

Mwongozo huu uliundwa na wataalamu wa afya ya umma na huduma za afya kwa kutumia kanuni zilizothibitishwa za afya ya umma wakati huu ambapo maambukizi ya virusi vinavyosababisha maradhi ya COVID-19 katika jamii ya Vermont ni ya kiwango cha chini sana. Unaweza kubadilishwa kulingana na mabadiliko ya hali za eneo na jimbo.

Je, kutafanyika nini iwapo mtoto wangu ana dalili akiwa nyumbani au augue akiwa katika huduma za utunzaji wa watoto au mpango wa utunzaji nje ya shule?

- Iwapo mtoto wako ana dalili yoyote kati ya hizo zilizoordheshwa hapo chini, mwache akae nyumbani na uwasiliane na mkurugenzi wa mpango au mtoa huduma za utunzaji wa watoto wa familia ili uripoti kutokuwepo kwake.
- Iwapo mtoto wako ana dalili zozote zilizoordheshwa hapo chini akiwa katika huduma za utunzaji wa watoto au mpango utunzaji nje ya shule, atapelekwa katika eneo lililotengwa mahususi kwa watoto wasiojihisi vizuri na utapigiwa simu uje kumchukua mtoto wako haraka iwezekanavyo.
- Huku ikihimizwa sana kuwa maamuzi kuhusu wakati mtoto anaweza kurudi kwa huduma za utunzaji wa watoto yafanywe na mtoa huduma za matibabu wa mtoto, na familia, maamuzi kama haya ni lazima yahakikishe kabisa afya na usalama wa jamii ya mtoto wako.

Je, ni lini mtoto wangu anahitaji kupimwa COVID-19?

Kikohozi (kipya)	<p>Iwapo mtoto wako ana MOJAWAPO kati ya dalili hizi, inawezekana anahitaji kupimwa COVID-19.</p> <ul style="list-style-type: none"> • Wasiliana na mtoa huduma za afya wa mtoto wako kwa ushauri wa kimatibabu na uwezekano wa kutembelea ofisi au rufaa ili kupimwa. • Mjulishe mkurugenzi wa mpango wa mtoto wako au mtoa huduma za utunzaji wa watoto wa familia kuhusu mpango wako.
Upungufu wa pumzi au kushindwa kupumua	
Ukosefu wa hisia za ladha (mpya)	
Ukosefu wa hisia za harufu (mpya)	
Homa pekee inayoendelea > saa 24 (halijoto ya zaidi ya 100.4°)	
Homa (halijoto ya zaidi ya 100.4°)	<p>Iwapo mtoto wako ana dalili hizi MBILI AU ZAIDI, ANAWEZA kuhitajika apimwe COVID-19.</p> <ul style="list-style-type: none"> • Wasiliana na mtoa huduma za afya wa mtoto wako kwa ushauri wa kimatibabu na uwezekano wa kutembelea ofisi ili kubaini hatua zinazofuata. • Mjulishe mkurugenzi wa mpango wa mtoto wako au mtoa huduma za utunzaji wa watoto wa familia kuhusu mpango
Kibaridi	
Maumivu ya misuli au mwili	
Maumivu ya kichwa	
Mwasho wa koo	
Uchovu mwingi	

Kuziba au kuwa na kamasi puani (mpya)	wako.
Kichefuchefu au kutapika	Iwapo mtoto wako ana dalili MOJA TU kati ya hizi, mweke nyumbani hadi:
Kuendesha	<ul style="list-style-type: none"> • Uhakikishe hajakuwa na homa kwa saa 24 bila kutumia dawa za kupunguza dalili za homa. • Mtoto wako amehisi kupata nafuu kwa angalau saa 24 (dalili zimepungua au zimeisha).

Je, ni lini mtoto wangu anaweza kurudi kwa huduma za utunzaji wa watoto au mpango wa utunzaji wa nje ya shule?

Huhitaji barua iliyo na saini ya daktari ili mtoto wako arudi tena kwa huduma za utunzaji wa watoto au mpango wa utunzaji wa nje ya shule.

- Iwapo mtoto wako **amepimwa COVID-19**:
 - Lazima awakwe katika karantini hadi apokee matokeo ya kipimo chake.
 - Iwapo matokeo ya kipimo yanaonyesha **HANA VIRUSI**, anaweza kurudi kwa huduma za utunzaji wa watoto au mpango wa utunzaji wa nje ya shule baada ya:
 - Kukosa kuwa na homa kwa saa 24 bila kutumia dawa za kupunguza homa. **NA**
 - Kujihisi kupata nafuu, **nadalili** zake kupungua.
 - Iwapo matokeo ya kipimo ni yanaonyesha **ANA VIRUSI**, anaweza kurudi kwa huduma za utunzaji wa watoto au mpango wa utunzaji wa nje ya shule baada ya:
 - Kukosa kuwa na homa kwa saa 24 bila kutumia dawa za kupunguza dalili za homa, **NA**
 - Kupunguka kwa dalili nyingine, **NA**
 - Kuisha kwa angalau siku 10 tangu kutokea kwa dalili zozote.
- Iwapo mtoto wako **hakupimwa** COVID-19 kwa sababu alikuwa na moja tu ya dalili zilizopo katika kijisanduku cha manjano kilicho hapo juu, anaweza kurudi kwa huduma za utunzaji wa watoto au mpango wa utunzaji wa nje ya shule wakati:
 - Hajakuwa na homa kwa saa 24 bila kutumia dawa za kupunguza dalili za homa **NA**
 - Amehisi kupata nafuu kwa angalau saa 24 (dalili zimepungua au zimeisha).
- Iwapo mtoto wako amekuwa na dalili iliyoko katika kijisanduku chekundu au dalili mbili au zaidi katika kijisanduku cha manjano lakini hakuchunguzwa na mtaalamu wake wa kiafya na hakupimwa COVID-19, anaweza kurudi kwa huduma za utunzaji wa watoto au mpango wa utunzaji wa nje ya shule baada ya:
 - Kukosa kuwa na homa kwa saa 24 bila kutumia dawa za kupunguza homa, **NA**
 - Dalili zingine kupungua, **NA**
 - Kuisha kwa angalau siku 10 tangu kutokea kwa dalili zozote.

Hati hii ilipitishwa kwa rufusa kutoka kwa [Idara ya Afya ya Rhode Island](#)

[COVID-19 katika Watoto Wanaougua \(Pre-K – Darasa la 12\) Mchakato wa Haraka wa Kuchunguza Wagonjwa, Utathmini, Upimaji na Kurudi Shuleni](#)

[Mwanzo Thabiti na Wenye Afya: Mwongozo wa Usalama na Afya wa Shule za 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 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](#)