[ထၢနုာ်လီၤတနံၤအံၤနံၤသီ]

ဆူ-မိၢ်ပၢ် ပှၤကွၢ်ထွဲတၢ်ဖိအအိၣ်-

ယဘၣ်တၢ်နဲၣ်လီၤယၤခီဖျိတၢ်ဃုလူၤပိာ်ထွဲပှၤလၢအိၣ်ဘူးဒီးပှၤဒိးန့ၢ် COVID-19 တၢ်ဆါကရူၢ်ဖဲ Vermont ဆူၣ်ချ့ဝဲၤကျိၤဒ်သိးကဟ့ၣ်နီၤလီၤ တၢ်ဂ့ၢ်တၢ်ကျိၤ လၢလာ်အံၤဆူနအိၣ်န့ၣ်လီၤ.

ဖဲ [ထၢနုာ်လီၤ နံၤသီ] န့ၣ်, ပသ့ၣ်ညါဘၣ်လၢပှၤဒိးန့ၢ်ဘၣ် 2019 ခိရိနၣ်တၢ်ဆါဃၢ် (COVID-19) ဖဲ [ထၢနုာ်လီၤကၠိအမံၤ] န့ၣ်လီၤ.

**ပနာ်လၢနဖိအံၤ အိၣ်ဘူးတ့ၢ်ဒီးပှၤလၢအဒိးန့ၢ်ဘၣ် COVID-19 တၢ်ဆါန့ၣ်လီၤ.**

တၢ်အိၣ်ဘူးအခီပညီမ့ၢ်ဝဲတၢ်အိၣ်စီၤစုၤလိာ်သးလၢ 6 ခီၣ်ယီၢ်, မ့တမ့ၢ် 2 မံထၢၣ်အတကွီၢ်ပူၤ, လၢ 15 မံးနံးမ့တမ့ၢ်အါန့ၣ်အန့ၣ်လၢ 24 နၣ်ရံၣ်အတီၢ်ပူၤ ဖဲပှၤတဂၤအံၤ ဒုးဘၣ်ကူဘၣ်ဂၤပှၤအဂၤသ့အခါန့ၣ်လီၤ. ပှၤတဂၤအတၢ်ဒုးဘၣ်ကူဘၣ်ဂာ်အံၤစးထီၣ်သးလၢတချုးအတၢ်ဆါပနီၣ်အိၣ်ဖျါထီၣ် 2 သီအတီၢ်ပူၤ (မ့တမ့ၢ်ပှၤလၢ တၢ်ဆါ ပနီၣ် တအိၣ်တဖၣ်အဂီၢ်, စးထီၣ်လၢတချုးအမၤကွၢ်သး 2 သီ)ဒီးဆူညါတုၤလၢအဝဲသ့ၣ်ကိညၢ်လီၤတစုန့ၣ်လီၤ.

**နဖိကဘၣ်အိၣ်လၢဟံၣ်လၢ 14 သီအတီၢ်ပူၤန့ၣ်လီၤ. တၢ်အံၤဘၣ်တၢ်ကိးအီၤလၢတၢ်ပာ်လီၤဆီပှၤဆူးပှၤဆါန့ၣ်လီၤ. ဖဲအဆၢကတီၢ်အံၤန့ၣ်, ပလီၢ်သူၣ်ပလီၢ်သးဘၣ်ဃးတၢ်ဆူးတၢ်ဆါပနီၣ်သ့ၣ်တဖၣ်တက့ၢ်.**

