**လံာ်ပရၢ-ပှၤဒိးန့ၢ်ဘၣ် COVID-19 ဖဲတၢ်ကွၢ်ထွဲဖိသၣ်အလီၢ်ဒီးတၢ်ကွၢ်ထွဲဖိသၣ်ထီၣ်ကၠိ အလီၢ်/ကရၢၢ်**

ဆူ-ဟံၣ်ဖိဃီဖိတဖၣ်/ပှၤမၤတၢ်ဖိ/ကမံးတံာ်မိၢ်ပှၢ်-

ဖဲ xxx န့ၣ်, ပသ့ၣ်ညါဘၣ်လၢ ပှၤတဂၤဖဲပကၠိတၢ်မၤလိအလီၢ်အံၤ အိၣ်ဒီး 2019 ခိရိနၣ်တၢ်ဆါဃၢ် (COVID-19) ဖဲ [ကၠိ/ဖိသၣ်တၢ်ကွၢ်ထွဲလီၢ်/တၢ်လီၢ်တၢ်ကျဲမံၤ] န့ၣ်လီၤ. ပဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးလၢနကဒုးအိၣ်ထီၣ်တၢ်ဖံးတၢ်မၤလၢကတြီဆၢစၢၤ COVID-19 တၢ်ရၤလီၤ ဖဲနဖိမ့ၢ်တတူၢ်ဘၣ်တၢ်ဆါက့ၢ်ပနီၣ်တဖၣ်ဒၣ်လဲာ်န့ၣ်လီၤ.

**တၢ်အကါဒိၣ်ကတၢၢ်လၢနမၤအီၤသ့တဖၣ်-**

* မၤလီၤတံၢ်လၢနဖိအံၤသိး[တၢ်ကျီၤဘၢမဲာ်](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html)တက့ၢ်.
* မၤလီၤတံၢ်လၢနဖိအံၤ [ကသ့ကဆှီအစုအဂီၢ်တက့ၢ်](https://www.cdc.gov/handwashing/when-how-handwashing.html).
* နဖိမ့ၢ်ဆိက့န့ၣ်ပာ်အီၤလၢဟံၣ်တက့ၢ်.
* နဖိမ့ၢ်အိၣ်ဒီး [COVID-19 တၢ်ဆါက့ၢ်ပနီၣ်](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html)သ့ၣ်တဖၣ်န့ၣ်, ကိးလီတဲစိဆူနကသံၣ်သရၣ်အအိၣ်တက့ၢ်.

**ပှၤလၢအအိၣ်ဘူးသ့ၣ်တဖၣ်တၢ်ကဘိးဘၣ်သ့ၣ်ညါအီၤန့ၣ်လီၤ-**

ပှၤလၢအ[အိၣ်ဘူးဒ](https://apps.health.vermont.gov/COVID/faq/#4575)ီးပှၤဒိးန့ၢ်တၢ်ဆါဃၢ်တဂၤအံၤ ဘၣ်သ့ၣ်သ့ၣ်ကဒိးန့ၢ်ဘၣ်ဝဲတၢ်ဆါဃၢ် ဒီးတၢ်ကစံးဘၣ်အီၤလၢကအိၣ်လီၤဖျီၣ်သးအဂီၢ်, လၢအခီပညီမ့ၢ်ဝဲအိၣ်လၢဟံၣ်ဒီးအိၣ်ယံၤဒီးပှၤဂၤတဖၣ် လၢ 14 သီ အတီၢ်ပူၤန့ၣ်လီၤ. တၢ်အိၣ်လီၤဖျီၣ်သးအခီပညီမ့ၢ်မနုၤလဲၣ်န့ၣ် ဖးအီၤ [ဖဲအံၤ](https://apps.health.vermont.gov/COVID/faq/#4618) တက့ၢ်.

တၢ်မ့ၢ်ပာ်နၤဒ်သိးပှၤတဂၤလၢအအိၣ်ဘူးဒီးပှၤဒိးန့ၢ်တၢ်ဆါန့ၣ်, ပှၤတဂၤဂၤလၢ [ကၠိမံၤ ဖိသၣ်တၢ်ကွၢ်ထွဲလီၢ် တၢ်လီၢ်တၢ်ကျဲၤအမံၤ] မ့တမ့ၢ် ဆူၣ်ချ့ဝဲၤကျိၤအံၤကဘိးဘၣ်သ့ၣ်ညါနၤ ဒီးကဟ့ၣ်လီၤနၤတၢ်ဂ့ၢ်တၢ်ကျိၤ ဒီးတၢ်နဲၣ်ကျဲလၢတၢ်အိၣ်လီၤဖျီၣ်သးအဂီၢ် ဒီးတၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးအဂၤတဖၣ်န့ၣ်လီၤ. ဆူၣ်ချ့ဝဲၤကျိၤမ့ၢ်ကိးနၤန့ၣ်, မၤလီၤတံၢ်လၢနကစံးဆၢအီၤ မ့တမ့ၢ်ကကိးကဒါက့ၤအီၤ တက့ၢ်.

