

Tilmaamahan waxaa soo saaray caafimaadka dadweynaha iyo xirfadlayaasha daryeelka caafimaadka iyadoo adeegsanaya mabaadi'da caafimaadka dadweynaha ee la xaqiijiyay. Waxaa laga yaabaa in dib loo eego iyadoo laga jawaabayo duruufaha deegaanka iyo gobolka ee isbedelaya. Haddii aad qabtid wax su'aalo ah ama welwel ah oo ku saabsan caafimaadka ilmahaaga, iyadoon loo eegin heerka tallaalka ilmahaaga, la tasho bixiyaha daryeelka caafimaadka ilmahaaga.

Maxaa dhacaya haddii ilmahaygu calaamado ku leeyahay guriga ama ku xanuunsado dugsiga?

- Haddii ilmahaagu leeyahay mid ka mid ah astaamaha COVID-19 ee hoos ku taxan, ku hay guriga oo yaanu aadin dugsiga oo wac dugsiga si aad u soo sheegto maqnaanshahooda.
- Haddii ilmahaagu yeesho wax calaamado COVID-19 ah oo hoos ku taxan inta uu dugsiga joogo, waxaa loo rari doonaa aag loo diyaariyey si gaar ah oo loogu talagalay ardayda aan dareemeynin caafimaad waxaana laguugu yeeri doonaa inaad soo qaadato ilmahaaga sida ugu dhakhsaha badan.
- Waxaa lagugu dhiirigelinayaa inaad saxiixdo foom oggolaansho oo oggolaanaya in macluumaadka lala wadaago kalkaalisada dugsiga ee ilmahaaga (marka la heli karo) iyo bixiyaha daryeelka caafimaadka marka ilmahaagu jiran yahay.
- Go'aannada ku saabsan goorta ardaygu ku soo laaban karo dugsiga waa in lala gaaraa kalkaaliyaha dugsiga, bixiyaha daryeelka caafimaadka ee ardayga, iyo qoyska. Go'aamadan waxay xaqiijinayaan caafimaadka iyo badbaadada dugsiga ilmahaaga iyo bulshada.

Goorma ayuu ilmahaygu u baahan yahay [baaritaan COVID-19?](#) (linki Ingiriisi ah)

- Waa kuwan astaamaha carruurta ee hadda lala xiriirinayo COVID-19:

Qandho (100.4°F ama ka sareeya)	Lallabo/yalaalugo
Qufac	Matag
Neefta oo ku Yaraata	Shuban
Cunaha oo Xanuuna	Daal
Duuf	Murqo Xanuun
Urta ama Dhadhanka oo ka Lumaya	Madax Xanuun

- Haddii ilmahaagu leeyahay wax astaamo COVID-19 ah **in ka badan 24 saacadood**, waa inay helaan baaritaanka COVID-19 ee PCR. U sheeg qorshaha kalkaalisada dugsiga ee ilmahaaga ama shaqaalaha loo cayimay.
- Ku xisaabtan in ilmahaaga la baaro wax ka yar 24 saacadood haddii ay qabaan qandho, qufac, duuf, madax xanuun, ama dhadhankii ama urtii ka luntay. Kuwani waa astaamo caadi ahaan ay la kulmaan carruurta laga helo cudurka COVID-19 ee Vermont. Fadlan la tasho bixiyaha daryeelka caafimaadka ilmahaaga haddii aad u baahan tahay caawimaad go'aan ka gaaridda haddii ilmahaagu u baahan yahay baaritaan hore.

- Haddii ilmahaagu leeyahay astaamaha xasaasiyadda ee ku jira liiska kore, baaritaanada COVID-19 ee PCR ayaa lagula talinayaa inta lagu jiro waqtigan uu kordhayo faafitaanka fayraska COVID-19.

Goorma ayuu ilmahaagu ku laaban karaa dugsiga?

Adigu **uma baahnid** warqad dhakhtar oo saxeexan si ilmahaagu dugsiga ugu noqdo.

