



လၢတၢ်န့ၣ်ကျဲၤအၤဘၣ်တၢ်ဒီးအၣ်ထၣ်ခဖျၢ ကမ့ၢ်ဆၣ်ချ့ဒီးဆၣ်ချ့မၤစၢၤကသၣ်သရၣ်တဖၣ် ခဖျၢတၢ်စးကါ ကမ့ၢ်ဆၣ်ချ့ တၢ်ဖးတၢ်မၤအဒတဖၣ် လၢတၢ်တၢ်လၢဟဂါၤဟကျိၤအၤလၢဆၢကတၢ်ဖပၤတၢ်တၢ်ဘၣ်လၢဒီးကထၣ် COVID-19 တၢ်ဆါအတၢ်ဘၣ်ကဘၣ်ကလၢ Vermont ပၤအၣ်စၤဒၣ်မးကအတၢ်ခါန့ၣ်လၢ. မၤတၢ်လၢ ဘၣ်တၢ်ကၢဘၣ်ဖးမကၤအၤ လၢကခၣ်ဆၢဘၣ်တၢ်ဆတလသးလၢလၢကၢဒီးကၢစၣ်တၢ်အၣ်သးသန့ၣ်လၢ.

ယဖမၤအၣ်ဒီးတၢ်ဆါပန့ၣ်တဖၣ်ဖအၣ်လၢဟၣ် မတမၤ ဆးကလၢ တၢ်ကၢထ ဖသၣ်လၢ မတမၤ တၢ်ကၢထလၢကတအၣ်ကတၢ် တၢ်တကျဲၤန့ၣ် တၢ်ကမၤအသးဒလၣ်.

- န့ဖမၤအၣ်ဒီးတၢ်ဆါပန့ၣ်တဖၣ် လၢလၢအၤတမၤလၢလၢန့ၣ် ဒီးအၣ်အၤလၢဟၣ်ဒီး ကးလတစဆ တၢ်တကျဲၤမဒါခၣ် မတမၤ ဟၣ်ဖယဖတၢ်ကၢထဖသၣ်ကသၣ်သရၣ် တၢ်လၢကဘးဘၣ်သၣ်ညါ အတၢ်တလၢထၣ်ကအဂါတကါ.
- န့ဖမၤအၣ်ဒီးတၢ်ဆါပန့ၣ်တဖၣ်လၢလၢတမၤလၢလၢဖအၣ်လၢတၢ်ကၢထဖသၣ်အလၢ မတမၤ တၢ်ကၢထလၢ ကတအၣ်ကတၢ်တၢ်တကျဲၤအခါန့ၣ်, တၢ်ကကဟအၤဖတၢ်လၢလၢတၢ်ဟလၢဆအၤ လၢဖသၣ်တဖၣ်လၢတၢ်တမၤတလၢအၤ ဒီးတၢ်ကကးန့ၣ်လတစဒသးကဟအၣ်ဘၣ်ကၤန့ဖ လၢအဆအချ့န့ၣ်လၢ.
- တၢ်ဟၣ်ဂါဟၣ်ဘါသပၤပၤလၢတၢ်ဆါတဘၣ်သးဒီးဖသၣ်ဟထၣ်ဘၣ်ကၤ တၢ်ကၢထဖသၣ် သအခါဖလၣ်န့ၣ် တၢ်ကဘၣ်မၤသ တၢ်အၤဒီးဖသၣ်အကသၣ်သရၣ်ဒီးဟၣ်ဖယဖ လၢတၢ်ဆါတဘၣ်အၤန့ၣ် ကဘၣ်အၣ်ဒီးတၢ်လၢတၢ်လၢဆးအၣ်ကတၢ် လၢန့ဖအပၤတၢ် တၢ်အၣ်ဆၣ်အချ့ဒီးတၢ်ပၤဖျးအဂါန့ၣ်လၢ.

ယဖကဘၣ် ဒးမၤကၢသး လၢ COVID-19 အဂၢၢ်အခါဖလၣ်.

