua, maumivu yasiyoisha au shinikizo kwenye kifua, kuchanganyikiwa upya, kushindwa kuamka au kubaki kama ameamka au mabadiliko ya rangi kwenye midomo, ufizi, uso, karibu na macho au kwenye kucha zake, tafuta huduma za kimatibabu mara moja. Utakapopiga simu kwa huduma ya matibabu, mwambie mtoa huduma au 9-1-1 kwamba mtoto wako yuko karantini nyumbani kwa sababu alitangamana kwa karibu na mtu aliye na COVID-19.

# Je, COVID-19 huenea vipi?

COVID-19 huenea wakati mtu aliye na COVID-19 anapumua matone na chembe ndogo sana zilizo na virusi wakati anapokohoa, kupiga chafya, kuimba, kuongea, au kupumua. Watu walio karibu zaidi ya futi 6 kutoka kwa mtu aliye na COVID-19 wana uwezekano mkubwa wa kuambukizwa. Unaweza kupata COVID-19 ikiwa matone au chembe hizi zitapumuliwa ndani, kutua kwenye macho, pua au mdomo wako, au kuguswa na mikono yako, na kisha uguse macho, pua au mdomo wako.

Chanjo ni njia bora zaidi ya kumlinda mtoto wako dhidi ya COVID-19. Wakati mtoto wako amepata chanjo kamili, ana uwezekano mdogo wa kuugua na ana uwezekano mdogo wa kueneza virusi kwa wengine. Kila mtu anayestahiki chanjo ya COVID-19 anapaswa kupata chanjo. Hailipishwi, ni ya haraka na rahisi. Zungumza na mtoa huduma ya afya ya mtoto wako ikiwa una maswali au utafute eneo la kutoa chanjo karibu nawe katika [healthvermont.gov/MyVaccine](http://www.healthvermont.gov/MyVaccine). Kila mtu, ikiwa ni pamoja na watoto ambao hawapaswi kupata chanjo, anaweza kuchukua hatua za kujikinga mwenyewe na wengine. Pata maelezo zaidi katika [healthvermont.gov/StaySafeVT](http://www.healthvermont.gov/StaySafeVT).

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. Kwa ushiriki wako, tunaamini tunaweza kuhakikisha mazingira salama na ya kufurahisha kwa watoto wako.

**Tafadhali piga simu kwa Idara ya Afya ya Vermont kupitia 802-863-7240 (chagua 8) ikiwa una maswali au tashwishi.** Taarifa zaidi zinapatikana katika wavuti 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 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]