

တၢ်န့ၣ်ကျဲအံၤဘၢၣ်တၢ်ဒုးအိၣ်ထီၣ်အီၤခိဖျိကမျၢ်ဆူၣ်ချ့ဒီးဆူၣ်ချ့ပှၤကွၢ်ထွဲတၢ်ဖိစဲၣ်နီၤသ့ၣ်တဖၣ်ခိဖျိတၢ်စူးကါကမျၢ်ဆူၣ်ချ့သနူလၢအိၣ်ဒီးတၢ်အုၣ်သးဖဲအဆၢကတီၢ်လၢဝဲရးတၢ်ဘၣ်ကူဘၣ်ဂၤလၢပှၤတၢ်ဖိအကျါလၢအကဲထီၣ်သးခိဖျိ COVID-19 တၢ်ဆိက့ၢ်အံၤကဲထီၣ်သးစ့ၤဒိၣ်နီၢ်ဖးဖဲ Vermont အခါန့ၣ်လီၤ.

တၢ်အံၤတၢ်ကက့ၤကွၢ်ကဒါက့ၤအီၤဒီးသန့ထီၣ်သးလၢလီၢ်ကဝီၤဒီးကီၢ်စဲၣ်တၢ်အိၣ်သးအတၢ်ဆိတလဲအဖိခိၣ်န့ၣ်လီၤ.

ယဖိမ့ၢ်အိၣ်ဒီးတၢ်ဆါပနီၣ်လၢဟံၣ်မ့ၢ်တမ့ၢ်မ့ၢ်ဆိက့ၢ်လၢကိၣ်န့ၣ်တၢ်မနုၤကကဲထီၣ်သးလဲၣ်.

- နဖိမ့ၢ်အိၣ်ဒီးတၢ်ဆါပနီၣ်သ့ၣ်တဖၣ်လၢတၢ်ကွဲးရဲၣ်လီၤဟံၣ်အီၤလၢလၢအံၤတခါခါန့ၣ်,ဟံၣ်အီၤလၢဟံၣ်ဒီးကိးလီၤတဲစိဆူကိၣ်လၢတၢ်ကဟံၣ်ဖျါထီၣ်အတၢ်တလဲထီၣ်ကိၣ်အဂ့ၢ်တက့ၢ်.
- နဖိမ့ၢ်အိၣ်ဒီးတၢ်ဆါပနီၣ်သ့ၣ်တဖၣ်လၢတၢ်ကွဲးရဲၣ်လီၤဟံၣ်အီၤအံၤဖဲအအိၣ်လၢကိၣ်အခါန့ၣ်,တၢ်ကဟံၣ်အီၤဖဲတၢ်လီၢ်တၢ်ကျဲလၢတၢ်ဒုးအိၣ်ထီၣ်အီၤလၢတၢ်ကဟံၣ်ပှၤဆိက့ၢ်အဂီၢ်ဒီးတၢ်ကကိးလီၤတဲစိဆူန့ၣ်ဒိၣ်သိးနကဟဲကိးက့ၤနဖိလၢအဆိအချ့တသ့ဖဲအသ့အဂီၢ်လီၤ.
- ပဟ့ၣ်ကူၣ်လၢနကဆဲးလီၤမံၤဖဲတၢ်ဟ့ၣ်ပျဲလံာ်အဒိအပူၤဒိသိးနကဟ့ၣ်ပျဲတၢ်ဟ့ၣ်နီၤလီၤတၢ်ဂ့ၢ်တၢ်ကျိၤလၢကိၣ်န့ၣ်(ဖဲတၢ်ဒီးန့ၣ်အီၤသ့အခါ)ဒီးနဖိကသံၣ်သရၣ်အဘၢၣ်စၤဖဲနဖိအဆိက့ၢ်အခါန့ၣ်လီၤ.
- ဖဲတၢ်ဆါတဲာ်ဘၣ်ဃးကိၣ်ဖိအတၢ်က့ၤထီၣ်ကိၣ်အံၤတၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးလီၤတၢ်လီၤဆဲးလၢကိၣ်န့ၣ်,ကိၣ်ဖိကသံၣ်သရၣ်,ဒီးဟံၣ်ဖိဃီဖိကမၤတၢ်ဆါတဲာ်အခါန့ၣ်,တၢ်ဆါတဲာ်အံၤကဘၣ်မၤလီၤတၢ်နဖိအကိၣ်ဒီးပှၤတၢ်ဖိအတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ဒီးအတၢ်ပူၤဖျဲဒီးတၢ်ဘၣ်ယိၣ်အဂီၢ်လီၤ.