ကူး (ကဲထီၣ်သိ)	<p>နဖမ့ၢ်အိၣ်ဒးတၢ်ဆါကၢပနီၣ်တဖၣ်အၤ တမၤလၢလၢန့ၣ် ဖျါလၢအဝဲသ့ၣ်ဘၣ်ဒးကွၢ်သးလၢ COVID-19 အဂီၢ်န့ၣ်လီၤ.</p> <ul style="list-style-type: none"> • ကးလိတဲစဆူနဖအကသၣ်သရၣ်လၢဆူၣ်ချ့တၢ်ကုစါအတၢ်ဟ့ၣ်က့ၣ်ဟ့ၣ် ဖးအဂီၢ်ဒး တၢ်လဲၤဒးကွၢ်သး မ့တမ့ၢ်တၢ်မၤကွၢ်တၢ်ဆါဆူၣ်ညါ တၢ်သ့တၢ်ဘၣ်အဂီၢ်တက့ၢ်. • တၢ်ပိၣ်တၢ်ပိတၢ်ရဲၣ်တၢ်ကျဲၤဒးနဖအတၢ်တၢ်ကျဲၤမ့ဒါခဲၣ် မ့တမ့ၢ် ဟံၣ်ဖိဃီတၢ်ကွၢ်ထွဲဖိဃီသ့ၣ်ပၤရဲၣ်ကျဲၤတၢ်တက့ၢ်.
ကသါတလၢသါ မ့တမ့ၢ် ကသါဃး	
အိၣ်တၢ်တသ့ၣ်ညါအရိၢ် (ကဲထီၣ်သိ)	
နီၣ်ဒတနၢဘၣ်တၢ် (ကဲထီၣ်သိ)	
လၢကီၢ်ယံာ်ထာ်န့ၣ် 24 န့ၣ်ရၣ် (လၢကီၢ်အါန့ၣ် 100.4 ဒါကရၣ်)	
လၢကီၢ် (လၢကီၢ်အါန့ၣ် 100.4 ဒါကရၣ်)	<p>နဖမ့ၢ်အိၣ်ဒးတၢ်ဆါပနီၣ်တဖၣ်အၤ ခမၤ မ့တမ့ၢ် ဆဖခၢ န့ၣ် ဘၣ်သ့ၣ်သ့ၣ် အဝဲသ့ၣ်ဘၣ်ဒးကွၢ်သးလၢ COVID-19 အဂီၢ်န့ၣ်လီၤ.</p> <ul style="list-style-type: none"> • ကးလိတဲစဆူနဖအကသၣ်သရၣ်လၢဆူၣ်ချ့တၢ်ကုစါအတၢ်ဟ့ၣ်က့ၣ်ဟ့ၣ် ဖးအဂီၢ်ဒးမၤသမၢဘၣ်လၢတၢ်လဲၤဒးကွၢ်သး ဒသးကသ့ၣ်ညါဘၣ် လၢကဘၣ်မၤတၢ်ဆူၣ်ညါဒလဲၣ်အဂီၢ်တက့ၢ်. • တၢ်ပိၣ်တၢ်ပိတၢ်ရဲၣ်တၢ်ကျဲၤဒးနဖအတၢ်တၢ်ကျဲၤမ့ဒါခဲၣ် မ့တမ့ၢ် ဟ့ၣ်ဖိဃီတၢ်ကၢထဲဖိသ့ၣ်ပၤရဲၣ်ကျဲၤတၢ်တက့ၢ်. <p>နဖမ့ၢ်အိၣ်ဒးတၢ်ဆါကၢပနီၣ်တဖၣ်အၤ ထတမၤ န့ၣ် ဒးအိၣ်အါလၢဟံၣ်တၢ်လၢ-</p> <ul style="list-style-type: none"> • အလၢတကၢလၢၤဘၣ်အစၤကတၢၢ် 24 န့ၣ်ရၣ် လၢတအိၣ်ဘၣ် ကသ့ၣ်မၤကယါလၢတၢ်လၢကီၢ်. • တၢ်မၤထီၣ်ကၢအါအစၤကတၢၢ် 24 န့ၣ်ရၣ် (တၢ်ဆါပနီၣ်တဖၣ် ကယာ်လၢ မ့တမ့ၢ် ဘျီက့ၢ်).
တၢ်ဂၢၢ်ကနး	
ယၢညါဆါ မ့တမ့ၢ် တၢ်တကတကး	
ခဲၣ်ဆါ	
ကယၢဘဆါ	
တၢ်ဘးသး	
နီၣ်ဒဘး မ့တမ့ၢ် နီၣ်ဒအုၣ်ယုၤ (ကဲထီၣ်သိ)	
သးကလဲၤ မ့တမ့ၢ် ဘး	
ဟၢဖါလ	

ဖသုလၢထုၣ်ဘၣ်ကတၢ်ကၢထဖသု မတမၤ တၢ်ကၢထလၢကတအုကတၢ် တၢ်တၢ်ကျဲၤသအခါဖလၢ.