[မၤလိအါထီၣ်ဘၣ်ဃးပှၤလၢကၠိတဂၤမ့ၢ်ဒိးန့ၢ်ဘၣ်တၢ်ဆါန့ၣ်တၢ်မနုၤကကဲထီၣ်သးလဲၣ်.](https://apps.health.vermont.gov/COVID/faq/#4738)

**COVID-19 န့ၣ်မ့ၢ်မနုၤလဲၣ်.**

ခိရိနၣ်ဝဲရၢးအသီလၢအဒုးကဲထီၣ် COVID-19 လၢအမ့ၢ်ဝဲတၢ်ဆိးက့တခါလၢအဘၣ်တၢ်ထံၣ်န့ၢ်အီၤဖဲ 2019 န့ၣ်လီၤ. ခိရိနၣ်ဝဲရၢးအံၤမ့ၢ်ဝဲရၢးတခါ လၢအဘၣ်တၢ်ကိးန့ၢ်အီၤအမံၤဒ်သိးဝဲရၢးအမိၢ်ပှၢ်လိၤ အဆှုၣ်အဒ့ဒ်သိးခိၣ်ကျိၤတခါအသိး န့ၣ်လီၤ. ခိရိနၣ်ဝဲရၢးအိၣ်ဝဲအကလုာ်ကလုာ်ပၣ်ဃုာ်ဒီး ဝဲရၢးလၢအဒုးကဲထီၣ်တၢ်သါထီၣ် သါလီၤအတၢ်ဆါဒ်သိး ဒီး တၢ်ဘၣ်သမုၢ်တၢ်ဆါ န့ၣ်လီၤ. COVID-19 တၢ်ဆါက့ၢ်ပနီၣ်လီၤတံၢ်လီၤဆဲးသ့ၣ်တဖၣ်အိၣ်ဃုာ်ဒီး-

* တၢ်လိၤကိၢ် မ့တမ့ၢ် တၢ်ဂိၢ်ဂံာ်
* တၢ်ကူ:
* ကသါတလၢသါ မ့တမ့ၢ် ကသါဃံး
* တၢ်ဘှံးသး
* ယုၢ်ညၣ်ဆါ မ့တမ့ၢ် တၢ်တကံတကး
* အီၣ်တၢ်တသ့ၣ်ညါအရီၢ် မ့တမ့ၢ် တနၢဘၣ်တၢ်
* ကိာ်ယူၢ်ဘိဆါ
* နါဒ့ဘံး မ့တမ့ၢ် နါဒ့ထံယွၤ
* သးကလဲၤ မ့တမ့ၢ် ဘှီး
* ဟၢဖၢလူ

• ခိၣ်သၣ်ဃံဆါ

**COVID-19 အံၤရၤလီၤအသးဒ်လဲၣ်.**

COVID-19 အံၤရၤလီၤအသးလီၤဆီဒၣ်တၢ်လၢတၢ်အိၣ်ဘူးလိာ်သးဒီးပှၤလၢအဒိးန့ၢ်ဘၣ် COVID-19 တၢ်ဆါဃၢ်တဂၤ အဃိန့ၣ်လီၤ. ဝဲရၢးအံၤဘၣ်တၢ်ဆိကမိၣ်လၢအရၤလီၤသးခီဖျိတၢ်အထံလီၤစီၤဆံးဆံးဖိလၢပှၤတဂၤဆူအဂၤတဂၤအ အိၣ်ဖဲအကတိၤတၢ်အခါ, ကူးအခါ မ့တမ့ၢ် ကဆဲအခါန့ၣ်လီၤ. တၢ်အထံလီၤစီၤဆံးဆံးဖိအံၤရၤလီၤအသးသ့ တုၤလၢ 6 ပ့ၣ်န့ၣ်လီၤ. ဖဲပှၤအဂၤတဂၤအထံလီၤစီၤဆံးဆံးဖိအံၤမ့ၢ်နုာ်လီၤလၢနကိာ်ပူၤ မ့တမ့ၢ် နနါဒ့ခံပူၤန့ၣ်, နကသါနုာ်လီၤ ဘၣ်လၢနပသိၣ်အပူၤသ့ဝဲန့ၣ်လီၤ. ဝဲရၢးအံၤရၤလီၤအသးလၢပှၤလၢတအိၣ်ဒီးတၢ်ဆါပနီၣ်တဖၣ်အအိၣ်သ့ဝဲန့ၣ်လီၤ.