ယဖိအံၤကလိၣ်ဘၣ် **COVID-19** တၢ်မၤကွၢ်အခါဖဲလဲၣ်.

တၢ်ကူး(အသီ)	<p>နဖိအံၤမ့ၢ်အိၣ်ဒီးတၢ်ဆါပနီၣ်သ့ၣ်တဖၣ်အံၤ တခါခါန့ၣ်,အဝဲသ့ၣ်ကလိၣ်ဘၣ်ဝဲ COVID-19 တၢ်မၤကွၢ်န့ၣ်လီၤ.</p> <ul style="list-style-type: none"> • ကိးနဖိကသံၣ်သရၣ်လၢဆူၣ်ချ့တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးဒီးတၢ်လဲၤထံၣ်လိာ်သးဒီးကသံၣ်သရၣ်မ့ၢ်တမ့ၢ်တၢ်ဆုၢ်ခိလၢတၢ်မၤကွၢ်အဂီၢ်တက့ၢ်. • ဆဲးကျိးဒုးသ့ၣ်ညါနဖိကိၣ်နးစံမ့ၢ်ပုၤဘၣ်မူဘၣ်ဒါဘၣ်ဃးနတၢ်ရဲၣ်တၢ်ကျဲၤတက့ၢ်.
ကသါတဘျဲမ့ၢ်ကသါကီ	
ကိာ်ပူၤလီၤဘျါ(အသီ)	
တၢ်နၢတၢ်နါလီၤမၢ်(အသီ)	
ထဲတၢ်လီၤကိာ်တခါလၢအယံာ်န့ၣ်၂၄န့ၣ်ရံၣ်(တၢ်ကိာ်ထီၣ်အါန့ၣ် 100.4°)	
တၢ်လီၤကိာ် (တၢ်ကိာ်ထီၣ်အါန့ၣ် 100.4°)	<p>နဖိမ့ၢ်အိၣ်ဒီးတၢ်ပနီၣ်သ့ၣ်တဖၣ်အံၤ တခါမ့ၢ်တမ့ၢ်အါန့ၣ်တခါန့ၣ်, ဘၣ်သ့ၣ်သ့ၣ်အကလိၣ်မၤကွၢ် COVID-19.</p> <ul style="list-style-type: none"> • ကိးနဖိကသံၣ်သရၣ်လၢဆူၣ်ချ့တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးဒီးတၢ်လဲၤထံၣ်လိာ်သးဒီးကသံၣ်သရၣ်ဒ်သိးကဆါတဲာ်တၢ်လၢနကဘၣ်မၤအီၤဆူညါအဂီၢ်တက့ၢ်. • ဆဲးကျိးဒုးသ့ၣ်ညါနဖိကိၣ်နးစံမ့ၢ်ပုၤဘၣ်မူဘၣ်ဒါဘၣ်ဃးနတၢ်ရဲၣ်တၢ်ကျဲၤတက့ၢ်. <p>နဖိအံၤမ့ၢ်အိၣ်ဒီးတၢ်ဆါပနီၣ်သ့ၣ်တဖၣ်အံၤ ထဲတခါဇိၤဒီး,ဟံၣ်နဖိလၢဟံၣ်ပာ်တုၤလၢ-</p> <ul style="list-style-type: none"> • အဝဲတအိၣ်ဒီးတၢ်လီၤကိာ်လၢ၂၄န့ၣ်ရံၣ်အတီၢ်ပူၤလၢတအိၣ်ဒီးတၢ်အိကသံၣ်လီၤကိာ် ဒီး • အတဲကိညါလီၤပွဲၤထီၣ်၂၄န့ၣ်ရံၣ်(တၢ်ဆါပနီၣ်သ့ၣ်တဖၣ်ဟဲဂ့ၢ်ထီၣ်မ့ၢ်လီၤမၢ်ကွၢ်).
တၢ်ကဘုထီၣ်	
ယုၢ်ညါမ့ၢ်လီၤဆါယီၢ်ဆါ	
ခိၣ်သၣ်ဃံဆါ	
ကိာ်ယုၢ်ပူၤဆါ	
တၢ်ဘျဲးသ့ၣ်တီၤသး	
နါဒုခံဘံးမ့ၢ်နါအံၤထံယွဲ (အသီ)	
သးကလဲၤ မ့ၢ်တမ့ၢ် ဘျိး	
ဟၢဖၢလူ	

