[插入今日日期]

尊敬的学生家长/监护人：

佛蒙特州卫生部COVID-19接触者追踪小组指示本人与您分享以下信息。

在[插入日期]，我们了解到[插入学校名称]有一名新冠肺炎（COVID-19）感染者。

**我们认为，您的孩子与该名COVID-19感染者有密切接触。**

密切接触是指，在感染者具有传染性期间，于24小时内在6英尺或2米范围内与其接触时间达到15分钟或更长时间。感染者的感染期从开始出现任何症状的前两天起计算（对于无症状感染者，则从其接受检测的前两天起计算），一直持续到他们康复为止。

**您的孩子需要居家隔离14天。这种方式被称为“预防性隔离”。在隔离期内，要密切注意是否出现患病症状。**

* 隔离期的第0天应是您的孩子最后一次与该名感染者接触的日期。（重要日期见下表。）
* 注意有无以下症状，即使症状轻微，也不要忽视：咳嗽、呼吸急促或呼吸困难、发热、发冷、反复畏寒颤抖、疲劳、肌肉酸痛或身体疼痛、头痛、咽喉痛、新发性味觉或嗅觉丧失、鼻塞或流涕、恶心或呕吐或腹泻。
* 除就医外，请勿让您的孩子离开家。所有家庭成员在需要离家时，都必须佩戴口罩。
* 在带孩子前往医疗保健提供者处或急诊室之前，请提前致电告知。
* 在家中时，您的孩子应与家中其他成员保持距离，尤其是老人或体弱之人。您的孩子应**尽可能**：
* 待在家中的某一特定房间内，并使用单独的卫生间。
* 与家中其他人保持至少6英尺或2米的距离。
* 除非呼吸困难，否则您的孩子在与其他人共处一室时，必须戴上口罩。
* 避免共用家中物品。
* 与他人保持联系 – 您和您的孩子可通过现代技术与朋友和家人沟通。

若14天后，您的孩子仍未出现症状，则可结束隔离，恢复正常活动。

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| **发生潜在接触后的天数** | **这意味着什么？** |
| 第0天：[插入日期] | 这是您的孩子在学校与COVID-19感染者最后一次接触的日期。 |
| 第7天：[插入日期] | 若您的孩子未出现任何症状，您可选择在隔离期的第7天或之后让您的孩子接受检测。在收到检测结果之前，您的孩子需要处于隔离状态。若结果为阴性，且您的孩子仍未出现任何症状，则可返校并结束隔离。在14天隔离期的余下时间内，继续监测孩子是否出现症状。如需了解关于在佛蒙特州接受检测的更多信息，请访问[www.healthvermont.gov/covid19testing](http://www.healthvermont.gov/covid19testing)。 |
| 第14天：[插入日期] | 这是隔离期的最后一天（若您的孩子在第7天或之后未接受检测，如上所述）。若您的孩子仍未出现任何症状，则可在次日返校。 |

**注册接收每日症状检查提醒。**

请注册接收Sara Alert快速简便且免费的检查COVID-19症状的提醒。Sara Alert每天都会发送一条消息，持续发送两个星期，询问您的孩子是否有任何症状。您可以选择通过电子邮件、短信或电话接收消息。如果您报告症状，卫生部门将会向您提供指导和后续步骤介绍方面的帮助。

Sara Alert不是接触者追踪系统。它不是基于GPS，因此它不会监视某人的行动或追踪其所在位置。**单击此处注册接收Sara Alert：https://tinyurl.com/VermontSaraAlert**

**日常清洁和清洗：**

* 对家中的各种表面进行清洁和消毒。若您的孩子住在单独的房间且使用单独的卫生间，则可让孩子自己或一名护理者清洁其房间。如有可能，可让另一名家庭成员清洁家中的其他区域。
* 在您的孩子使用家中物品（如餐具）后，要彻底清洗这些物品。
* 确保您的孩子及家庭成员经常用肥皂和水清洗双手，并至少持续20秒。如果没有肥皂和水，则使用含酒精洗手液擦手。

**若您的孩子在其间任何时候出现症状：**

* 通过电话联系您的孩子的医疗保健提供者，了解您的孩子是否需要接受健康评估。请告知他们您的孩子正在家中隔离，因为孩子与COVID-19确诊者有过密切接触。
* 若您的孩子发生紧急医疗情况，请致电9-1-1或前往医院就诊。
* 若您的孩子没有医疗保健提供者，可致电2-1-1，联系您所在地区的诊所。
* 轻症患者可在家中对症治疗：多休息，多饮水，必要时服用退烧药。
* 若您的孩子出现症状，则家庭成员及其他密切接触者也应居家隔离。

**何时应立即就医：**

如果您的孩子出现呼吸困难、胸痛、意识模糊的症状，或嘴唇、牙龈、面部、眼睛周围或指甲颜色发生变化，请立即就医。在您拨打急救电话时，请告知医务人员或9-1-1，您的孩子因与COVID-19感染者密切接触而正在居家隔离。

**COVID-19如何传播？**

与COVID-19感染者密切接触是COVID-19的主要传播途径。通常认为，病毒通过人在说话、咳嗽或打喷嚏时产生的飞沫在人与人之间进行传播。飞沫的传播距离不超过6英尺。当其他人口中的飞沫进入您的口腔或鼻腔时，可能会被您吸入到肺内。无症状感染者也可传播病毒。

由于医疗隐私法规定，我们不能披露COVID-19感染者的姓名，感谢您的理解。如有任何变化和最新信息，我们会继续与您沟通。我们相信，在您的积极参与下，我们可以共同为孩子营造一段安全而有趣的体验。

**若您有何疑问或疑虑，请致电佛蒙特州卫生部：802-863-7240（按8号键）。**有关更多信息，请访问卫生部网站：[www.healthvermont.gov/COVID-19](http://www.healthvermont.gov/COVID-19)。

非常感谢，

[您的姓名和联系信息]

[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 name].

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

Close contact means being within six feet, or two meters, for a total of 15 minutes or more over a 24-hour period while the person was infectious. 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.

**Your child needs 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.)
* Watch for symptoms, even if mild, of cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with 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. All household members should wear a face mask if they need to leave home.
* 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 elderly or vulnerable. **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. 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. |

**Sign up for daily symptom check reminders.**

Please sign up to get fast, easy, and free reminders to check for COVID-19 symptoms though Sara Alert. Sara Alert sends a message every day for two weeks asking if your child has any symptoms. You can choose to receive messages by email, text or phone. If you report symptoms, the Health Department will reach out to provide guidance and next steps.

Sara Alert is not a contact tracing system. It is not GPS-based, so it does not monitor someone's movements or track their location. **Click here to sign up for Sara Alert: https://tinyurl.com/VermontSaraAlert**

**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, chest pain, confusion, 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 mainly from having close contact with someone who has a COVID-19 infection. The virus is thought to spread by droplets from person to person when they speak, cough, or sneeze. Droplets travel less than 6 feet. When droplets from another person get in your mouth or nose, you can inhale them into your lungs. This virus can be spread by people without symptoms.

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: [www.healthvermont.gov/COVID-19](http://www.healthvermont.gov/COVID-19).

Many thanks,

[Your name and contact info]