* တၢ်ပာ်လီၤဆီပှၤဆူးပှၤဆါအဆိကတၢၢ်တသီန့ၣ်မ့ၢ်ဝဲဖဲနဖိအိၣ်ဘူးဒီးပှၤဒိးန့ၢ်တၢ်ဆါအလီၢ်ခံကတၢၢ်တသီန့ၣ်လီၤ. (ကွၢ်တၢ်ကွဲးနီၣ် ကွဲးဃါစရီလၢလာ်အံၤ လၢမုၢ်နံၤမုၢ်သီအကါဒိၣ်တဖၣ်အဂီၢ်တက့ၢ်.)
* ပာ်သူၣ်ပာ်သးတၢ်ဆါပနီၣ်တဖၣ်လၢအမ့ၢ်တၢ်ကူး, ကသါတဘျဲမ့တမ့ၢ်ကသါကီ, တၢ်လိၤကိၢ်, တၢ်စုချံၣ်ခီၣ်ချံၣ်, တၢ်ကနိးလၢကဲထီၣ်သးတလီၢ်လီၢ်, တၢ်ဘှံးသူၣ်တီၤသး, ယုၢ်ညၣ်ဆါ မ့တမ့ၢ်နီၢ်ခိမိၢ်ပှၢ်ဆါတကံတကးတဖၣ်, ခိၣ်သၣ်ဃံဆါ, ကိာ်ယုၢ်ပူၤဆါ, ကိာ်ပူၤလီၤဘျါ မ့တမ့ၢ် တၢ်နၢတၢ်နွါ လီၤမၢ်လၢကဲထီၣ်သီ, နါဒ့ခံဘံး မ့တမ့ၢ် နါအ့ၣ်ထံယွၤ, သးကလဲၤမ့တမ့ၢ်ဘှီးမ့တမ့ၢ်ဟၢဖၢလူဖဲအမ့ၢ်ကဲထီၣ်တဆံးတက့ၢ်ဒၣ်လဲၣ်တက့ၢ်.
* မ့တမ့ၢ်လၢတၢ်ဒိးန့ၢ်ဆူၣ်ချ့တၢ်ကွၢ်ထွဲအဂီၢ်န့ၣ်, နဖိတဘၣ်ဟးထီၣ်လၢဟံၣ်ချၢဘၣ်. ဟံၣ်ဖိဃီဖိတဖၣ်မ့ၢ်ဘၣ်ဟးထီၣ်လၢဟံၣ်ချၢၣ်န့ၣ်, ကဘၣ်ဖျီၣ်နါဒ့ခံဖျီၣ် န့ၣ်လီၤ.
* ဖဲနၤဒီးနဖိတချုးဟဲထံၣ်လိာ်သးဒီးကသံၣ်သရၣ်မ့တမ့ၢ်ဟဲဆူဂ့ၢ်ဂီၢ်အူဝဲၤကျိၤအခါန့ၣ်, ကိးဆိလီတဲစိတက့ၢ်.
* ဖဲအိၣ်လၢဟံၣ်အခါန့ၣ်, နဖိကြၢးအိၣ်ယံၤဒီးဟံၣ်ဖိဃီဖိတဖၣ်လီၤဆီဒၣ်တၢ်ပှၤသးပှၢ်ဒီးပှၤလၢအဘၣ်ဒိဘၣ်ထံးညီသ့ၣ်တဖၣ်န့ၣ်လီၤ. **တသ့ဖဲအသ့န့ၣ်,** နဖိအံၤကြၢး-
* အိၣ်လၢဒၢးလီၤလီၤဆီဆီအပူၤဒီးစူးကါတၢ်ဟးလီၢ်လီၤလီၤဆီဆီ.
* အိၣ်ယံၤဒီးဟံၣ်ဖိဃီဖိအဂၤအစှၤကတၢၢ် 6 ခီၣ်ယီၢ် မ့တမ့ၢ် 2 မံထၢၣ်.
* သိးနါဒ့ခံဖျီၣ်ဖဲအဝဲသ့ၣ်အိၣ်ဒီးပှၤအဂၤတဖၣ်လၢဒၢးတဖျၢၣ်ဃီအပူၤမ့တမ့ၢ်လၢအအိၣ်ဒီးတၢ်ကသါတၢ်ဂ့ၢ်ကီအခါ.
* ဟးဆှဲးတၢ်စူးကါသကိးဟံၣ်ဃီတၢ်ပီးတၢ်လီတဖၣ်.
* ဆဲးကျိးဆဲးကျၢလိာ်သးဆူညါဒီးပှၤအဂၤတဖၣ်-နၤဒီးနဖိအံၤစူးကါတၢ်သ့တၢ်ဘၣ်ပီညါဒ်သကိးကဆဲးကျိးဆဲးကျၢလိာ်သးဒီးတံၤသကိးတဖၣ်ဒီးဟံၣ်ဖိဃီဖိတဖၣ်သ့ဝဲန့ၣ်လီၤ.

ဖဲ 14 သီဝံၤအလီၢ်ခံ, နဖိမ့ၢ်တအိဒီးတၢ်ဆါပနီၣ်နီတမံၤန့ၣ်, နဖိအံၤပာ်ပတုာ်တၢ်အိၣ်လီၤဆီသ့ဝဲဒီးက့ၤမၤတၢ်ဟူးတၢ်ဂဲၤဒ်ညီနုၢ်တဖၣ်သ့ဝဲန့ၣ်လီၤ.

