**Barua Kielelezo – Kisa Kilichothibitishwa cha COVID-19 katika Kambi/Vituo vya Utunzaji Watoto na Waliofikia Umri wa Kwenda Shule Ilirekebishwa 11/16/2021**

Wapendwa familia/wafanyakazi/Bodi:

Mnamo tarehe XX tulifahamu juu ya [mtu] kati yetu kituoni mwenye Ugonjwa wa Virusi vya Korona 2019 (COVID-19) katika [jina la shule/kituo cha utunzaji watoto/asasi]. Tunapendekeza uchukue hatua kusaidia kupunguza kuenea kwa COVID-19, hata kama mtoto wako haonyeshi dalili.

**Kitu cha muhimu sana unaweza kufanya:**

* Hakikisha mtoto wako anavaa [barakoa](https://www.healthvermont.gov/sites/default/files/documents/pdf/COVID-19_VDH_mask_guidance-Swahili%2BEng-first.pdf) pindi inapopendekezwa au inapohitajika.
* Hakikisha mtoto wako [ananawa mikono yake](https://www.healthvermont.gov/sites/default/files/documents/pdf/Keep-Illness-from-Spreading-Swahili.pdf).
* Bakisha mtoto wako nyumbani iwapo anaumwa.
* Mpigie mtoa huduma wako wa msingi iwapo wewe au mtoto wako ana dalili [za COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-symptoms-Swahili.pdf).
* Hakikisha kuwa watoto wako wanapata chanjo watapofikia umri stahiki wa kupata chanjo. [Fahamu eneo la chanjo lililopo karibu nawe](https://www.healthvermont.gov/covid-19/vaccine/getting-covid-19-vaccine).

**Watu ambao huenda walikuwa katika hatari ya kuambukizwa wataarifiwa:**

Yeyote ambaye hajapata chanjo kamili na [ametangamana kwa karibu](https://www.healthvermont.gov/sites/default/files/documents/pdf/COVID-What-to-do-if-you-are-a-close-contact-Swahili%2BEng-formatted.pdf) na mtu aliyepatikana na virusi baada ya kupimwa anaweza kuwa aliwekwa katika hatari ya kuambukizwa virusi na ataombwa kuwa katika karantini, yaani kukaa nyumbani au mbali na watu wengine kwa siku hadi 14. Pata maelezo zaidi kuhusu [maana ya kukaa karantini](https://www.healthvermont.gov/aboutclosecontact#quarantine).

Mtu yeyote ambaye amechanjwa kikamilifu na ametangamana kwa karibu na mtu ambaye amepatikana na virusi, anapaswa kupimwa siku 5-7 baada ya kuwa katika hatari ya kuambukizwa, lakini hahitaji kukaa karantini isipokuwa kama atapata dalili.

Mtu yeyote aliyepona COVID-19 ndani ya miezi 3 iliyopita na alitangamana kwa karibu na mtu aliyepatikana kuwa na maambukizi hahitaji kujiweka karantini isipokuwa endapo ataonyesha dalili.

Iwapo umetambuliwa kuwa mtu aliyewekwa katika hatari ya kuambukizwa, mtu kutoka [jina la shule/kituo cha utunzaji watoto/asasi] ama Idara ya Afya atakuarifu na kukupa maelezo na mwongozo kuhusu karantini na mapendekezo mengine. Ukipigiwa na Idara ya Afya, hakikisha umepokea simu au wapigie.

Kusaidia Jumuiya yetu ya Shule

Ili kudumisha usiri wa kila mtu, hatuwezi kufichua ni nani katika jamii yetu amepatikana na virusi. Kumbuka kwamba sote tuko katika hatari ya kupata virusi hivi. Hizi "kesi za COVID-19" ni marafiki na familia zetu, na tunahitaji kuwa wenye kuelewa na kutoa msaada. Watu walio na COVID-19 mara nyingi hupata dalili zinazofadhaisha na mhemko wa kihisia. Badala ya kushiriki katika uvumi au tetesi, jitolee kusaidia wanajamii ambao wameathiriwa na karantini. Pamoja na hatua ya ubunifu kutoka kwetu sote, tutaepuka kipindi hiki cha wasiwasi na usumbufu. Tunakushukuru kwa kujitolea kusaidia katika afya na ustawi wa jamii yetu ya shule.