အလၢတအုလၢ နဘၣ်မၤနၢ်ကသုသရၣ်အလၢတလၢမလၢနဖကလၢထုၣ်ဘၣ်ကတၢ်ကၢထဖသု မတမၤ
တၢ်ကၢထလၢကတအုကတၢ်တၢ်တၢ်ကျဲၤအဂၢၤဘၣ်.

- နဖမၤဒးမၤကၢသးလၢ **COVID-19** အဂၢၤလနုၣ်-
 - အဝသုကဘၣ်ဟအုလၢဆသး တၢ်လၢအဝသုဒးနၢ်ဘၣ်တၢ်မၤကၢတၢ်ဆါအစၢတစနုၣ်လၢ.
 - တၢ်မၤကၢတၢ်ဆါအစၢမၤဖျါလၢတၢ်ဆါဃၤ တအု အဝသုလၢထုၣ်ဘၣ်ကတၢ်ကၢထဖသု မတမၤ
တၢ်ကၢထလၢကတအုကတၢ်တၢ်တၢ်ကျဲၤသဖ-
 - နဖအလၢတကၢလၢၤဘၣ်လၢ 24 နုၣ်ရၣ်လၢတအဘၣ်ကသုမၤကယါလၢတၢ်လၢကၢ
ဒး
 - နဖတၢ်မာထုၣ်ကၢအၤ ဒး အတၢ်ဆါကၢပနုၣ်တဖၣ်ကယါလၢ.
 - တၢ်မၤကၢတၢ်ဆါအစၢမၤဖျါလၢတၢ်ဆါဃၤ အု နုၣ်, အဝသုလၢထုၣ်ဘၣ်ကတၢ်ကၢထဖသု
မတမၤ တၢ်ကၢထလၢကတအုကတၢ်တၢ်တၢ်ကျဲၤသဖ-
 - အလၢတကၢအၤလၢၤဘၣ်လၢ 24 နုၣ်ရၣ်လၢတအဘၣ်ကသုမၤကယါလၢတၢ်လၢကၢ
ဒး
 - တၢ်ဆါကၢပနုၣ်အဂၢၤတဖၣ်ကယါလၢကၢ ဒး
 - စးထုၣ်လၢတၢ်ဆါကၢပနုၣ်တဖၣ်အုထုၣ်ပၤကၢအစၢကတၢ် 10 သ.
- နဖမၤတဒးမၤကၢသးလၢ COVID-19 အဂၢၤ ခဖျလၢအဝသုအုဒးတၢ်ဆါပနုၣ် ထတမၤ လၢလၢနုၣ်ကၢ
အလၢဘလၢထးနုၣ်, အဝသုလၢထုၣ်ဘၣ်ကတၢ်ကၢထဖသု မတမၤ တၢ်ကၢထလၢကတအုကတၢ်
တၢ်တၢ်ကျဲၤသဖ-
 - နဖအလၢတကၢလၢၤဘၣ်လၢ 24 နုၣ်ရၣ်လၢတအဘၣ်ကသုမၤကယါလၢတၢ်လၢကၢ ဒး
 - နဖတၢ်မာထုၣ်ကၢအၤအစၢကတၢ် 24 နုၣ်ရၣ် (တၢ်ဆါပနုၣ်တဖၣ်ကယါလၢ မတမၤ ဘျါက).



- နဖမၤအၢဒးတၢ်ဆါပနာတဖၣ်လၢလၢနၢၣ်ကၤအလၢဂၤပၤတမၤလၢလၢ မတမၤ တၢ်ဆါပနာတဖၣ် လၢနၢၣ်ကၤ အလၢဘပၤ ခမၤ မတမၤ ဆဖခၢ ဘၣ်ဆၢအကသၢသရၣ်တထၢသၢညါဘၣ်ဝ ဒးတမၤကၢဘၣ်သးလၢ COVID-19 အဂၢဘၣ်နၢ အဝသၢလၢထၢကၤတၢ်ကၤထဖသၢ မတမၤ တၢ်ကၤထလၢကတအၢကတၢ်တၢ်တကျၤသဖ-
 - အလၢတကၤလၢဘၣ်လၢ 24 နၢရၣ် လၢတအဘၣ်ကသၢမၤကယါလၢတၢ်လၢကၤ 3:
 - တၢ်ဆါကၢပနာအဂၢဂၤတဖၣ်ကယါလၢကၤ 3:
 - စးထၢလၢတၢ်ဆါကၢပနာတဖၣ်အၢထၢပၤကၤအစၢကတၢ် 10 သ.