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| --- | --- |
| **မုၢ်နံၤမုၢ်သီတဖၣ်လၢတၢ်ဘၣ်ကူဘၣ်ဂာ်ကဲထီၣ်သးသ့ဝံၤအလီၢ်ခံ** | **တၢ်မနုၤကဲထီၣ်သးလဲၣ်.** |
| မုၢ်နံၤ 0- [ထၢနုာ်လီၤ နံၤသီ] | တၢ်အံၤမ့ၢ်မုၢ်နံၤအလီၢ်ခံကတၢၢ်တနံၤလၢနဖိအိၣ်ဘူးဒီးပှၤလၢအဒိးန့ၢ်ဘၣ် COVID-19 တၢ်ဆါဖဲကၠိအံၤန့ၣ်လီၤ. |
| မုၢ်နံၤ 7 သီတသီ- [ထၢနုာ်လီၤ နံၤသီ] | ဖဲနဖိမ့ၢ်တအိၣ်ဒီးတၢ်ဆါပနီၣ်တဖၣ်အခါန့ၣ်, နအိၣ်ဒီးတၢ်ဃုထၢလၢနကမၤကွၢ် နဖိအိၣ် လီၤလီၤဆီဝံၤဖဲ 7 သီတသီ မ့တမ့ၢ် ဝံၤအလီၢ်ခံန့ၣ်လီၤ. နဖိအံၤကဘၣ်အိၣ်လီၤလီၤတုၤလၢအဒိးန့ၢ်ဘၣ်တၢ်မၤကွၢ်အစၢတစုန့ၣ်လီၤ. နဖိတၢ်မၤကွၢ်အစၢမ့ၢ်ပာ်ဖျါဝဲလၢတအိၣ်ဒီးတၢ်ဆါဃၢ်ဒီးနဖိမ့ၢ်တအိၣ်ဒီးတၢ်ဆါပနီၣ်နီတမံၤဘၣ်န့ၣ်, နဖိက့ၤထီၣ်ကဒါက့ၤကၠိမ့တမ့ၢ်ပတုာ်တၢ်အိၣ်လီၤလီၤဆီဆီသ့ဝဲန့ၣ်လီၤ. မုၢ်နံၤမုၢ်သီလၢ အအိၣ်လီၤတဲာ်သ့ၣ်တဖၣ်လၢကပှဲၤထီၣ် 14 သီအဂီၢ်, သမံသမိးကွၢ်ဒံး အတၢ်ဆါပနီၣ်သ့ၣ်တဖၣ်တက့ၢ်. မၤလိအါထီၣ်ဘၣ်ဃး[တၢ်မၤကွၢ်လၢ Vermont အပူၤ](https://www.healthvermont.gov/response/coronavirus-covid-19/testing-covid-19).  |
| မုၢ်နံၤ 14 သီတသီ- [ထၢနုာ်လီၤ နံၤသီ] | တၢ်အံၤမ့ၢ်တၢ်အိၣ်လီၤလီၤဆီဆီလၢခံကတၢၢ်တသီ(ဖဲနဖိမ့ၢ်တမၤကွၢ်အသးဖဲ 7 သီတသီ မ့တမ့ၢ် ဝံၤအလီၢ်ဒ်တၢ်ပာ်ဖျါအီၤလၢထးအသိး) န့ၣ်လီၤ. နဖိအံၤမ့ၢ်တအိၣ်ဒီး တၢ်ဆါပနီၣ် သ့ၣ် တဖၣ်ဒီး, အဝဲသ့က့ၤထီၣ်ကဒါက့ၤကၠိလၢဆူညါတနံၤသ့ဝဲန့ၣ်လီၤ. |

