

Tilmaamahan waxaa sameeyay xirfadlayaasha caafimaadka dadweynaha iyo daryeelka caafimaadka iyaga oo isticmaalaya xeerarka caafimaadka dadweynaha ee la caddeeyey wakhtiga isku gudbinta bulshada ee fayraska keena xanuunka COVID-19 ee Vermont uu aad u hooseeyo. Waxaa lagu samayn karaa dib u eegid iyada oo laga jawaabayo xaaladaha deegaanka iyo gobolka ee is beddelaya.

## **Sidee ayay wax noqonayaan hadii ilmahaaygu yeesho calaamado isaga oo guriga jooga ama uu xanuunsado isaga oo jooga xanaanada ilmaha ama isaga oo jooga barnaamij daryeel oo dugsiga ka baxsan?**

- Hadii uu ilmahaagu qabo wax kamid ah calaamadaha hoos ku qoran, waxa aad ku haysaa guriga oo waxa aad la hadashaa maamulaha barnaamijka ama bixiyaha xanaanada ilmaha qoyska si aad ugu sheegto inuu maqnaanayo.
- Hadii uu ilmuhu yeesho wax kamid ah calaamdaha hoos ku qoran inta uu joogo xanaanada ilmaha ama barnaamijka daryeelka dugsiga ka baxsan, waxa la geyn doonaa meel gaar ah oo loogu talo geley caruurta xanuunsanaysa waana lagula soo hadli doonaa si aad u timaado oo aad u kaxayso ilmahaaga sida ugu dhakhsaha badan.
- Inkasta oo si wayn loo dhiirrigelinayo in wixii go'aan ah ee ku saabsan marka uu ilmuhu ku noqon karo xanaanada ilmaha in ay wada gaadhaan bixiyaha daryeelka caafimaadka ilmaha iyo qoyska, go'aanadan oo kale waa in ay ugu dambeyn xaqiijiyaan amaanka iyo caafimaadka bulshada ilmahaaga.

## **Goorma ayuu ilmahaaygu u baahan yahay COVID-19 [shaybaadhkiisa](#)?**

Qufac (cusub)	<p>Hadii uu ilmahaagu qabo <b>WAX KAMID AH</b> calaamadahan, waxay u badan tahay <b>inuu u baahan yahay shaybaadhka COVID-19.</b></p> <ul style="list-style-type: none"> <li>• Kala hadal bixiyaha daryeelka caafimaad ee ilmahaaga wixii talo caafimaad ah iyo booqashada xafiiska ee suuragalka ah ama u gudbinta shaybaadhka.</li> <li>• Kala hadal qorshaha agaasimaha barnaamijka ilmahaaga ama daryeel bixiyaha ilmaha qoyska.</li> </ul>
Neefta oo qabata ama neefta oo dhibta	
Dhadhanka oo meesha ka baxa (cusub)	
Urta oo meesha ka baxda (cusub)	
Xumad kaliya oo joogto ah > 24 saacadood (heerkul ka badan 100.4°)	
Xumad (heerkul ka sareeya 100.4°)	<p>Hadii ilmahaagu uu qabo <b>LABA AMA WAX KA BADAN</b> calaamdahan, waxaa <b>DHICI KARTA inuu u baahan yahay shaybaadh COVID-19 ah.</b></p> <ul style="list-style-type: none"> <li>• Kala hadal bixiyaha daryeelka caafimaad ee ilmahaaga wixii talo caafimaad ah iyo booqashada xafiiska ee suuragalka ah si aad u ogaato waxa xiga ee aad samaynayso.</li> </ul>
Qadhqadhyo	
Muruq ama jidh xanuun	
Madax xanuun	
Cune xanuun	