**မိၢ်ပၢ်ဒီးပှၤကွၢ်ထွဲတၢ်ဖိသ့ၣ်တဖၣ်မၤစၢၤဒီသဒၢ COVID-19 အတၢ်ရၤလီၤသးကသ့ဒ်လဲၣ်.**

* နဖိမ့ၢ်ဆိးက့န့ၣ်, ပာ်အီၤလၢဟံၣ်တက့ၢ်.
* မၤလီၤတံၢ်လၢနဟံၣ်ဖိဃီဖိတဖၣ်ကသ့ကဆှီအစုတလီၢ်လီၢ်ခီဖျိတၢ်စူးကါထံဒီးဆးပၠၣ်လၢအစဲးကး 20 အတီၢ်ပူၤတက့ၢ်.
* မၤလီၤတံၢ်လၢနဟံၣ်ဖိဃီဖိတဂၤစုာ်စုာ်ကကးဘၢအတၢ်ကူးဒီးတၢ်ကဆဲလၢထံၣ်ရှူ မ့တမ့ၢ် အစုနၢၣ်ခံဝံၤဒီး ကသ့စီၤကွံာ်အစုအဂီၢ်တက့ၢ်.
* နအိၣ်စီၤစုၤယံၤဒီးပှၤဂုၤဂၤ 6 ပ့ၣ်ဖဲအိၣ်ဘၣ်လၢပှၤဂီၢ်မုၢ်ကျါမ့ၢ်တသ့န့ၣ် ကျီၤတၢ်ကျီၤဘၢမဲာ်တက့ၢ

**ပမၤသကိးတၢ်ဒီးဆူၣ်ချ့ဝဲၤကျိၤဒ်သိးပပၢၤဃာ်ပှၤတဝၢလၢအကပူၤဖျဲးဒီးတၢ်ဘၣ်ယိၣ်အဂီၢ်လီၤ.**

* ပလူၤပိာ်မၤထွဲဆူၣ်ချ့ဝဲၤကျိၤအတၢ်နဲၣ်ကျဲ [လၢတၢ်စးထီၣ်လၢအဂၢၢ်ကျၢၤဒီးပှဲၤဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့](https://education.vermont.gov/documents/guidance-strong-healthy-start-health-guidance)ဒီး[ဖိသၣ်တၢ်ကွၢ်ထွဲဒီးတၢ်ကွၢ်ထွဲလၢတမ့ၢ်တၢ်ထီၣ်ကၠိဆၢကတီၢ်](https://www.healthvermont.gov/sites/default/files/documents/pdf/COVID19-Health-Guidance-Childcare-Summer-Programs.pdf)အဂီၢ်
* ပမၤကဆှီတ့ၢ်လံဒီးမၤသံတ့ၢ်လံတၢ်ဆါဃၢ်ဖဲ [တၢ်လီၢ်တၢ်ကျဲ/ကၠိအမံၤ] ဒ်ဆူၣ်ချ့ဝဲၤကျိၤနဲၣ်လီၤပာ်အသိး န့ၣ်လီၤ.
* ပှၤမၤတၢ်ဖိဒီးဖိသၣ်လၢအဆိက့သ့ၣ်တဖၣ်အံၤတဟဲက့ၤဆူတၢ်မၤလီၢ်ပူၤပၢၢ်တုၤလၢအဝဲသ့ၣ်အိၣ်ဆူၣ်အိၣ်ချ့တစုန့ၣ်လီၤ.
* [မၤလိအါထီၣ်ဘၣ်ဃးဆူချ့ဝဲၤကျိၤအတၢ်ခီဆၢဖဲပှၤတဂၤဂၤဒိးန့ၢ်ဘၣ် COVID-19 တၢ်ဆါအခါ](https://www.healthvermont.gov/sites/default/files/documents/pdf/COVID-19-Flowchart-When-Someone-Tests-Positive.pdf)

မၤလိအါထီၣ်ဘၣ်ဃး [တၢ်မၤကွၢ်သးဖဲ Vermont အပူၤတက့ၢ်](https://www.healthvermont.gov/response/coronavirus-covid-19/testing-covid-19).

