Miryango/bakozi/Ndongozi:

Kw’ igenekerezo rya xx twaramenye ivyerekeye umuntu afise ikiza ca Coronavirus 2019 (COVID-19) mu bantu bo mu [kw’ishure /ikigo kirera imicuko/izina ry’ikigo]. Turaguhanura ko utegerezwa gufata ingingo yo gukinga ikwiragira rya COVID-19, naho umwana wawe yoba ata bimenyetso afise.

**Ibintu bihambaye gusumba ibindi ushobora gukora:**

* Raba neza ko umwana wawe yambaye [agapfukamunwa](https://www.healthvermont.gov/sites/default/files/documents/pdf/COVID-19_VDH_mask_guidance-Kirundi%2BEng-first.pdf).
* Raba neza ko umwana wawe [akaraba iminwe](https://www.youtube.com/watch?v=UxPj56WrIGk).
* Gumiza umwana wawe muhira nimba arwaye.
* Akura umuganga asanzwe abaronsa ubuvuzi bw’intango nimba umwana wawe afise [ibimenyetso vya COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html).
* Raba neza ko umwana wawe yicandagishije mugihe akwije ibisabwa. [Raba ikibanza kiri hafi yawe.](https://www.healthvermont.gov/covid-19/vaccine/getting-covid-19-vaccine%22%20%5Ct%20%22_blank)

**Abantu bashobora kuba baregereye umuntu arwaye bategerezwa kubimenyeshwa:**

Umuntu wese atacandazwe bihagije kandi akaba yaregereye umuntu yapimwe bagasanga arwaye biyumvira [ko yahuye n’umugera](https://www.healthvermont.gov/sites/default/files/documents/pdf/COVID-What-to-do-if-you-are-a-close-contact-Kirundi%2BEng-formatted.pdf) kandi azosabwa kwiyugarana bisigura ko ategerezwa kuguma imuhira kandi ntiyegere abandi bantu mu kiringo c’iminsi 14.  [Soma ico umwiherero usigura.](https://www.healthvermont.gov/aboutclosecontact%22%20%5Cl%20%22quarantine)

Umuntu wese yipimishije bihagije kandi akaba yaregeranye n’umuntu agwaye ategerezwa kwipimisha iminsi 5 – 7 inyuma yo kwandura, yamara si ngombwa ko aja mumwiherero kiretse agaragaje ibimenyetso vy’indwara.

Umuntu wese yakize COVID-19 mu mezi 3 aheze kandi akaba yaregeranye n’umuntu arwaye, si ngombwa ko aja mu mwiherero kiretse agaragaje ibimenyetso vy’indwara.

Nimba umenyekanye nk’umuntu yanduye umugera, umuntu ava [izina ry’ikigo c’ishure/ikigo citaho abana/izina ry’inzu] canke igisata kijejwe magara y’abantu azobikumenyesha kandi agushikirize amakuru n’amabwirizwa yerekeye ukwiyugarana n’izindi mpanuro. Nimba mu gisata kijejwe amagara y’abantu bakwakuye, utegerezwa kwitaba terefone canke wewe ukabaterefona mu nyuma.

**Gushigikira ibigo vy’amashure yacu**

Kugira tubandanye kugira ibanga amakuru yerekeye ubuzima bwite bwa buri muntu, ntidushobora gushira ahabona amakuru y’umuntu wo mu kigo cacu yapimwe bagasanga arwaye. Muribuka ko twese tugeramiwe n’uwo mugera. Aba “barwayi ba COVID-19” ni abagenzi bacu hamwe n’abagize umuryango wacu, kandi dutegerezwa kubategera no kubashigikira. Abantu barwaye COVID-19 kenshi bagira ibimenyetso bibavuruga mu mutwe kandi bagaca bagira agahinda. Aho kugira uruhara mu bintu bivugwa bidafise ishingiro canke gukwiragiza urusaku, utegerezwa gufasha abantu bo mu kibano bashikiwe n’inkurikizi zo gushirwa ukwa bonyene. Nitwakora ibikorwa vyo kuremeshanya twese hamwe, tuzoheza iki kiringo c’ishavu kiduhungabanya. Turabakengurukiye kubera inguvu mukoresha muvyo kwitwararika amagara n’ukumererwa neza kw’abantu bo mu kigo c’ishure ryacu.

**Ni iki COVID-19?**

Ni umugera wa coronavirus mushasha utera COVID-19, ikaba ari indwara yubuwe muri 2019. Imigera ya Coronavirus ni ubwoko bw’imigera yatorewe izina bafatiye ku bimito bisongoye ifise. Hari amoko menshi y’imigera ya coronavirus harimwo amwe amwe atera indwara z’uguhema, nk’ibicurane bisanzwe. Ibimenyetso nye zina vya COVID-19 ni:

* Ubushuhe canke kujugumira
* Inkorora
* Impwemu nke n’ingorane zo guhema
* Kumva urushe
* Ububabare mu mirya no ku mubiri
* Kumeneka umutwe
* Gutangura kudasoserwa canke kutamoterwa
* Ububabare bwo mu muhogo
* Gupfungiza canke ibicurane
* Iseseme canke kudahwa
* Gucibwamwo

**COVID-19 ikwiragira gute none?**

COVID-19 ikwiragira ahanini wegeranye n’umuntu yanduye COVID-19 ahemutse utuma duto duto turimwo umugera mugihe akoroye, yasamuye, aririmvye, avuze, canke ahemye. Abantu begeranye munsi y’ibirenge 6 (canke imetero 2) kuva aho umuntu arwaye COVID-19 ari nibo bashobora kwandura .Ushobora kwandura COVID-19 mugihe utu tuma canke impwemu ziguhemukiye mu maso ,ku zuru, canke ku munwa,canke ku maboko hama ukikora mu maso ,ku zuru canke ku munwa.

