[Andika ngaha Itariki y’uwumusi]

Muvyeyi/murezi twikundira:

Narongowe n’Umurwi Ujejwe Gutahura Abegereye umurwayi wanduye COVID-19 mu Gisata Kijejwe Amagara y’Abantu I Vermont kugira ndababarire amakuru akurikira.

Kw’igenekerezo rya [andika itariki ngaha], twamenyeshejwe ko hari umuntu yanduye Indwara ya Coronavirus 2019 (COVID-19) kuri [andika izina ry’ishure].

**Turiyumvira ko umwana wawe yegereye umuntu afise COVID-19.**

Kumwegera bisigura kuba bari ku kirere kidashika ku birenge bitandatu, canke ku metero zibiri, mu kiringo c’iminota 15 canke kirenga amasaha 24 mu gihe uyu muntu yari arwaye. Ikiringo c’uburwayi gitangura guharurwa umuntu amaze imisi ibiri imbere yuko hari ikimenyetso c’ingwara ico ari co cose kibonekeza (canke ku bantu vyanse ko ibimenyetso vyibonekeza, imisi ibiri imbere yo gupimwa) kandi kigaca kibandanya gushika bakize.

**Umwana wawe ategerezwa kuguma i muhira imisi 14. Ibi vyitwa gushirwa mumwiherero. Kurereka ibimenyetso vy’indwara muri iki kiringo.**

* Umusi uharurwa 0 w’iki kiringo co kwiherera ni umusi wa nyuma uyu mwana wawe yegereye uyu muntu arwaye. (Soma ku rutonde hasi wihweze amatariki ahambaye.)
* Kurereka ibimenyetso vy’indwara, n’aho vyoba vyoroheje, vy’inkorora, guhema udashikana canke ingorane zo guhema, umucanwa, kujugumira, kujugumira ukongera ukamerereza kenshi, kuruha, ububabare bwo mu mitsi canke ububabare bwo mu ngingo, kumeneka umutwe, kubabara mu muhogo, gutangura kudasosererwa canke kutamoterwa, gupfungana mu mazuru canke ibicurane, iseseme canke kudahwa, canke gucibwamwo.
* Umwana wawe ategerezwa kuguma mu rugo, kiretse agiye kwa muganga. Abantu bose bo mu rugo bategerezwa kwambara agapfukamunwa nimba bategerezwa kuva mu rugo.
* Terefona hakiri kare mbere yo kujana umwana wawe aho umutangabufasha mu buvuzi akorera canke ku bitaro bitaho indembe.
* Mu gihe uri i muhira, umwana wawe ategerezwa kuja ukwa wenyene ntiyegere abandi bantu bo mu rugo, canecane uwo wese afise imyaka yisumbuye canke abashobora kubangamirwa n’indwara gusumba abandi. **Uko bishoboka kwose**, umwana wawe ategerezwa:
* Kuguma mu cumba kadondwa 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 niyoba ari hamwe n’abandi mu cumba icari co cose, kiretse afise ingorane zo guhema.
* Kwirinda gusangira ibikoresho vyo mu rugo.
* Kubandanya ahanahana amakuru n’abandi – wewe n’umwana wawe mutegerezwa kwisunga ubuhinga bwa none mu guhanahana amakuru n’abagenzi n’umuryango.

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

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| **Imisi Iharurwa Nyuma y’uguhura n’Umurwayi** | **Bigenda gute?** |
| Umusi 0: [Andika itariki ngaha] | Uyu ni umusi wa nyuma umwana wawe yahuye n’umuntu arwaye COVID-19 kw’ishure. |
| Umusi w’ 7: [ Andika itariki ngaha] | Urafise guhitamwo gupimisha umwana wawe ku musi w’ 7 canke nyuma yaho mu kiringo co gushirwa mumwiherero, nimba ata bimenyetso vyibonekeje. Umwana wawe akeneye kuguma mumwiherero gushika uronse inyishu z’ibipimo. Ibipimo nivyokwerekana ko atarwaye kandi umwana wawe abandanya kutagira ibimenyetso vy’indwara , arashobora gusubira kw’ishure agaheza ikiringo co kwiherera. Bandanya gucungera ko hari ibimenyetso vy’indwara vyibonekeza mu misi isigaye y’ikiringo c’imisi 14. Menya ayandi makuru yerekeye [ingene wokwipimisha muri Vermont](https://www.healthvermont.gov/response/coronavirus-covid-19/testing-covid-19). |
| Umusi w’14: [Andika Itariki ngaha] | Uyu ni umusi wa nyuma w’ikiringo co kwiherera (Nimba umwana wawe atarapimwe ku musi w’ 7 canke nyuma yawo, nkuko vyadondowe hejuru). Nimba umwana wawe abandanyije kutagira ibimenyetso vy’indwara vyibonekeza, arashobora gusubira kw’ishure ku musi ukurikira. |

