[Jaza Tarehe ya Leo]

Mpendwa mzazi/mlezi:

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

Mnamo [jaza tarehe], tuligundua mtu aliye na Ugonjwa wa Korona 2019 (COVID-19) katika [jaza jina la shule].

**Tunaamini kuwa mtoto wako, alitangamana kwa karibu na mtu aliye na COVID-19.**

Kutangamana kwa karibu kunamaanisha kuwa karibu kwa futi sita, au mita mbili, kwa jumla ya dakika 15 au zaidi katika kipindi cha saa 24 wakati mtu huyo alikuwa katika hatari ya kuambukiza wengine. 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.

**Mtoto wako 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 hapa chini kwa tarehe muhimu.)
* Chunguza uwezekano wa dalili, hata ikiwa kidogo, ya kikohozi, kushindwa kupumua au kupumua kwa shida, homa, baridi, kutetemeka mara kwa mara kwa baridi, uchovu, maumivu ya misuli au maumivu ya mwili, maumivu ya kichwa, kuwashwa koo, upotezaji mpya wa ladha au harufu, msongamano au kamasi katika pua, kichefuchefu au kutapika, au kuharisha.
* Mtoto wako hapaswi kuondoka nyumbani, isipokuwa anapokwenda kupata huduma ya matibabu. Wanafamilia wote wanapaswa kuvaa barakoa ikiwa wanataka kuondoka nyumbani.
* Piga simu kabla ya kutembelea mtoa huduma ya afya au idara ya dharura ukiwa na mtoto wako.
* Ukiwa nyumbani, mtoto wako anapaswa kukaa mbali na watu wengine katika kaya, hususan mtu yeyote ambaye ni mzee au anayeweza kuathirika. **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 kuchangia 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.

|  |  |
| --- | --- |
| **Idadi ya Siku Baada ya Uwezekano wa Kuwa Hatarini** | **Nini hufanyika?** |
| Siku ya 0: [Jaza Tarehe] | Hii ndiyo siku ambayo mtoto wako alitangamana kwa mara ya mwisho na mtu aliye na COVID-19 akiwa shuleni. |
| Siku ya 7: [Jaza Tarehe] | Una chaguo la kumpima mtoto wako Siku ya 7 au baadaye baada ya kipindi cha karantini, ikiwa hajakuwa na dalili yoyote. Mtoto wako anahitaji kubaki katika karantini hadi upate matokeo ya kipimo. Ikiwa matokeo yanaonyesha hana virusi na mtoto wako bado hana dalili zozote, anaweza kurudi shuleni na kutoka karantini. Endelea kumfuatilia kwa uwezekano wa dalili katika kipindi cha siku 14 zilizosalia. Pata maelezo zaidi kuhusu  [kupimwa ukiwa Vermont](https://www.healthvermont.gov/response/coronavirus-covid-19/testing-covid-19)  . |
| Siku ya 14: [Jaza Tarehe] | Hii ni siku ya mwisho ya karantini (ikiwa mtoto wako hakupimwa siku ya 7 au baadaye, kama ilivyoelezwa hapo juu). Ikiwa mtoto wako bado hana dalili, anaweza kurudi shuleni siku inayofuata. |

Jisajili kwa vikumbusho vya kila siku vya kufuatilia dalili.

Tafadhali jiandikishe ili kupata vikumbusho vya haraka, rahisi, na vya bure kuangalia dalili za COVID-19 kupitia Sara Alert. Sara Alert hutuma ujumbe kila siku kwa wiki mbili ikiuliza ikiwa mtoto wako ana dalili zozote. Unaweza kuchagua kupokea ujumbe kwa barua pepe, maandishi au simu. Ukiripoti dalili, Idara ya Afya itawasiliana nawe kukupa mwongozo na hatua zinazofuata.

Sara Alert sio mfumo wa kutafuta wawasiliani. Haitumii GPS, kwa hivyo haifuatilii mtu au kufuatilia eneo lake. **Bonyeza hapa kujisajili katika Sara Alert: https://tinyurl.com/VermontSaraAlert**

**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, panga mtoto au mtoa huduma mmoja asafishe chumba hicho. Panga mwanafamilia tofauti asafishe maeneo mengine ya nyumba, ikiwezekana.
* Osha 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 kilicho na kilevi 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 ikiwa 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 waliotangamana naye wengine kwa karibu pia wanapaswa kuwekwa karantini nyumbani.

**Wakati gani wa kupata huduma ya matibabu mara moja:**

Ikiwa mtoto wako ana shida kupumua, maumivu ya kifua, kuchanganyikiwa, au mabadiliko ya rangi kwenye midomo yake, fizi, uso, karibu na macho, au kucha, pata huduma ya matibabu 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 aghalabu kwa kuwa karibu sana na mtu ambaye ana maambukizi ya COVID-19. Virusi huaminika kuenea kwa matone kutoka kwa mtu hadi mwingine wanapokuwa wanaongea, kukohoa, au kupiga chafya. Matone husafiri umbali usiofikia futi 6. Wakati matone kutoka kwa mtu mwingine yanaingia kwenye kinywa chako au pua, unaweza kuyavuta ndani ya mapafu yako. Virusi vinaweza kuenezwa na watu wasio na dalili.

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 kwa nambari 802-863-7240 (chagua 8) ikiwa una maswali au tashwishi.** Taarifa zaidi zinapatikana katika wavuti wa Idara ya Afya:  [www.healthvermont.gov/COVID-19](http://www.healthvermont.gov/COVID-19) .

Shukrani nyingi,

[Jina lako na taarifa za mawasiliano]

[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 through 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]