

Mwongozo huu uliandaliwa na wataalamu wa afya ya umma na huduma za afya kwa kutumia kanuni za afya zilizothibitishwa. Unaweza kurekebisha kulingana na mabadiliko ya hali katika eneo na jimbo. Ikiwa una maswali au tashwishi zozote kuhusu afya ya mtoto wako, licha ya hali ya chanjo ya mtoto wako, wasiliana na mtoa huduma ya afya ya mtoto wako.

Ni nini hufanyika ikiwa mtoto wangu ana dalili akiwa nyumbani au anaugua akiwa shuleni?

- Ikiwa mtoto wako zozote kati ya dalili za COVID-19 zilizoordheshwa hapo chini, mwache nyumbani na asiende shuleni na piga simu shuleni ili kuripoti kutokuwepo kwake.
- Ikiwa mtoto wako ana dalili zozote za COVID-19 zilizoordheshwa hapo chini akiwa shuleni, atahamishiwa kwenye eneo lililotengwa maalum kwa watoto ambao wanaumwa na utapigiwa simu ili kumchukua mtoto wako haraka iwezekanavyo.
- Unahimizwa kusaini fomu ya idhini ambayo inaruhusu kushirikisha taarifa baina ya muuguzi wa shule ya mtoto wako (wanapokuwa wanapatikana) na mtoa huduma ya afya wakati mtoto wako anaugua.
- Maamuzi kuhusu ni lini mwanafunzi anaweza kurudi shuleni yanapaswa kufanywa kwa pamoja na muuguzi wa shule, mtoa huduma ya afya ya mwanafunzi, na familia. Maamuzi haya yanahakikisha afya na usalama wa shule ya mtoto wako na jamii.

Je, ni lini mtoto wangu anahitaji [kupimwa COVID-19](#)? (kiungo kwa Kiingereza)

- Hapa kuna dalili kwa sasa za watoto zinazohusiana na COVID-19:

Homa (100.4 °F au zaidi)	Kichefuchefu
Kikohozi	Kutapika
Upungufu wa Pumzi	Kuharisha
Mwasho Kooni	Uchovu
Kamasi kwenye Pua	Maumivu ya Misuli
Kupoteza Hisia za Harufu au Ladha	Maumivu ya kichwa

- Ikiwa mtoto wako ana dalili zozote za COVID-19 kwa **zaidi ya saa 24**, anapaswa kupimwa kipimo cha PCR cha COVID-19. Wasilisha mpango huu kwa muuguzi wa shule ya mtoto wako au wafanyakazi walioteuliwa.
- Hakikisha mtoto wako amepimwa mapema kabla ya saa 24 ikiwa ana homa, kikohozi, kamasi kwenye pua, maumivu ya kichwa, au amepoteza hisia za ladha au harufu. Hizi ni dalili ambazo kawaida hupatwa na watoto wanaotambuliwa kuwa wana COVID-19 jimboni Vermont. Tafadhali wasiliana na mtoa huduma ya afya wa mtoto wako ikiwa unahitaji msaada wa kuamua ikiwa mtoto wako anahitaji kipimo cha mapema.
- Ikiwa mtoto wako anapata dalili za mzio zilizo kwenye orodha iliyo hapo juu, vipimo vya PCR vya COVID-19 vinapendekezwa wakati huu wa ongezeko la ueneaji wa virusi vya COVID-19.

Je, ni lini mtoto wangu anaweza kurudi shuleni?

Huhitaji taarifa iliyosainiwa na daktari ili mtoto wako aweze kurudi shuleni.

- Ikiwa mtoto wako ana dalili za maradhi kwa **chini ya saa 24**, anaweza kurudi shuleni ikiwa zimepita saa 24 au zaidi tangu dalili za maradhi kuisha.
- Ikiwa mtoto wako ana dalili za COVID-19 na **amepimwa COVID-19:**
 - Lazima akae karantini hadi apate matokeo ya kipimo.
 - Ikiwa matokeo ya kipimo **HAYAONYESHI MAAMBUKIZI**, anaweza kurudi shuleni baada ya:
 - saa 24 au zaidi kupita bila homa na bila kutumia dawa za kupunguza homa, **NA**
 - Dalili nyingine kuonyesha kupungua.
 - Ikiwa matokeo ya kipimo **YANAONYESHA MAAMBUKIZI**, anaweza kurudi shuleni baada ya:
 - saa 24 au zaidi kupita bila homa na bila kutumia dawa za kupunguza homa, **NA**
 - Dalili nyingine kuonyesha kupungua, **NA**
 - Siku 10 au zaidi kupita tangu dalili zozote zionekane.
- Ikiwa mtoto wako ana dalili za COVID-19 (zilizoordheshwa kwenye ukurasa wa kwanza) zinazodumu kwa muda wa **zaidi ya saa 24** na **hakupimwa** COVID-19 lakini **utambuzi mbadala ulifanywa** na mtoa huduma ya afya, anaweza kurudi shuleni baada ya:
 - 24 au zaidi kupita bila homa na bila kutumia dawa za kupunguza homa, **NA**
 - Dalili nyingine zimeonyesha kupungua.
- Ikiwa mtoto wako ana dalili za COVID-19 (zilizoordheshwa kwenye ukurasa wa kwanza) zinazodumu kwa muda wa **zaidi ya saa 24** na **hakupimwa** COVID-19 na **hakuna utambuzi mbadala uliofanywa**, anaweza kurudi shuleni baada ya:
 - saa 24 au zaidi kupita bila homa na bila kutumia dawa za kupunguza homa, **NA**
 - Dalili nyingine kuonyesha kupungua, **NA**
 - Angalau siku 10 kupita tangu dalili zozote zionekane.

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.