

Ubu buyobozi bwatunganijwe n'abahinga bitaho amagara y'abanyagihugu n'abahinga b'abaganga bafatiye ku ngingo ngenderwako zemejwe zerekeye amagara y'abanyagihugu mu gihe kwandukizanya umugera utera indwara ya COVID-19 mu kibanyi ca Vermont ari bike cane. Burashobora gusubirwamwo ari inyishu bategekanya bafatiye ku ngene ibintu bihinduka mu karere kacyi no muri Reta.

### Bigenda gute none nimba umwana wanje afise ibimenyetso vy'ingwara i muhira canke agwariye mu kigo bamwitaho canke atari muri porogarama yo kw'ishure?

- Umwana wawe niyoba afise ibimenyetso bimwebimwe biri ku rutonde hasi utegerezwa kumugumana i muhira ugaca wakura umurongozi wa porogarama canke umukozi aronsa umuryango seruvise vyo kuwitaho akamenyeshya ko umwana atatonze.
- Umwana wawe niyoba afise ibimenyetso bimwebimwe biri ku rutonde hasi mu gihe agwariye mu kigo bamwitaho canke atari muri porogarama yo kw'ishure, azokwimurirwa ahantu hategekanirijwe mu buryo budomako abanyeshure biyumvira ko batameze neza kandi bazoca baguterefone ushike gutora umwana wawe ningoga.
- Mu gihe bahimiriza cane ko ingingo kugira umwana arekurirwe kugaruka mu kigo bamwitaho ifatwa bafatanije n'umuforoma yama aronsa umwana seruvise z'ubuvuzi n'umuryango, bene izo ngingo zitegerezwa kwitaho cane amagara n'umutekano wo mu kibano c'umwana wawe.

### Ni ryari none umwana wanje akenera gupimwa **COVID-19**?

Inkorora (itanguye)	<p>Nimba umwana wawe afise <b>KIMWE</b> muri ibi bimenyetso, ashobora kuba <b>akeneye gupimwa COVID-19</b>.</p> <ul style="list-style-type: none"> <li>• Terefone muganga yitaho umwana wawe umusabe impanuro kandi umubaze ko yoshika kwisuzumisha mu biro vyiwe canke akamurungika ahandi yopimirwa.</li> <li>• Hanahana amakuru kuri icyo nteguro n'umurongozi ajejwe porogaramu yitaho umwana wawe canke umukozi aronsa umuryango seruvise z'ubuvuzi.</li> </ul>
Impwemu nkeyi canke guhema bigoranye	
Kudasoserwa (bitanguye)	
Kutamoterwa (bitanguye)	
Umucanwa udahera > amasaha 24 (ubushuhe burenga 100.4°)	
Umucanwa (ubushuhe burenga 100.4°)	<p>Nimba umwana wawe afise ibimenyetso <b>BIBIRI CANKE BIRENGA</b> muri ibi, wewe <b>AGOMBA gupimwa COVID-19</b>.</p> <ul style="list-style-type: none"> <li>• Terefone muganga yitaho umwana wawe umusabe impanuro kandi umubaze ko yoshika kwisuzumisha mu biro vyiwe kugira yemeze igikurikira gitegerezwa gukorwa.</li> <li>• Hanahana amakuru kuri icyo nteguro n'umurongozi ajejwe porogaramu yitaho umwana wawe canke umukozi aronsa</li> </ul>
Kujugumira	
Kubabara imirya canke ku mubiri	
Kumeneka umutwe	
Kubabara mu muhogo	
Kumva urushe	

Gupfungana mu mazuru canke ibicurane (bitanguye)	umuryango seruvisi z'ubuvuzi.
Iseseme canke kudahwa	Nimba umwana wawe afise ikimenyetso <b>KIMWE CONYENE</b> muri ibi, mugumishe i muhira gushika:
Gucibwamwo	<ul style="list-style-type: none"> <li>• Haheze amasaha 24 ata mucanwa afise kandi ata miti igabanura umuriro yafashe.</li> <li>• Haheze amasaha 24 ata mucanwa afise (ibimenyetso vyaragabanutse canke vyaragiye).</li> </ul>

## Ni ryari none umwana ategerezwa gusubira mu kigo bamwitaho canke atari muri porogarama yo kumwitaho kw'ishure?

Wewe **ntu** keneye icandiko kiriko igikumu ca muganga kugira umwana wawe asubire kwinjira mu kigo bamwitaho canke ahandi atari muri porogarama yo kumwitaho kw'ishure.