ယဖိက့ၤထီၣ်က့ၤသ့လၢအခါဖဲလဲၣ်.

လၢနဖိက့ၤထီၣ်က့ၤအဂီၢ်န တလိာ်ဘၣ် ကသံၣ်သရၣ်လိာ်အုၣ်သးလၢအဆဲးလီၤဟံမံၤဘၣ်.

- နဖိ မ့ၢ်ကွၢ်မၤသးလၢ **COVID-19** အဂီၢ်န့ၣ်-
 - အဝဲသ့ၣ်ကဘၣ်အုၣ်လီၤဆီ ပၢၢ်တုၤလၢအဝဲသ့ၣ်ဒီးန့ၣ်ဘၣ်တၢ်မၤကွၢ်အစၢတစုန့ၣ်လီၤ.
 - တၢ်မၤကွၢ်အစၢမ့ၢ်ဟံၣ်ဖျါလၢ တအိၣ် ဒီးတၢ်ဆါဃာ်ဘၣ်န့ၣ်,အဝဲက့ၤထီၣ်က့ၤသ့ဖဲလၢ
 - နဖိအံၤတအိၣ်ဒီးတၢ်လီၤကီၢ်လၢၤၤၤန့ၣ်ရံၣ်အတီၢ်ပူၤလၢတအိၣ်ဒီးတၢ်အိကသံၣ်လိၤကီၢ်. ဒီး
 - နဖိတူၢ်ဘၣ်မုၢ်ထီၣ် ဒီးတၢ်ဆါပနီၣ်သ့ၣ်တဖၣ်ဂ့ၤထီၣ်က့ၤအခါန့ၣ်လီၤ.
 - တၢ်မၤကွၢ်အစၢမ့ၢ်ဟံၣ်ဖျါလၢ အအိၣ် ဒီးတၢ်ဆါဃာ်ဘၣ်န့ၣ်,အဝဲက့ၤထီၣ်က့ၤသ့ဖဲလၢ
 - နဖိအံၤတအိၣ်ဒီးတၢ်လီၤကီၢ်လၢၤၤၤန့ၣ်ရံၣ်အတီၢ်ပူၤလၢတအိၣ်ဒီးတၢ်အိကသံၣ်လိၤကီၢ် ဒီး
 - တၢ်ဆါပနီၣ်အဂၤသ့ၣ်တဖၣ်ဟဲဂ့ၤထီၣ်, ဒီး
 - စးထီၣ်လၢတၢ်ဆါပနီၣ်ဟဲဖျါထီၣ်ဝံၤအသီၤဝံၤအခါန့ၣ်လီၤ.
- နဖိအံၤမ့ၢ် တမၤကွၢ်သးလၢ COVID-19

အဂီၢ်မ့ၢ်လၢအအိၣ်ဒီးတၢ်ဆါပနီၣ်ထဲတခါဧၤလၢတၢ်ဟံၣ်ဖျါထီၣ်တ့ၢ်အီၤဖဲတၢ်လွံၢ်န့ၣ်အလွဲၢ်ဘီအပူၤန့ၣ်ဒီး,အဝဲသ့ၣ်က့ၤထီၣ်ကဒါက့ၤဆူဖိသ့တၢ်ကွၢ်ထွဲလီၤမ့ၢ်ဖိသ့တအိၣ်က့ၤတၢ်ကွၢ်ထွဲတၢ်ရဲၣ်တၢ်ကျဲၤသ့ဝဲဖဲ-