လၢတၢ်ဂၤတၢ်ကျိၤအဘၣ်တၢ်စးကိမၤဘၣ်လၢအၤအၢဒးတၢ်ဟၣ်တၢ်ပျၤလၢ [Rhode Island Department of Health\(ရအစလဆၢချ့ဝၤကျၤ\)](#)

[COVID-19 တၢ်ဆါလၢပၤဖသၢဆးကတဖၣ် \(ကတၢ်ဆက - 12 တၢ်\) တၢ်ဆါအတၢ်အၢသးပတၢ် တၢ်သမထကၢ တၢ်မၤကၢဒးတၢ်လၢထၢကၤက](#)

[တၢ်စးထၢတၢ်ဂၤဆၢဘါဆၢဒးတၢ်ပၤဒးတၢ်အၢဆၢအၢချ့- တၢ်အၢပၤဖျးဒးတၢ်အၢဆၢအၢချ့အတၢ်နၢကျၤလၢ Vermont ကတဖၣ်အဂၢ](#)

This guidance was developed by public health and health care professionals using proven public health principles at a time when community transmission of the virus that causes COVID-19 illness in Vermont is extremely low. It may be revised in response to changing local and state circumstances.

What happens if my child has symptoms at home or gets sick in a child care or an out of school care program?

- If your child has any of the symptoms listed below, keep them home and call the program director or family child care provider to report their absence.
- If your child has any of the symptoms listed below while at child care or an out of school care program, they will be moved to an area set up specifically for children not feeling well and you will be called to come pick up your child as soon as possible.
- While it is strongly encouraged that decisions about when a child may return to care are made with the child's health care provider and the family, such decisions must ultimately ensure the health and safety of your child's community.

When does my child need a COVID-19 test?

Cough (new)	<p>If your child has ANY ONE of these symptoms, they likely need a COVID-19 test.</p> <ul style="list-style-type: none"> • Call your child's healthcare provider for medical advice and possible office visit or referral to be tested. • Communicate the plan with your child's program director or family child care provider.
Shortness of breath or difficulty breathing	
Loss of taste (new)	
Loss of smell (new)	
Fever alone that persists > 24 hours (temperature higher than 100.4°)	
Fever (temperature higher than 100.4°)	<p>If your child has TWO OR MORE of these symptoms, they MIGHT need a COVID-19 test.</p> <ul style="list-style-type: none"> • Call your child's healthcare provider for medical advice and possible office visit to determine what to do next. • Communicate the plan with your child's program director or family child care provider. <p>If your child has ONLY ONE of these symptoms, keep your child at home until:</p> <ul style="list-style-type: none"> • They have had no fever for at least 24 hours without the use of fever-reducing medicine. • They have felt better for at least 24 hours (symptoms are improved or gone).
Chills	
Muscle or body aches	
Headache	
Sore throat	
Fatigue	
Congestion or runny nose (new)	
Nausea or vomiting	
Diarrhea	

When can my child go back to child care or an out of school care program?

You **do not** need a signed doctor's note for your child to re-enter child care or an out of school care program.

- If your child **had a COVID-19 test**:
 - They must quarantine until they have received results of the test.
 - If the test results are **NEGATIVE**, they can go back to child care or an out of school care program after:
 - Your child has had no fever for 24 hours without taking fever-reducing medicine. **AND**
 - Your child feels better, **and** their symptoms are improving.
 - If the test results are **POSITIVE**, they can go back to child care or an out of school care program after:
 - It has been 24 hours of no fever without the use of fever-reducing medication, **AND**
 - Other symptoms have improved, **AND**
 - At least 10 days have passed since any symptoms appeared.
- If your child **did not** have a COVID-19 test because they only had one of the symptoms in the yellow box above, they can go back to child care or an out of school care program when:
 - Your child has had no fever for 24 hours without the use of fever-reducing medicine **AND**
 - Your child has felt better for at least 24 hours (symptoms are improved or gone).
- If your child had any symptom in the red box or two or more symptoms in the yellow box but was not seen by their health care professional and did not have a COVID-19 test, they can go back to child care or an out of school care program after:
 - It has been 24 hours of no fever without the use of fever-reducing medication, **AND**
 - Other symptoms have improved, **AND**
 - At least 10 days have passed since any symptoms appeared.

This document was adapted with permission from the [Rhode Island Department of Health](#)

[COVID-19 in Pediatric Patients \(Pre-K – Grade 12\) Triage, Evaluation, Testing and Return to School](#)

[A Strong and Healthy Start: Safety and Health Guidance for Vermont Schools](#)