တၢ်ဘျုးလၢနၢ်ပၢၢ်ဘၣ်တၢ်ဂ့ၢ်အံၤမ့ၢ်လၢဒိးသန့ၤထီၣ်သးလၢကသံၣ်ကသီအတၢ်ဘံၣ်တၢ်ဘၢတၢ်ဘျၢသဲစးအဖီခိၣ်အဃိန့ၣ်, ပပာ်ဖျါထီၣ်ပှၤလၢအဒိးန့ၢ်ဘၣ် COVID-19 တၢ်ဆါဃၢ်တဂၤအမံၤတသ့ဝဲဘၣ်ဒီးပစံးဘျုးနၤ လၢနတၢ်နၢ်ပၢၢ် စၢၤပှၤအဃိလီၤ. ဆူညါန့ၣ်ပကဆဲးကျိးဒုးသ့ၣ်ညါနၤတၢ်ဆီတလဲသးသ့ၣ်တဖၣ်ဒီးတၢ်ဂ့ၢ်တၢ်ကျိၤအသီသ့ၣ်တဖၣ် န့ၣ်လီၤ. ဃုာ်ဒီးနတၢ်ပာ်ဖှိၣ်မၤသကိးတၢ်န့ၣ်, ပနာ်လၢပဒုးအိၣ်ထီၣ်တၢ်လဲၤခီဖျိလၢအပူၤဖျဲးဒီးတၢ်ဘၣ်ယိၣ်ဒီးပှဲၤဒီး တၢ်သူၣ်ဖှံသးညီလၢနဖိသ့ၣ်တဖၣ်အဂီၢ်ကသ့ဝဲန့ၣ်လီၤ.

နမ့ၢ်အိၣ်ဒီးတၢ်သံကွၢ်တမံၤလၢ်လၢ်န့ၣ်, ဝံသးစူၤဆဲးကျိးယၤဖဲ [တၢ်ဆဲးကျိးအဂ့ၢ်အကျိၤ] အံၤတက့ၢ်.

ပှဲၤဒီးတၢ်စံးဘျုးအါ,

Dear families/staff/Board:

On XX date we learned about a person in our learning community with Coronavirus Disease 2019 (COVID-19) at [school/child care/facility name]. We recommend that you take action to help limit the spread of COVID-19, even if your child is not experiencing symptoms.

**The most important things you can do:**

* Make sure your child is wearing [a mask](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html).
* Make sure your child is [washing their hands](https://www.cdc.gov/handwashing/when-how-handwashing.html).
* Keep your child home if they are sick.
* Call your primary care provider if you or your child has [symptoms of COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html).

**People who may have been exposed will be notified:**

Anyone who was in [close contact](https://apps.health.vermont.gov/COVID/faq/#4575) with the person who tested positive may have been exposed to the virus and will be asked to quarantine, which means staying home and away from other people for up to 14 days. Read more about what it means to quarantine [here](https://apps.health.vermont.gov/COVID/faq/#4618).

If you are identified as someone who may have been exposed, someone from either [name of school/child care/facility name] or the Health Department will notify you and will provide information and guidance on quarantine and other recommendations. If the Health Department calls, make sure to answer the phone or call them back.

[Learn more about what happens when there is a case in a school.](https://apps.health.vermont.gov/COVID/faq/#4738)

**What is COVID-19?**

A new coronavirus causes COVID-19, which is an illness that was discovered in 2019. Coronaviruses are a type of virus that are named for the crown-like spikes on their surface. There are many kinds of coronaviruses including some that cause respiratory illnesses, like the common cold. The specific symptoms of COVID-19 include:

* Fever or chills
* Cough
* Shortness of breath or difficulty breathing
* Fatigue
* Muscle or body aches
* New loss of taste or smell
* Sore throat
* Congestion or runny nose
* Nausea or vomiting
* Diarrhea
* Headache

**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 into your lungs. This virus can be spread by people without symptoms.

**How can parents and guardians help prevent COVID-19 from spreading?**

* If your child is sick, keep them home.
* Make sure members of your household wash their hands often using soap and water for 20 seconds.
* Make sure every member of your household covers their coughs and sneezes with a tissue or their elbow, and then washes their hands afterwards.
* Wear a mask in public when you cannot stay 6 feet apart from other people.

**We are working with the Health Department to keep our community safe.**

* We continue to follow the Health Department’s guidance for a [Strong and Healthy Start](https://education.vermont.gov/documents/guidance-strong-healthy-start-health-guidance) and for [Childcare and Out-of-School-Time Care](https://www.healthvermont.gov/sites/default/files/documents/pdf/COVID19-Health-Guidance-Childcare-Summer-Programs.pdf) .
* We cleaned and disinfected the [facility/school name] per the Health Department guidance.
* Sick employees and children will not return to work until they are healthy.
* [Learn about the Health Department’s response when someone tests positive for COVID-19.](https://www.healthvermont.gov/sites/default/files/documents/pdf/COVID-19-Flowchart-When-Someone-Tests-Positive.pdf)

Learn more about [getting tested in Vermont](https://www.healthvermont.gov/response/coronavirus-covid-19/testing-covid-19).

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.

If you have any questions, please feel free to reach out to me at [contact information].

Many thanks,