- Haddii ilmahaagu leeyahay astaamaha jirrada **in ka yar 24 saacadood**, waxay ku noqon karaan dugsiga ka dib markay ahayd 24 saacadood ama ka badan tan iyo markii calaamadihii xanuunku dhammaadeen.
- Haddii ilmahaagu leeyahay astaamaha COVID-19 oo **qaatay COVID-19 baaritaan:**
 - Waa inay karantiil sameeyaan ilaa ay ka helaan natiijooyinka baaritaanka.
 - Haddii natiijooyinka shaybadhku ay noqdaan **NAGATIF**, waxay dib ugu noqon karaan dugsiga ka dib:
 - Markay ahayd 24 saacadood ama ka badan oo aan lahayn qandho iyada oo aan la isticmaalin dawada xummad-yareynta, **IYO**
 - Calaamadaha kale uu ka ladnaaday.
 - Haddii natiijooyinka shaybaadhku ay noqdaan qaar **TOGAN**, waxay dib ugu noqon karaan dugsiga kadib:
 - Markay ahayd 24 saacadood ama ka badan oo aan lahayn qandho iyada oo aan la isticmaalin dawada xummad-yareynta, **IYO**
 - Calaamadaha kale uu ka ladnaaday, **IYO**
 - 10 maalmood ama ka badan ayaa ka soo wareegtay markii calaamaduhu ay soo ifbaxeen.
- Haddii ilmahaagu leeyahay astaamaha COVID-19 (oo ku qoran bogga koowaad) oo soconaya **in ka badan 24 saacadood** oo **aanu marin** baadhitaan COVID-19 laakiin **baaritaan kale uu ku sameeyey** bixiyaha daryeelka caafimaadka, waxay ku noqon karaan dugsiga kadib:
 - Markay ahayd 24 saacadood ama ka badan oo qandho la'aan ah iyada oo aan la isticmaalin dawada xummad-yareynta, **IYO**
 - Calaamadaha kale uu ka ladnaaday.
- Haddii ilmahaagu leeyahay astaamaha COVID-19 (oo ku qoran bogga koowaad) oo soconaya **in ka badan 24 saacadood** oo **aanu marin** COVID-19 baaritaankiisa oo **aanu helin baaritaan kale**, waxay ku noqon karaan dugsiga kadib:
 - Markay ahayd 24 saacadood ama ka badan oo bilaa qandho ah iyada oo aan la isticmaalin dawada xummad-yareynta, **IYO**
 - Calaamadaha kale uu ka ladnaaday, **IYO**
 - Ugu yaraan 10 maalmood ayaa ka soo wareegtay markii calaamaduhu ay soo ifbaxeen.

This guidance was developed by public health and healthcare professionals using proven public health principles. It may be revised in response to changing local and state circumstances. If you have any questions or concerns about your child's health, regardless of your child's vaccination status, consult your child's healthcare provider.

What happens if my child has symptoms at home or gets sick in school?

- If your child has any of the COVID-19 symptoms listed below, keep them home from school and call the school to report their absence.
- If your child has any COVID-19 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.
- You are encouraged to sign a consent form that allows information to be shared between your child's school nurse (when available) and healthcare provider when your child is sick.
- Decisions about when a student may return to school should be made with the school nurse, the student's healthcare provider, and the family. These decisions ensure the health and safety of your child's school and community.

When does my child need a COVID-19 [test](#)? (link in English)

- Here are the current pediatric symptoms associated with COVID-19:

Fever (100.4°F or higher)	Nausea
Cough	Vomiting
Shortness of Breath	Diarrhea
Sore Throat	Fatigue
Runny Nose	Muscle Aches
Loss of Smell or Taste	Headache

- If your child has any COVID-19 symptoms for **longer than 24 hours**, they should obtain a COVID-19 PCR test. Communicate the plan with your child's school nurse or designated personnel.
- Consider having your child tested earlier than 24 hours if they have a fever, cough, runny nose, headache, or loss of taste or smell. These are symptoms commonly experienced by children testing positive for COVID-19 in Vermont. Please consult with your child's healthcare provider if you need assistance deciding if your child needs an earlier test.
- If your child experiences allergy symptoms that are on the list above, COVID-19 PCR tests are recommended during this time of increased circulation of the COVID-19 virus.

When can my child go back to school?

You **do not** need a signed doctor's note for your child to go back to school.

- If your child has illness symptoms for **less than 24 hours**, they can go back to school after it has been 24 hours or more since illness symptoms have resolved.
- If your child has symptoms of COVID-19 and **had a COVID-19 test**:
 - They must quarantine until they have received results of the test.

Return to School Following Illness COVID-19 Information for Families

September 2021

- If the test results are **NEGATIVE**, they can go back to school after:
 - It has been 24 hours or more of no fever without the use of fever-reducing medicine, **AND**
 - Other symptoms have improved.

- If the test results are **POSITIVE**, they can go back to school after:
 - It has been 24 hours or more of no fever without the use of fever-reducing medicine, **AND**
 - Other symptoms have improved, **AND**
 - 10 days or more have passed since any symptoms appeared.

- If your child has symptoms of COVID-19 (listed on page one) lasting **longer than 24 hours** and **did not** have a COVID-19 test but **an alternative diagnosis was made** by health care provider, they can go back to school after:
 - It has been 24 hours or more of no fever without the use of fever-reducing medicine, **AND**
 - Other symptoms have improved.

- If your child has symptoms of COVID-19 (listed on page one) lasting **longer than 24 hours** and **did not** have a COVID-19 test and **no alternative diagnosis was made**, they can go back to school after:
 - It has been at 24 hours or more of no fever without the use of fever-reducing medicine, **AND**
 - Other symptoms have improved, **AND**
 - At least 10 days have passed since any symptoms appeared.