

本文档所含信息有助于回答您有关即将到来的新学年的部分问题。教育局 (Agency of Education) 和佛蒙特州卫生部 (Vermont Department of Health) 发布了新冠肺炎 (COVID-19) 大流行期间 2020 年秋季学生返校计划的指导方针。指导方针支持返校学校计划，**为孩子们提供安全、健康、有趣的成长、学习和娱乐场所**。家长所需相关信息，请参见卫生部[网站](#)。

开学的重要意义

佛蒙特州的健康和教育专家认为，儿童和青少年需要继续学习，而学校是实现这一目标最安全的场所。佛蒙特州各学校支持儿童的学业、社交、情感和发展需求。对于某些家庭而言，学校是孩子们获得网上学习所无法提供的健康饮食、网络使用和心理健康服务的场所。

佛蒙特州可以安全开学的原因

佛蒙特州卫生专员医学博士 Mark Levine 认为：“对于这种病毒的应对工作，已经达到了可以让孩子们重返校园的程度，只要做好周密、慎重而安全的准备工作便无妨。” 新冠肺炎的研究人员收集的[数据](#)足以证明佛蒙特州可以安全重新开学，因为：

- 通过教育宣传、检测和[接触者追踪](#)，佛蒙特州已经在一段时间内控制住了阳性病例患者出现时新冠肺炎的传播。
- 《[强大而健康的开端：重新开学的安全与健康指导](#)》已就如何在开学之前做好安全措施，为各学校指明了方向。
- 整个大流行期间，儿童看护中心和安置点一直处于开放状态，其经验表明可[成功](#)确保儿童和教职员工的的安全。

我们对儿童和冠状病毒的了解

- 全世界的研究一致发现，这种病毒在年幼儿童之间以及年幼儿童向成人的传播几率特别低。通常是成人向儿童传播这种病毒。
- 新冠肺炎患者少的国家已成功开放了学校而且没有爆发疫情，而目前佛蒙特州的疫情大致类似。

为孩子做好应对变化的准备工作

- 告知关于今年预期可能在学校看到的变化。
 - 包括学校护士和新冠肺炎协调员在内的学校领导正在就具体学校配置和针对学生的规定进行交流。具体可能会根据孩子年龄的不同而有所差异。
- 请注意您孩子的社交和情感健康状况，询问他们的感受。美国疾病控制与预防中心 (CDC) 提供了有关如何与各年龄段孩子进行这些[对话](#)的要领。

今年秋季会与以往不同

变化	详细信息
预筛选	每天上学前都会向学生询问有关其健康情况的问题，并测量体温。出现症状和/或发烧的学生需要回家。这有助于限制疾病在学校的传播。
校车座位	校车上的座位会有所不同，从而保持好身体距离。可能已经为学生分配了座位，车窗会保持打开状态进行通风。
需要佩戴口罩，除非有医学或发育上的原因而无法佩戴口罩	口罩可以减少从嘴或鼻子传播到空气中的飞沫数量。此类飞沫中可能会携带这种病毒。
教室中用课桌隔开身体距离，并且面向同一方向	人们距离太近，更容易导致新冠肺炎病毒的传播。学生们相隔一定距离就座且面对相同方向，这样可以降低与飞沫中病毒接触的机会。
经常洗手或使用搓手液的机会	学生和教职员工要经常清洁双手以清除细菌，从而阻止病毒传播。
在校出行前，将学生分成小组，几个人为一组	坚持对学生分组可限制接触人数和减少传播。一旦有人检测出新冠肺炎阳性，学校可以清楚其接触了哪些学生和教职员工。这将有助于做好接触者追踪工作。
成人要经常对学校进行清洁和消毒	对表面进行清洁和消毒会清除细菌，有助于阻止人们在房间内接触物品时传播病毒。
出现新冠肺炎 症状 的学生和教职员工需要留在家中	将病人控制在家中将有助于减少学校社区内各种细菌的传播。
学校社区内出现新冠肺炎病例时，要遵守计划和协议	一旦出现新冠肺炎病例，学校社区和家庭可以了解公共卫生专业人员会提供哪些帮助。
室外时间：在建筑物外时，如果无法始终保持身体距离，会要求教职员工和学生佩戴口罩。	佩戴口罩和保持身体距离可降低病毒在人群之间传播的机会。

学校出现新冠肺炎病例后的工作

目前，佛蒙特州新冠肺炎测试呈阳性的人数很少，而且学校正在竭尽全力为教职员和学生营造安全场所。然而，我们仍然需要针对可能出现新冠肺炎确诊患者的情况或可能与学校环境相关的少数病例制定计划。有很多可用于保护教职员和儿童的方法，比如：