 - နဖိအံၤတအိၣ်ဒီးတၢ်လီၤကီၢ်လၢၤၤၤန့ၣ်ရံၣ်အတီၢ်ပူၤလၢတအိၣ်ဒီးတၢ်အိကသံၣ်လိၤကီၢ် ဒီး
 - နဖိအံၤကီၢ်ညၣ်လီၤပဲၤထီၣ်ၤၤၤန့ၣ်ရံၣ်(တၢ်ဆါပနီၣ်သ့ၣ်တဖၣ်ဟဲဂ့ၤထီၣ်မ့ၢ်လီၤမၤကွၢ်).
- နဖိအံၤမ့ၢ်အိၣ်ဒီးတၢ်ဆါပနီၣ်လၢတၢ်ဟံၣ်ဖျါထီၣ်တ့ၢ်အီၤဖဲတၢ်လွံၢ်န့ၣ်အလွဲၢ်ဂီၤအကျါတခါမ့ၢ်တၢ်ဆါပနီၣ်အါန့ၣ်တခါဖဲတၢ်လွံၢ်န့ၣ်အလွဲၢ်ဘီအကျါဘၣ်ဆၣ်တထံၣ်လိာ်ဘၣ်သးဒီးကသံၣ်သရၣ်စဲၣ်နီၤဒီးတဒီးန့ၣ်ဘၣ်..

.တၢ်မၤကွၢ်န့ၣ်,အက့ၤထီၣ်က့ၤသ့ဖဲလၢ

 - နဖိအံၤတအိၣ်ဒီးတၢ်လီၤကီၢ်လၢၤၤၤန့ၣ်ရံၣ်အတီၢ်ပူၤလၢတအိၣ်ဒီးတၢ်အိကသံၣ်လိၤကီၢ် **ဒီး**
 - တၢ်ဆါပနီၣ်အဂၤသ့ၣ်တဖၣ်ဟဲဂ့ၤထီၣ်, **ဒီး**
 - စးထီၣ်လၢတၢ်ဆါပနီၣ်ဟဲဖျါထီၣ်ဝံၤအသီၤဝံၤအခါန့ၣ်လီၤ.

လိာ်တၢ်ကွဲးနီၣ်ကွဲးယါတဘၣ်အံၤဘၣ်တၢ်ကွဲးဒီးအီၤဃုာ်ဒီး တၢ်ဟ့ၣ်ပျဲလၢ [Rhode Island ဆူၣ်ချ့ဝဲၤကျိၤန့ၣ်လီၤ.](#)
[COVID-19 တၢ်ဆါသတြိၣ်ပုၤဆါတဖၣ်\(ကတီၢ်ဆိ-၁၂၀၂၁\)အတၢ်ကူၤစါယါဘျါဆိ.တၢ်သမံသမိး.တၢ်မၤကွၢ်ဒီးတၢ်ဟဲက့ၤထီၣ်က့ၤတၢ်စးထီၣ်သးလၢအဂၢၢ်ကျါဒီးပဲၤဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့- တၢ်ပူၤဖျဲးဒီးတၢ်ဘၣ်ယိာ်ဒီးဆူၣ်ချ့တၢ်န့ၣ်ကျဲၤလၢ Vermont က့ၤတဖၣ်အဂီၢ်](#)

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 school?

- If your child has any of the symptoms listed below, keep them home from school and call the school to report their absence.
- If your child has any of the symptoms listed below while at school, they will be moved to an area set up specifically for students not feeling well and you will be called to come pick up your child as soon as possible.
- We encourage you sign a consent form that allows information to be shared between your child's school nurse (when available) and health care provider when your child is sick.
- While it is strongly encouraged that decisions about when a student may return to school are made with the school nurse, the student's health care provider, and the family, such decisions must ultimately ensure the health and safety of your child's school and 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 school nurse or designated personnel.
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 school nurse or designated personnel.
Chills	
Muscle or body aches	
Headache	
Sore throat	
Fatigue	
Congestion or runny nose (new)	
Nausea or vomiting	<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).
Diarrhea	

When can my child go back to school?

You **do not** need a signed doctor's note for your child to re-enter school.

- 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 school 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 school 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 school 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](#)