[Geli Taariikhda Maanta]

Mudane waalid/koriye:

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 [Geli taariikhda' waxaanu ogaanay shakhsi qaba Cudurka Koroonafayras 2019 (COVID-19) inuu joogo [geli magaca dugsiga].

**Waxa aan aaminsanahay in ilmahaaga inuu u dhawaadey qofka qaba COVID-19.**

U dhawaanshuhu waxa uu ka dhigan yahay u jirsasho wax ka yar lix fuudh ama laba mitir, isugayn 15 daqiiqo ama wax ka badan 24 saacadood mudo ah isaga oo qofku qabo xanuunka. Mudada qabitaannka qofku waxay ka bilaabantaa laba maalmood kahor marka ay bilaabmaan calaamaduhu (ama dadka aan qabin calaamadaha, laba maalmood kahor shaybaadhkooda) oo waxay ku eeg tahay ilaa inta uu qofku ladnaanayo.

**Ilmahaaga waxaa loo baahan yahay inuu joogo guriga 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.)
* Waxa aad calaamadaha, xataa hadii ay yar yihiin, qufaca, neefta ku dhibaysa ama mushkilada neefsiga, xumada, qadhqadhyada, u gariirka qadhqadhyada, daalka, muro xanuun ama jidh xanuun, madax xanuun, cuno xanuun, urta ama dhadhanka oo meesha ka baxa, sanka oo xidhma ama duuf, yayaalugo ama hunqaaco, ama shuban.
* Ilmahaagu waa in aanu ka bixin guriga, marka aad daryeel caafimaad doonanayso moojee. Dhamaan xubnaha qoysku waa inay xidhaan waji gashad hadii ay guriga ka baxayaan.
* Marka hore soo hadal inta aanad booqan daryeelka caafimaad bixiye ama waaxda gurmadka degdeg ah ee aad ilmahaaga usoo kaxaynayso.
* Inta aad joogto guriga, ilmahaagu waa inuu ka fogaadaa dadka kale ee qoyska, gaar ahaan qof kasta oo waayeel ah ama nugul. **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: [Geli Taariikhda] | Waa maalinta ilmahaaga ugu danbaysay ee uu u dhawaaday qof qaba COVID-19 dugsiga. |
| Maalinta 7: [Geli Taariikhda] | Waxa aad ikhtiyaarka u leedahay inaad ilmahaaga ka baadho marka uu gaadho 7 maalmood kadib mudada karintiinka, hadii aanu lahayn wax calaamado ah. 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 iyo dhamaadka karantiimada. Waxa aad la socotaa calaamadaha inta ka hadhsan mudada 14 maalmood. Wax badan ka baro [is baaridda Vermont](https://www.healthvermont.gov/response/coronavirus-covid-19/testing-covid-19). |
| Maalinta 14: [Geli Taariikhda] | 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 qof gaar ah oo uu isticmaalo suuli gaar ah, ilmahaaga ama mid kamid ah cida daryeeshaa ka 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, hadii 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 neefsigu ku adag yahay ilmahaaga, laabtu xanuunto, jaahwareero, ama uu isbadalo midabka dabnahiisu, ciridkiisa, wajigiisa, indhahiisa hareerahooga, ama cidiyahiisa, waxa aad markaba doonataa daryeel caafimaad. Marka aad la hadlayso daryeelka caafimaadka, waxa aad u sheegtaa bixiya ama 9-1-1 in aad ku jirto karantiime guriga maadaama oo aad u dhawaatay qof qaba COVID-19.

**Siduu COVID-19 u faafaa?**

COVID-19 wuxuu sida badan ku faafaa inaad u dhawaato qof qaba caabuqa COVID-19. Fayraska waxa la aaminsan yahay inuu dadka ugu kala gudbo dhibcaha candhuufta markay hadlayaan, qufacayaan, ama hindhisayaan dadku. Dhibcuhu waxay gaaraan in ka yar 6 fuudh. Marka dhibcaha candhuufta qof kale ayay u galaan afka ama sankaaga waxaanu u neefsan kartaa sambabada. Fayraska waxa gudbin kara oo kale dad aan astaamaha lahayn.

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

Aad ayaad u mahadsan tahay,

[Magacaaga iyo macluumaadka xidhiidhkaaga]

[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. |

**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]