- 新冠肺炎确诊患者待在家中，远离学校，并要求与他人[隔离](#)。
- 学校行政部门和卫生部共同努力，确定后续步骤，其中包括是否需要关闭教室或学校。
- 学校行政部门会针对情况与家庭进行沟通。
- 对教室进行清洁和消毒。
- 卫生部进行[接触者追踪](#)并与[密切接触者](#)交流，其中包括在被感染者具有传染性期间，与其距离 6 英尺以内达 15 分钟或以上的人员。
- 指导确定为密切接触的学生和教职员进行检疫或隔离。
- 学生或教职员何时可以返校，将由学校护士、本人医疗保健提供者和家人决定。

这些都是经过验证可以确保无需临时转为远程教育的公共卫生方法。

Simplified Chinese

Why it is important for school to open

Vermont's health and education experts agree that children and youth need to continue learning, and that school is the safest place for that to happen. Schools in Vermont support the academic, social, emotional, and developmental needs of children. For some families, school is where kids get healthy meals, access to the internet, and mental health services that cannot be provided with online learning.

Why it is safe to open schools in Vermont

Vermont's Health Commissioner, Mark Levine, MD, believes: "we've come to a point in our response to this virus that allows us to bring our children back to school – in a carefully considered, measured, and safe way." Researchers studying COVID-19 have gathered enough [data](#) to support the safe re-opening of schools in Vermont because:

- The state has controlled the spread of COVID-19 over time by educating, testing, and [contact tracing](#) when there is a positive case.
- "[A Strong and Healthy Start Safety and Health for Reopening Schools](#)" informs schools on how to put safety measures in place before re-opening.
- Child care centers and camps have been open throughout the pandemic and their experience has shown [success](#) in keeping both children and staff safe.

What we know about children and coronavirus

- Research from around the world has consistently found that younger children are less likely to spread the virus to each other or to adults. Most often adults spread this virus to children.
- Countries that have low number of people with COVID-19, like what is seen in Vermont, have successfully opened schools without outbreaks.

How you can prepare your child for the changes

- Talk with them about changes they can expect to see at school this year.
 - School leaders, including school nurses and COVID-19 coordinators, are communicating about how their specific schools are set up and what the rules will be for students. This may look different depending on the age of your child.
- Be mindful of your child's social and emotional wellbeing and ask about how they are feeling. The CDC offers ideas on how to have these [conversations](#) with children of all ages.

Things that will be different this fall

Change	Details
Prescreening	Students will be asked questions about their health every day before school and will have their temperature checked. Anyone with symptoms and/or fever will go home. This helps to limit the spread of illness in the school.
Bus seating	Seating on the bus will be different to accommodate physical distancing. Students may have assigned seats and the windows will be open to allow ventilation.
Masks will be worn unless there is a medical or developmental reason why a mask cannot be worn	Masks reduce the number of droplets that can spread from a person's mouth or nose into the air. The virus is found in those droplets.
Physical distancing in the classroom with desks spaced apart and all facing in the same direction	The virus that causes COVID-19 can more easily spread when people are closer together. Students sit at a distance and face the same direction to lower the chance of contact with the virus in droplets.
Frequent opportunities to wash hands or use hand sanitizer	Students and staff will clean their hands frequently to remove germs to stop the spread of the virus.
Students are grouped into a cohort or pod and travel together while at school	Consistently grouping students limits the number of contacts and reduces spread. If somebody tests positive for COVID-19, the school will know which students and staff were together. This will help with contact tracing.
Adults will be cleaning and disinfecting the school frequently	Cleaning and disinfecting surfaces will remove germs to help stop the virus from spreading when people touch things in a room.
Students and staff with symptoms of COVID-19 will be asked to stay home	Keeping sick people home will help reduce the spread of all germs in the school community.
Plans and protocols will be followed when there are cases of COVID-19 in the school community	If there is a case of COVID-19, the school community and families will know what to expect from public health professionals.
Outside time – staff and students are required to wear masks while outside of the building if physical distancing cannot always be maintained.	Masks and physical distancing lower the chances that the virus can spread between people.

What will happen if there is a case of COVID-19 in school

Currently Vermont has a low number of people who have tested positive for COVID-19 and the schools are working hard to make safe spaces for the staff and students. However, we still need to

plan for the possibility of someone testing positive for COVID-19, or a small number of cases that may be linked to the school setting. There are many tools that can be used to protect the staff and children, such as:

- The person diagnosed with COVID-19 stays home from school and is instructed to [isolate](#) from others.
- The school administration and the Health Department works together to determine next steps, including if classrooms or the school needs to be closed.
- School administration communicates with families regarding the situation.
- Classrooms are cleaned and disinfected.
- The Health Department conducts [contact tracing](#) and talks with [close contacts](#), which includes people who were within 6 feet of the infected person for 15 or more minutes while they were infectious.
- Students and staff who are determined to be close contacts are given instructions to quarantine or isolate.
- Decisions about when a student or staff can return to school will be made with the school nurse, the person's health care provider, and the family.

These are proven public health methods that can prevent the need to temporarily move to remote instruction.

English