Incanco niyo nzira nziza yo gukingira umwana wawe COVOD-19. Igihe umwana wawe akingiwe bihagije aba afise amahirwe make yo kwandura hamwe n’amahirwe make yo gukwiragiza umugera mu bandi. Umuntu wese akwije ibisabwa ku rucanco rwa COVID-19 ategerezwa kwicandagisha. Ni ku buntu ,biranyaruka,kandi biroroshe. Vugana n’umutangabufasha w’umwana wawe mu buvuzi nimba ufise ibibazo canke urondere aho batanga urucanco hakwegereye kuri healthvermont.gov/MyVaccine. Uwo ariwe wese harimwo n’abana badashobora guhabwa urucanco, bashobora gufata ingamba zo kwikingira ubwabo ndetse n’abandi. Ayandi makuru soma kuri healthvermont.gov/StaySafeVT.

**Ni gute abavyeyi n’abarezi bofasha gukinga ikwiragira rya COVID-19 ?**

* Nimba umwana wawe arwaye, mugumize muhira.
* Raba neza ko abagize urugo rwawe bakaraba iminwe kenshi n’isabuni n’amazi ikiringo c’imisegunda 20.
* Raba neza ko buri muntu ugize urugo rwawe apfuka umunwa iyo akorora n’iyo yasamura akoresheje agatambara canke inkokora, kandi ahejeje agaca akaraba iminwe.
* Ambara agapfukamunwa uri mu bantu mu gihe udashobora gusigaza ikirere c’imetero zibiri zireha n’intambuko 6 hagati yawe n’uwundi muntu.

**Turiko turakorana n’igisata kijejwe amagara y’abantu kugira mu kibano cacu twame tubaho ata nkomanzi.**

* Turiko dukorana cane n’igisata kijejwe amagara y’abantu kandi tugakurikirana amabwirizwa yabo kugira abantu bacu bagume ata nkomanzi.
* Twarasukuye kandi twarateye imiti yica imigera muri [ikigo/ izina ry’ishuri] dukurikije ubuyobozi bw’igisata kijejwe amagara y’abantu.
* Abakozi barwaye n’abanyeshure barwaye ntibazosubira gutonda gushika amagara yabo asubiye kumererwa neza.

Menya ayandi makuru yerekeye [ingene wokwipimisha muri Vermont](https://www.healthvermont.gov/response/coronavirus-covid-19/testing-covid-19).

Tuzobandanya tukumenyesha amakuru agezwe .Mubufanye bwawe twizeye ko dushobora gutunganya ahantu hizewe abana baginira .

Nimba ufise akakubakiye wipfuza guserura, usabwe ntutebe kandi urashobora kundondera aho uronkera amkuru.

Murakoze cane,

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) when recommended or required.
* 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).
* Make sure that your children get vaccinated when they are eligible. [Find a location near you.](https://www.healthvermont.gov/covid-19/vaccine/getting-covid-19-vaccine)

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

Anyone who is not fully vaccinated and was in close contact 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](https://www.healthvermont.gov/aboutclosecontact#quarantine).

Anyone who is fully vaccinated and was in close contact with a person who tested positive should get tested 5-7 days after their exposure, but they do not need to quarantine unless they develop symptoms.

Anyone who has recovered from COVID-19 within the past 3 months and was in close contact with the person who tested positive does not need to quarantine unless they develop symptoms.

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.

**Supporting our learning community**

In order to maintain everyone’s privacy, we cannot disclose who in our community has tested positive. Remember that we are all at risk of getting this virus. These “COVID-19 cases” are our friends and family, and we need to be understanding and supportive. People with COVID-19 often experience uncomfortable symptoms and emotional stress. Instead of participating in speculation or gossip, offer to help community members who are affected by quarantine. With creative action from all of us, we will get through this period of anxiety and disruption. We thank you for your investment in the health and wellbeing of our school community.

**What is COVID-19?**

A coronavirus that 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
* Headache
* New loss of taste or smell
* Sore throat
* Congestion or runny nose
* Nausea or vomiting
* Diarrhea

**How does COVID-19 spread?**

COVID-19 spreads when a person infected with COVID-19 breathes out droplets and very small particles that contain the virus when they cough, sneeze, sing, talk, or breathe. People who are closer than 6 feet (or 2 meters) from the person with COVID-19 are most likely to get infected. You can get COVID-19 if these droplets or particles are breathed in, land on your eyes nose or mouth, or get on your hands, and then you touch your eyes, nose or mouth.

Vaccines are the best way to protect your child against COVID-19. When your child is fully vaccinated, they are much less likely to get sick and less likely to spread the virus to others. Everyone who is eligible for the COVID-19 vaccine should get vaccinated. It’s free, quick and easy. Talk with your child’s health care provider if you have questions or find a vaccine site near you at [healthvermont.gov/MyVaccine](http://www.healthvermont.gov/MyVaccine). Everyone, including children who can’t be vaccinated, can take prevention steps to protect themselves and others. Learn more at [healthvermont.gov/StaySafeVT](http://www.healthvermont.gov/StaySafeVT).

**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 are working closely with the Health Department and following their recommendations to keep our community safe.
* 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 more about [getting tested in Vermont](https://www.healthvermont.gov/response/coronavirus-covid-19/testing-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,