**Kwiyandikisha kugira urungikirwe buri musi ubutumwa bukwibutsa gusuzuma ibimenyetso vy’indwara.**

Nkundira wiyandikishe kugira uronke ningoga, ubutumwa bukwibutsa gusuzuma ibimenyetso vya COVID-19 mu buryo bworoshe, kandi ku buntu biciye mu butumwa bugabisha batazira Sara Alert. Sara Alert irungika ubutumwa bugabisha buri munsi mu kiringo c’indwi zibiri ikubaza nimba umwana wawe hari ibimenyetso ivyo vyose afise. Urashobora guhitamwo kurungikirwa ubutumwa kuri email, mu butumwa bugufi bwo kuri terefone canke bakakwakura kuri terefone. Nimba umenyesheje ko hari ibimenyetso vyibonekeje , abakozi bo mu Gisata Kijejwe Amagara y’Abantu bazokwegera bakuronse ubuyobozi utegerezwa gukurikiza n’intambwe zikurikira utegerezwa gutera.

Sara Alert ntabwo ari sisitemu irondera abantu bahuye n’umurwayi. Ntiyisunga uburyo bw’ikarata ndondabihugu bwa GPS, nticungera ingene umuntu yiyunguruza canke ngo irondere ahantu umuntu ari. **Fyonda ngaha kugira wiyandikishe muri Sara Alert: https://tinyurl.com/VermontSaraAlert**

**Gukora isuku buri musi no kumesura:**

* Kora isuku kandi ukoreshe imiti yica imigera. 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 urimwo alcool wagenewe gukaraba iminwe mu gihe ubuze isabuni n’amazi.

**Nimba ibimenyetso vy’indwara bitiibonekeje 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 mumwiherero 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 ryo kumubungabunga 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 mumwiherero.

**Igihe ugomba kwitabwaho vyihutirwa:**

Nimba umwana wawe afise ingorane zo guhema, ababara mu gikiriza, vyamuvurunze mu mutwe, canke yahinduye ibara ku minwa yiwe, ku binyigishi, mu maso, hafi y’amaso, canke ku nzara, rondera kumuvuza 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 ikwiragira ahanini wegeranye n’umuntu yanduye COVID-19. Uyu mugera vyiyumvirwa yuko ukwiragizwa n’utuma tunzwinya tuva ku muntu tuja ku wundi iyo bariko baravuga, barakorora, canke basamura. Utuma tunzwinya twiyunguruza ku kirere kidashika kuri metero zibiri zireha n’ibirenge 6. Iyo utuma tunzwinya tuvuye ku wundi muntu twinjiye mu kanwa kawe canke mu mazuru, urashobora kuduhema mu mahaha yawe. Uyu mugera urashobora gukwiragizwa n’umuntu adafise ibimenyetso.

Turagukengurukiye ko wobitegera neza, bitumwe n’amategeko agenga ibanga ry’amakuru y’ubuvuzi, ntidushobora gushira ahabona amazina y’abantu bandukijwe COVID-19. Tuzobandanya kubamenyesha amahinduka n’amakuru mashasha. Niwoterera uruhara rwawe, twiyumvira ko dushobora gutunganya ahantu hari umutekano abana bigina .

**Nyabuna terefona mu Gisata Kijejwe Amagara y’Abantu i Vermont ku nomero 802-863-7240 (ufyonde 8) nimba ufise akakubakiye canke amakenga wipfuza guserura.** Amakuru atomoye woyaronka ku muhora wo ku ngurukanabumenyi w’Igisata Kijejwe Amagara y’Abantu: [www.healthvermont.gov/COVID-19](http://www.healthvermont.gov/COVID-19).

Murakoze cane,

[Andika amazina yawe n’ingene umuntu yogutora]

[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). |
| 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]