Daal	<ul style="list-style-type: none"> <li>• Kala hadal qorshaha agaasimaha barnaamijka ilmahaaga ama daryeel bixiyaha ilmaha qoyska.</li> </ul> <p>Hadii ilmahaagu uu qabo <b>MID KALIYA</b> calaamadahan, ilmahaagu ku hay guriga ilaa:</p> <ul style="list-style-type: none"> <li>• Ilmahaagu uu bilaa xumad ahaa ugu yaraan 24 saacadood isaga oo aan qaadan dawada xumada.</li> <li>• Uu ladnaa ugu yaraan 24 saacadood (calaamaduhu ay kasoo reeyeen ama baaba'een).</li> </ul>
Sanka oo xidhma ama duuf (cusub)	
Yalaalugo ama hunqaaco	
Shuban	

## Goorma ayuu ilmahaagu ku noqon karaa xanaanada ilmaha ama barnaamijka daryeelka dugsiga ka baxsan?

Adigu **uma** baahnid qoraal dhakhtar oo saxeexan si ilmahaagu ugu noqdo xanaanada ilmaha ama barnaamijka daryeelka dugsiga ka baxsan.

- Hadii ilmahaaga **laga baadhay COVID-19:**
  - Waa inuu galaa karantiimada ilaa inta natiijada uu heleyo shaybaadhka.
  - Hadii shaybaadhka **LAGAGA WAAYO**, waxa uu ku noqon karaa xanaanada ilmaha ama barnaamijka daryeelka dugsiga ka baxsan kadib:
    - Ilmahaagu uu bilaa xumad ahaa 24 saacadood isaga oo aan qaadan dawada xumada. **IYO**
    - Ilmahaagu uu soo ladnaanayo, **oo** calaamadihii uu ka bogsanayo.
  - Hadii shaybaadhka **LAGAGA HELO**, waxa uu ku noqon karaa xanaanada ilmaha ama barnaamijka daryeelka dugsiga ka baxsan kadib:
    - Ay kasoo wareegeen 24 saacadood isaga oo bilaa xumad ah oo aan isticmaalin dawada xumada, **IYO**
    - Ay calaamadaha kale ka soo reeyeen, **oo**
    - Ay ugu yaraan 10 maalmood kasoo wareegeen markii uu yeeshay calaamadihii ugu horreeyey.
- Haddii ilmahaagu **aanu** marin shaybaadhka COVID-19 maadaama oo uu kaliya lahaa hal calaamad ah oo ku taala sanduuqa huruuda ah ee sare, waxa uu ku noqon karaa xanaanada ilmaha ama barnaamijka daryeelka ka baxsan dugsiga marka:
  - Ilmahaagu uu bilaa xumad ahaa 24 saacadood isaga oo aan qaadan dawada xumada **oo**
  - Ilmahaagu uu ladnaa ugu yaraan 24 saacadood (calaamaduhu ay kasoo reeyeen ama baaba'een).
- Hadii uu ilmahaagu lahaa wax calaamado ah oo ku jira sanduuqa cas ama laba ama wax ka badan oo calaamado oo ku jira sanduuqa huruudda ah laakiin aanu arag xirfadlahiisa

daryeelka caafimaad oo aanu marin shaybaadh COVID-19 ah, waxa uu ku noqon karaa xanaanada ilmaha ama barnaamijka daryeelka ka baxsan dugsiga kadib:

- Ay kasoo wareegeen 24 saacadood isaga oo bilaa xumad ah oo aan isticmaalin dawada xumada, **OO**
- Ay calaamadaha kale kasoo reeyeen, **OO**
- Ay ugu yaraan 10 maalmood kasoo wareegeen markii uu yeeshay calaamadihii ugu horreeyey.

Waraaqahan waxbaa laga beddelay iyada oo ogolaanshe laga heley [Waxda Caafimaadka Rhode Island](#)

[COVID-19 Bukaanka Caruurta ah \(Kahor-K – Fasalka 12\) Kala Soocidda Bukaanka, Qiimaynta, Shaybaadhka iyo Ku Noqoshada Dugsiga](#)

[Bilaw Xoogan oo Caafimaad Qaba: Tilmaamaha Amaanka iyo Caafimaadka ee Dugsiyada Vermont](#)

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](#)