**COVID-19 ni nini?**

Virusi vipya vya Korona vinasababisha COVID-19, ambao ni ugonjwa uliogunduliwa mnamo 2019. Virusi vya Korona ni aina ya virusi ambavyo vimepewa jina hilo kutokana na kuwa na mataji yenye ncha upande wa nje wa umbo lake. Kuna aina nyingi za virusi vya korona ikiwa ni pamoja na baadhi vinavyosababisha magonjwa ya kupumua, kama ilivyo mafua. Dalili mahsusi za COVID-19 ni pamoja na:

* Homa au baridi
* Kikohozi
* Upungufu wa pumzi au kushindwa kupumua
* Uchovu
* Maumivu ya misuli au mwili
* Kupoteza hisia ya kuonja au kunusa
* Mwasho kooni
* Kuziba au kutokwa kamasi puani
* Kichefuchefu au kutapika
* Kuharisha
* Kuumwa na kichwa

**Je, COVID-19 huenea vipi?**

COVID-19 huenea wakati mtu aliyeambukizwa na COVID-19 anapopumua matone na chembechembe ndogo sana ambazo zina virusi wakati wa kukohoa, kupiga chafya, kuimba, kuzungumza au kupumua. Watu walio karibu zaidi ya futi 6 (au mita 2) kutoka kwa mtu aliye na COVID-19 wana uwezekano mkubwa wa kuambukizwa. Unaweza kupata COVID-19 ikiwa matone au chembechembe hizi unazivuta kwa kupumulia ndani, zinapoangukia kwenye macho, pua au mdomo wako, au kuanguka kwenye mikono yako, na kisha unagusa macho, pua au mdomo wako.

Chanjo ni njia bora ya kumlinda mtoto wako dhidi ya COVID-19. Mtoto wako akipata chanjo kamili, ana uwezekano mdogo wa kuugua na ana uwezekano mdogo wa kueneza virusi kwa wengine. Kila mtu anayestahiki chanjo ya COVID-19 anapaswa kupata chanjo. Haihitaji malipo, ni ya haraka na rahisi. Zungumza na mtoa huduma ya afya ya mtoto wako ikiwa una maswali au fahamu eneo la kutoa chanjo karibu nawe kwenye healthvermont.gov/MyVaccine. Kila mtu, ikiwa ni pamoja na watoto ambao hawafai kupata chanjo, anaweza kuchukua hatua za kujilinda mwenyewe na wengine. Pata maelezo zaidi katika healthvermont.gov/StaySafeVT.

**Ni kwa namna gani wazazi na walezi wanaweza kusaidia kuzuia COVID-19 isienee?**

* Iwapo mtoto wako anaumwa, mwache nyumbani.
* Hakikisha wana-kaya wako wananawa mikono yao mara kwa mara kwa kutumia sabuni na maji kwa sekunde 20.
* hakikisha kila mwana-kaya wako anaziba mdomo anapokohoa na kupiga chafya kwa kutumia tishu/karatasi ya shashi au kiwiko chake, na kisha kuosha mikono yake baada ya hapo.
* Vaa barakoa unapokuwa kwenye watu wengi pale ambapo huwezi kukaa umbali wa futi 6 kutoka kwa watu wengine.

**Tunashirikiana na Idara ya Afya kuhakikisha usalama wa jamii yako.**

* Tunashirikiana kwa karibu na Idara ya Afya na kufuata mapendekezo yao ili kuweka jamii yetu salama.
* Tumesafisha na kutakasa [jina la kituo/shule] kwa mujibu wa mwongozo wa Idara ya Afya.
* Wafanyakazi na watoto wanaougua hawatarudi kazini mpaka wakati watakapokuwa na afya njema.

Jifunze zaidi kuhusu [kupimwa ukiwa Vermont](https://www.healthvermont.gov/response/coronavirus-covid-19/testing-covid-19).

Asante kwa kuelewa kuwa, sababu ya sheria za usiri 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.

Iwapo una maswali yoyote, unaweza kuwasiliana nami kupitia [njia za mawasiliano].

Wasalaam,

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,