- Nimba umwana wawe **yarapimwe COVID-19**:
  - Ategerezwa kwiyugarana ahantu ha wenyene gushika inyishu z'ibipimo zigiyeho ahabona.
  - Nimba ibipimo vyerekanye ko **ATA NGWARA AFISE**, mu nyuma arashobora gusubira mu kigo bitaho umwana canke ahandi atari muri porogarama yo kumwitaho kw'ishure:
    - Umwana wawe ata mucanwa yagize mu masaha 24 ata miti igabanura umucanwa yafashe. **KANDI**
    - Umwana wawe ameze neza, **kandi** ibimenyetso biriko biragabanuka.
  - Nimba ibipimo vyerekanye ko **AFISE INGWARA**, mu nyuma arashobora gusubira mu kigo bitaho umwana canke ahandi atari muri porogarama yo kumwitaho kw'ishure:
    - Haheze amasaha 24 ata mucanwa afise ata miti igabanura umucanwa yafashe, **KANDI**
    - Ibindi bimenyetso vyaragabanutse, **KANDI**
    - N'imiburiburi haheze iminsi 10 ata kimenyetso c'ingwara gisubiriye kwibonekeza.
- Nimba umwana wawe **ata** rapimwe COVID-19 kubera yari afise ikimenyetso kimwe gusa mu gasandugu k'umuhondo hejuru, arashobora gusubira mu kigo bitaho umwana canke ahandi atari muri porogarama yo kumwitaho kw'ishure:
  - Mu gihe haheze amasaha 24 ata mucanwa afise ata miti igabanura umucanwa yafashe **KANDI**
  - Umwana wawe yumvise amerewe neza haheze amasaha 24 (ibimenyetso vyaragabanutse canke vyaraheze).
- Nimba umwana wawe ata kimenyetso c'ingwara yagize kiri mu gasandugu k'umutuku canke ibimenyetso bibiri canke birenga vyo mu gasandugu k'umuhondo mugabo atarabonye

n'abahinga bitaho amagara yabo kandi batarapimwe COVID-19, mu nyuma arashobora gusubira mu kigo bitaho umwana canke ahandi atari muri porogarama yo kumwitaho kw'ishure:

- Haheze amasaha 24 ata mucanwa afise ata miti igabanura umuriro yafashe, **KANDI**
- Ibindi bimenyetso vyaragabanutse, **KANDI**
- N'imiburiburi haheze iminsi 10 ata kimenyetso c'ingwara gisubiriye kwibonekeza.

Iki candikano cahujwe n'uko ibintu vyifashwe ku ruhusa rushikirijwe n' [Igisata Kijejwe Amagara y'Abanyagihugu ca Rhode Island](#)

[COVID-19 mu Bagwayi b'Abana \(Abana bataragera kuja mu kiburamwaka-Abana bo mu Kiburamwaka - Abana bo mu mwaka w' 12\) Icagura, Itohoza, Ipimwa n'Ugusubira kw'Ishure](#)

[Ugutangura Bakomeye kandi Bafise Amagara meza: Ubuyobozi bw'Amashure y'i Vermont bwerekeye Ukwirinda n'Amagara meza](#)

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 <b>ANY ONE</b> of these symptoms, they likely <b>need a COVID-19 test</b>.</p> <ul style="list-style-type: none"> <li>• Call your child's healthcare provider for medical advice and possible office visit or referral to be tested.</li> <li>• Communicate the plan with your child's program director or family child care provider.</li> </ul>
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 <b>TWO OR MORE</b> of these symptoms, they <b>MIGHT need a COVID-19 test</b>.</p> <ul style="list-style-type: none"> <li>• Call your child's healthcare provider for medical advice and possible office visit to determine what to do next.</li> <li>• Communicate the plan with your child's program director or family child care provider.</li> </ul> <p>If your child has <b>ONLY ONE</b> of these symptoms, keep your child at home until:</p> <ul style="list-style-type: none"> <li>• They have had no fever for at least 24 hours without the use of fever-reducing medicine.</li> <li>• They have felt better for at least 24 hours (symptoms are improved or gone).</li> </ul>
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](#)