**ဆဲးလီၤမံၤလၢတနံၤဘၣ်တနံၤတၢ်ဟ့ၣ်ဒုးသ့ၣ်နီၣ်တၢ်မၤကွၢ်တၢ်ဆါပနီၣ်တက့ၢ်.**

ဝံသးစူၤဆဲးလီၤမံၤဒ်သိးနကဒိးန့ၢ်တၢ်ဟ့ၣ်ဒုးသ့ၣ်နီၣ်ထီၣ်လၢအချ့,အညီ,ဒီးအကလီလၢနမၤကွၢ် COVID-19 တၢ်ဆါပနီၣ်တဖၣ်ခီဖျိ Sara Alert တက့ၢ်. ဆှၢတၢ်ကွဲးပရၢကိးနံၤဒဲးလၢခံနွံအတီၢ်ပူၤဒီးသံကွၢ်ဝဲဒၣ်မ့ၢ်နဖိအိၣ်ဒီးတၢ်ဆါပနီၣ်သ့ၣ်တဖၣ်ဧါန့ၣ်လီၤ.နဃုထၢလၢနကဒိးန့ၢ်တၢ်ကွဲးပရၢတဖၣ်အံၤလၢအံမ့ လ်,လီတဲစိတၢ်ကွဲးပရၢမ့တမ့ၢ်လီတဲစိသ့ဝဲန့ၣ်လီၤ.နမ့ၢ်ပာ်ဖျါထီၣ်တၢ်ဆါပနီၣ်သ့ၣ်တဖၣ်န့ၣ်,ဆူၣ်ချ့ဝဲၤကျိၤအံၤကဆဲးကျိးနၤဒ်သိးကဟ့ၣ်လီၤနၤတၢ်နဲၣ်ကျဲတဖၣ်ဒီးဆူညါတၢ်မၤပတီၢ်သ့ၣ်တဖၣ်န့ၣ်လီၤ.

Sara Alert န့ၣ်တမ့ၢ်တၢ်ရဲၣ်တၢ်ကျဲၤလၢတၢ်ဃုလူၤပိာ်ထွဲတၢ်အိၣ်ဘူးဒီးပှၤဆါအဂီၢ်ဘၣ်. တၢ်အံၤတမ့ၢ်ဒိးသန့ၤထီၣ်သးလၢ GPS အဖီခိၣ်ဘၣ်,လၢတၢ် န့ၣ်အဃိအတကွၢ်စူၣ်ကယာ်ပှၤတဂၤအတၢ်ဟူးတၢ်ဂဲၤမ့တမ့ၢ်တလူၤပိာ်ထွဲအတၢ်လီၢ်တၢ်ကျဲဘၣ်.ဆီၣ်လီၤဖဲအံၤလၢနကဆဲးလီၤမံၤလၢ **https://tinyurl.com/VermontSaraAlert** အဂီၢ်တက့ၢ်.

**တနံၤဘၣ်တနံၤတၢ်မၤကဆှဲကဆှီဒီးတၢ်သ့စီတၢ်-**

* မၤကဆှဲကဆှီဒီးမၤသံတၢ်ဆါဃၢ်ဖဲတၢ်လီၢ်လၢနဟံၣ်ပူၤတဖၣ်တက့ၢ်. နဖိမ့ၢ်အိၣ်လၢဒၢးလီၤလီၤဆီဆီမ့တမ့ၢ်မ့ၢ်စူးကါတၢ်ဟးလီၢ်လီၤလီၤဆီဆီန့ၣ်, မၢနဖိမ့တမ့ၢ်ပှၤကွၢ်ထွဲတၢ်ဖိမၤကဆှၢဒၢးတဖျၢၣ်အံၤတက့ၢ်. မ့ၢ်သ့န့ၣ်, မၢဟံၣ်ဖိဃီဖိလီၤလီၤဆီဆီတဂၤလၢကမၤကဆှဲကဆှီတၢ်လီၢ်အဂၤလၢဟံၣ်ပူၤတက့ၢ်.
* ဖဲနဖိစူးကါဟံၣ်ဃီပီးလီတဖၣ်ဒ်အမ့ၢ်သဘံၣ်လီခီဝံၤအလီၢ်ခံန့ၣ်, မၤကဆှဲကဆှီအီၤဂ့ၤဂ့ၤဘၣ်ဘၣ်တက့ၢ်.
* မၤလီၤတံၢ်လၢနကမၢနဖိဒီးဟံၣ်ဖိဃီဖိသ့ၣ်တဖၣ်ကသ့စီအစုလၢဆးပၠၣ်ဒီးထံတလီၢ်လီၢ်လၢအစဲးကး 20 အတီၢ်ပူၤတက့ၢ်. ဖဲထံဒီးဆးပၠၣ်တအိၣ်အလီၢ်န့ၣ်, စူးကါကသံၣ်မၤကဆှီစုလၢတၢ်တ့အီၤလၢသံးအစီတက့ၢ်.

