

Ubu buyobozi bwatunganiye 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. Birashoboka ko bosubiramwo inyishu bategekanya bivanye nuku ngene ibintu biriko birahinduka mu karere kacyi no muri Reta.

## Bigenda gute none nimba umwana wanje afise ibimenyetso vy'ingwara i muhira canke agwariye kw'ishure?

- Umwana wawe niyoba afise ibimenyetso bimwebimwe biri ku rutonde hasi, mugumane i muhira ntatonde kw'ishure uce uterefone kw'ishure ubamenyeshye ko asiba.
- Umwana wawe niyoba afise ibimenyetso bimwebimwe biri ku rutonde hasi mu gihe ari kw'ishure, azokwimirira ahantu hategekanirijwe mu buryo budomako abanyeshure bunva ko batameze neza kandi bazoca baguterefone ushike gutora umwana wawe ningoga.
- Turaguhimiriza gushira igikumu ku rukarata rurekurira guhanahana amakuru hagati y'umuforoma avura umwana wawe kw'ishure (mu gihe ahari) na muganga avura umwana wawe mu gihe umwana wawe agwaye.
- Mu gihe bahimiriza bashimitse ko gufata ingingo kugira umunyeshure arekurirwe kugaruka kw'ishure ifatwa bafatanije n'umuforoma wo kw'ishure, na muganga avura umunyeshure, n'umuryango, bene iza ngingo zitegerezwa kwitaho cane amagara n'umutekano kw'ishure no mu kibanyi.

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

Inkorora (bishasha)	<p>Nimba umwana wawe afise <b>KIMWE</b> muri ibi bimenyetso vy'ingwara, 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 vyiye canke akamurungika ahandi yopimirwa.</li> <li>• Hanahana amakuru kuri icyo nteguro n'umuforoma wo kw'ishure ry'umwana wawe canke umukozi yashinzwe ico gikorwa.</li> </ul>
Ukubura impwemu canke guhema bigoranye	
Kudasoserwa (bishasha)	
Kutamoterwa (bishasha)	
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,</p> <p><b>ASHOBORA kuba 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 vyiye kugira yemeze ico gukora gikurikira.</li> <li>• Hanahana amakuru kuri icyo nteguro n'umuforoma wo kw'ishure ry'umwana wawe canke umukozi yashinzwe ico gikorwa.</li> </ul> <p>Nimba umwana wawe afise ikimenyetso <b>KIMWE CONYENE</b>, mugumane muhira gushika:</p> <ul style="list-style-type: none"> <li>• Mu gihe haheze amasaha 24 ata mucanwa afise ata miti igabanura umuriro yafashe.</li> <li>• Umwana wawe yumvise amereye neza amasaha atari musiyari 24 (ibimenyetso vyagabanutse canke vyahaze).</li> </ul>
Kujugumira	
Kubabara imiryamba canke ku mubiri	
Kumeneka umutwe	
Kubabara mu muhogo	
Kumva urushe	
Gupfungana mu mazuru canke ibicurane (bishasha)	
Iseseme canke kudahwa	
Gucibwamwo	

## Ni ryari umwana wanje ashobora gusubira kw'ishure?

Wewe **ntu** keneye icandiko ca muganga kiriko igikumu kugira umwana wawe asubire kw'ishure.

- Nimba umwana wawe **yarapimwe COVID-19:**
  - Bategerezwa kwikumira gushika inyishu z'ibipimo zigiye ahabona.
  - Nimba ibipimo vyerekanye ko **ATA NGWARA AFISE**, mu nyuma arashobora gusubira kw'ishure:
    - Umwana wawe ata mucanwa yagize mu masaha 24 ata miti igabanura umuriro yafashe. **KANDI**
    - Umwana wawe ameze neza, **kandi** ibimenyetso biriko biragabanuka.
  - Nimba ibipimo vyerekanye ko **AFISE INGWARA**, mu nyuma arashobora gusubira kw'ishure:
    - Haheze amasaha 24 ata mucanwa afise ata miti igabanura umuriro yafashe, **KANDI**
    - Ibindi bimenyetso vyagabanutse, **KANDI**
    - Haheze iminsi itari musu 10 ata kimenyetso c'ingwara gisubiriye kwibonekeza.
- Nimba umwana wawe **ata** pimwe COVID-19 kubera yari afise ikimenyetso kimwe gusa mu gasandugu k'umuhondo hejuru, arashobora gusubira kw'ishure mu gihe:
  - Mu gihe haheze amasaha 24 ata mucanwa afise ata miti igabanura umuriro yafashe **KANDI**
  - Umwana wawe yumvise amerewe neza haheze amasaha atari musu ya 24 (ibimenyetso vyagabanutse canke vyaraheze).
- Nimba umwana wawe yaragize ikimenyetso na kimwe c'ingwara yagize kiri mu gasandugu k'umutuku canke ibimenyetso bibiri canke birenga vyo mu gasandugu k'umuhondo mugabo atabonye n'abahanga bitaho amagara yiwe kandi atapimwe COVID-19, mu nyuma arashobora gusubira kw'ishure:
  - Haheze amasaha 24 ata mucanwa afise ata miti igabanura umuriro yafashe, **KANDI**
  - Ibindi bimenyetso vyagabanutsegabanutse, **KANDI**
  - Haheze iminsi itari musu 10 ata kimenyetso c'ingwara gisubiriye kwibonekeza.

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

[COVID-19 mu Bagwayi b'Abana \(Abana bataragera kuja mu kiburamwaka-Abana bo mu Kiburamwaka – Gushika ku Bana bo mu mwaka w' 12\) 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 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 <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 school nurse or designated personnel.</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 school nurse or designated personnel.</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 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](#)