**ဖဲနဖိမ့ၢ်ဒိးန့ၢ်ဘၣ်တၢ်ဆါပနီၢ်တဖၣ်လၢအဆၢကတီၢ်တကတီၢ်လၢ်လၢ်န့ၣ်-**

* ဆဲးကျိးနဖိကသံၣ်သရၣ်ခီဖျိတၢ်ကိးလီတဲစိဒ်သိးနကသံကွၢ်သံဒိးလၢမ့ၢ်နဖိအံၤတၢ်ကြၢးသမံသမိးအီၤအဂီၢ်တက့ၢ်. ဒုးသ့ၣ်ညါအဝဲသ့ၣ်လၢနဖိအံၤဘၣ်အိၣ်လီၤလီၤဆီဆီလၢဟံၣ်မ့ၢ်လၢအအိၣ်ဘူးဒီးပှၤလၢအဒိးန့ၢ်ဘၣ် COVID-19 တၢ်ဆါအဃိန့ၣ်လီၤ.
* နဖိအံမ့ၢ်အိၣ်ဒိးဂ့ၢ်ဂီၢ်အူဆူၣ်ချ့တၢ်ဂ့ၢ်ကီဒီး, ကိး 911 မ့တမ့ၢ်လဲၤဆူတၢ်ဆါဟံၣ်တက့ၢ်.
* နဖိအံၤမ့ၢ်တအိၣ်ဒီးအကသံၣ်သရၣ်ဘၣ်ဒီး, ကိး 211 ဒ်သိးတၢ်ကဆဲးကျိးန့ၢ်နၤဆူကသံၣ်ဒၢလၢနလီၢ်ကဝီၤပူၤအဂီၢ်တက့ၢ်.
* ပှၤလၢအအိၣ်ဒီးတၢ်ဆါလၢအစၢ်သ့ၣ်တဖၣ်အံၤကူစါယါဘျါတၢ်ဆါပနီၣ်သ့ၣ်တဖၣ်လၢဟံၣ်သ့ဝဲ-အိၣ်ဘှံးအိၣ်သါအါအါ, အိတၢ်ထံတၢ်နိအါအါ, ဒီးမ့ၢ်လိၣ်ဘၣ်န့ၣ် အိကသံၣ်လၢမၤကိညၢ်လီၤတၢ်လိၤကိၢ်သ့ဝဲန့ၣ်လီၤ.
* နဖိမ့ၢ်အိၣ်ဒီးတၢ်ဆါပနီၣ်သ့ၣ်တဖၣ်န့ၣ်, ဟံၣ်ဖိဃီဖိသ့ၣ်တဖၣ်ဒီးပှၤလၢအအိၣ်ဘူးဒီးအီၤသ့ၣ်တဖၣ်ကြၢးအိၣ်လီၤလီၤဆီဆီစ့ၢ်ကီးန့ၣ်လီၤ.

**တၢ်ကဘၣ်ဒိးန့ၢ်ဆူၣ်ချ့တၢ်ကွၢ်ထွဲတကတီၢ်ဃီလၢအခါဖဲလဲၣ်-**

နဖိမ့ၢ်အိၣ်ဒီးတၢ်ကသါကီခဲ, သးနါပှၢ်ဆါ, တၢ်သးကဒံကဒါ, မ့တမ့ၢ်နိးဖံးအလွဲၢ်, မဲကူၤ, မဲာ်သၣ်, မဲချံကပိာ်ကပၤအလွဲၢ်မ့ၢ်ဆီတလဲသးန့ၣ်, ဃုဒိးန့ၢ်ဆူၣ်ချ့ တၢ်ကွၢ်ထွဲ တဘျီဃီတက့ၢ်. နမ့ၢ်ကိးလီတဲစိလၢဆူၣ်ချ့တၢ်ကွၢ်ထွဲအဂီၢ်န့ၣ်, တဲဘၣ်ကသံၣ်သရၣ်မ့တမ့ၢ် 911 လၢနဖိအံၤဘၣ်အိၣ်လီၤလီၤဆီဆီလၢ ဟံၣ်မ့ၢ်လၢ အဝဲသ့ၣ်အိၣ်ဘူးဒီးပှၤလၢအဒိးန့ၢ်ဘၣ် COVID-19 တၢ်ဆါအဃိတက့ၢ်.

**COVID-19 အံၤရၤလီၤအသးဒ်လဲၣ်.**

COVID-19 အံၤအါဒၣ်တက့ၢ်ရၤလီၤသးခီဖျိတၢ်အိၣ်ဘူးဒီးပှၤလၢအအိၣ်ဒီး COVID-19 တၢ်ဆါဘၣ်ကူဘၣ်ဂာ်အဃိန့ၣ်လီၤ. ဘဲးရၢး(စ)အံၤရၤလီၤအသးခီဖျိ တၢ်အထံလီၤစီၤဆံးကိာ်ဖိလၢပှၤတဂၤဆူအဂၤတခါဖဲအကတိၤတၢ်, ကူးမ့တမ့ၢ်ကဆဲအခါန့ၣ်လီၤ. တၢ်အထံလီၤစီၤဆံးကိာ်ဖိအံၤရၤလီၤအသးစှၤန့ၣ် 6 ခီၣ်ယီၢ် န့ၣ်လီၤ.ဖဲတၢ်အထံလီၤစီၤဆံးကိာ်ဖိလၢပှၤအဂၤတဂၤအအိၣ်အံၤနုာ်လီၤဆူနကိာ်ပူၤ မ့တမ့ၢ် နနါဒ့ခံပူၤအခါန့ၣ်, နကသါနုာ်လီၤဘၣ်အီၤဆူနပသိၣ်ပူၤသ့ဝဲန့ၣ်လီၤ. ဘဲရၢး(စ)အံၤရၤလီၤအသးခီဖျိပှၤလၢတအိၣ်ဒီးတၢ်ဆါပနီၣ်သ့ၣ်တဖၣ်သ့ဝဲန့ၣ်လီၤ.

ခီဖျိတၢ်ဆူးတၢ်ဆါအတၢ်ဘံၣ်တၢ်ဘၢတၢ်ဘျၢသဲစးတဖၣ်အဖီခိၣ်န့ၣ်, ပပာ်ဖျါထီၣ်ပှၤလၢအဒိးန့ၢ်ဘၣ် COVID-19 အမံၤတသ့ဘၣ်, ဒီးပစံးဘျုးနၤလၢ နတၢ်နၢ်ပၢၢ်စၢၤပှၤအဃိန့ၣ်လီၤ. ပကဆဲးကျိးဆဲးကျၢနၤဘၣ်ဃးတၢ်ဆီတလဲတဖၣ်ဒီးတၢ်ဂ့ၢ်တၢ်ကျိၤအသီသ့ၣ်တဖၣ်ဆူညါန့ၣ်လီၤ. ခီဖျိနတၢ်ပာ်ဖှိၣ်မၤသကိးတၢ်အဃိန့ၣ်, ပနာ်လၢပဒုးအိၣ်ထီၣ်တၢ်လဲၤခီဖျိလၢအပူၤဖျဲးဒီးတၢ်ဘၣ်ယိၣ်ဒီးအမုာ်လၢနဖိအဂီၢ်သ့ဝဲန့ၣ်လီၤ.

**နမ့ၢ်အိၣ်ဒီးတၢ်သံကွၢ်တဖၣ်မ့တမ့ၢ်တၢ်ဘၣ်ယိၣ်တဖၣ်န့ၣ်, ဝံသးစူၤကိးဆူၣ်ချ့ဝဲၤကျိၤလၢလီတဲစိနီၣ်ဂံၢ် 802-863-7240 (တၢ်ဃုထၢနီၣ်ဂံၢ် 8) တက့ၢ်.** ဆူညါတၢ်ဂ့ၢ်တၢ်ကျိၤသ့ၣ်တဖၣ်အံၤတၢ်ဒိးန့ၢ်အီၤသ့ဖဲဆူၣ်ချ့ဝဲၤကျိၤပှာ်ယဲၤသန့- [www.healthvermont.gov/COVID-19](http://www.healthvermont.gov/COVID-19) န့ၣ်လီၤ.

ပှဲၤဒီးတၢ်စဲးဘျုးအါ,

[နမံၤဒီးတၢ်ဆဲးကျိးအဂ့ၢ်အကျိၤ]

[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.

|  |  |
| --- | --- |
| **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).  |
| 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]