

လံာ်တၢ်ကွဲးနီၣ်ကွဲးယၢတဘၣ်အံၤ အိၣ်ယုၢ်ဒီးတၢ်ဂ့ၢ်တၢ်ကျဲၤသ့ၣ်တဖၣ် ဒ်သီးကမၤစၢၤစံးဆၢနတၢ်သံကွၢ်တနီၤ ဘၣ်ယးဒီး ဆူမဲၣ်ညါတနံၣ် ကိုတၢ်သိၣ်လိနံၣ် န့ၣ်လီၤ. ကူၣ်သ့ၣ်စးကရၢ (Agency of Education) ဒီး Vermont ဆူၣ်ချ့ၣ်ကူၣ် (Vermont Department of Health) အံၤ ထုးထီၣ်ရၢလီၤ. ကိုတၢ်ရဲၣ်တၢ်ကျဲၤအတၢ်န့ၣ်ကျဲၤ လၢတၢ်ကကွၢ်အိၣ်ထီၣ်ကွဲး ၂၀၂၀ တၢ်ဂီၢ်ထီၣ်သီကတီၢ် ဝဲ COVID-19 တၢ်ဆါသကြိၣ်ကဲထီၣ်ဒီးသး အဖၢမ့ၢ်န့ၣ်လီၤ. တၢ်န့ၣ်ကျဲၤသ့ၣ်တဖၣ်အံၤ ဆိၣ်ထွဲမၤစၢၤကူၣ်တၢ်ရဲၣ်တၢ်ကျဲၤတဖၣ် လၢကအိၣ်ထီၣ်သးဆူညါအဂီၢ် ဒီး ဒုးအိၣ်ထီၣ် တၢ်လီၢ်တၢ်ကျဲၤလၢ [အပူၤဖျးဒီး တၢ်ဘၣ်ယိၣ်](#), [အပူၤဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့](#) ဒီး [ပုၤဒီးတၢ်သ့ၣ်ဖံးသးညါလၢ နဖိကဒိၣ်ထီၣ်](#), [ကမၤလိတၢ် ဒီး ကလိၣ်ကွဲး](#)အဂီၢ်လီၤ. တၢ်ဂ့ၢ်တၢ်ကျဲၤလၢ မိၢ်ပၢ်တဖၣ် အဂီၢ်န့ၣ် တၢ်ထံၣ်န့ၢ်အိၣ်သ့ၣ် ဆူၣ်ချ့ၣ်ကူၣ် [အပူၤယၢသန့](#)န့ၣ်လီၤ.

ဘၣ်မနုၤအယိၣ်လၢ ကိုအံၤအကါဒိၣ်လၢတၢ်ကကွၢ်အိၣ်ထီၣ်အိၣ်လဲၣ်

Vermont ဆူၣ်ချ့ဒီးကူၣ်သ့အပူၤဖျးဒီးတၢ်ဘၣ်ယိၣ်အိၣ်ကတၢၢ် လၢတၢ်ကမၤလိတၢ်အဂီၢ်လီၤ. ကွဲး Vermont သ့ၣ်တဖၣ်အံၤ ဆိၣ်ထွဲမၤစၢၤ တၢ်မၤလိ လံာ်ဒိၣ်လဲၣ်ထီၣ်, တၢ်ရဲၣ်တၢ်ကျဲၤလိာ်, သးအတၢ်တူၢ်ဘၣ်, ဒီး တၢ်လဲၤထီၣ်လဲၤထီၣ်အတၢ်လိၣ်ဘၣ်တဖၣ် လၢဖိသ့ၣ်တဖၣ်အဂီၢ်လီၤ. လၢဟံၣ်ဖိယိဖိတနီၤအဂီၢ်န့ၣ်, ကိုန့ၣ်မ့ၢ် တၢ်လီၢ်လၢ ဖိသ့ၣ်တဖၣ်ကဒီးန့ၣ်ဘၣ် တၢ်အိၣ်တၢ်အိၣ်လၢအပူၤဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့, တၢ်ဒီးန့ၣ်ဘၣ်အတူၣ်နဲး ဒီး နီၤသးဆူၣ်ချ့တၢ်မၤစၢၤသ့ၣ်တဖၣ် လၢတၢ်ဟ့ၣ် လီၤအိၣ် ခိဖျိ တၢ်မၤလိတၢ်လၢအုထၢၣ်နဲးလီၤတသ့ဘၣ် သ့ၣ်တဖၣ်န့ၣ်လီၤ.

ဘၣ်မနုၤအယိၣ်လၢ တၢ်အိၣ်ထီၣ်ကွဲး Vermont န့ၣ် ပူၤဖျးဒီး တၢ်ဘၣ်ယိၣ်လဲၣ်

Vermont ဆူၣ်ချ့ ခၢၣ်စးပူၤန့ၣ်လီၤတၢ် Mark Levine, MD အံၤ နၢၣ်ဝဲဒၣ်လၢ- “လၢတၢ်ခိဆၢ ဘဲရၢး(စ) တခါအံၤအဖိခိၣ်န့ၣ်, ပတုၤထီၣ်ဘး တၢ်လံာ်ဆူ တၢ်အိၣ်သးလၢ အဟ့ၣ်ပျဲပူၤ လၢပကဒုးထီၣ်က့ၢ်ပဖိကွဲၢ် လၢတၢ်ကွၢ်ထံဆိကမိၣ်ထံဆးလီၤတၢ်လီၤဆဲး, တၢ်ရဲၣ်တၢ်ကျဲၤလီၤတၢ်လီၤဆဲး ဒီး တၢ်ပူၤဖျး ဒီးတၢ်ဘၣ်ယိၣ်လီၤတၢ်လီၤဆဲး အကျိၤအကျဲၤန့ၣ်လီၤ.” ပူၤယုၢ်သ့ၣ်ညါတၢ်ဖိလၢ အမၤလိ COVID-19 သ့ၣ်တဖၣ်အံၤ ထၢဖိၣ်တၢ် [တၢ်ဂ့ၢ်တၢ်ကျဲၤ](#) လၢလၢပုၤပုၤ လၢကဆိၣ်ထွဲမၤစၢၤ တၢ်အိၣ်ထီၣ်ကွဲးကူၣ်လၢအပူၤဖျးဒီးတၢ်ဘၣ်ယိၣ် ဝဲ Vermont အပူၤ မ့ၢ်လၢ -

- ကီၢ်စဲၣ်အံၤ ဒီးသးတၢ်လံာ် COVID-19 အတၢ်ရၢလီၤသး ကယိကယိ ခိဖျိ တၢ်ဟ့ၣ်တၢ်သိၣ်လိ, တၢ်မၤကွၢ် ဒီး [တၢ်ယုၢ်သ့ၣ်ညါပူၤ လၢအိၣ်ဘူး အိၣ်တၢ်](#) ဝဲပူၤဒီးန့ၣ်ဘၣ်တၢ်ဆါယၢ ဆိၣ်ဝဲအခါ.
- “[တၢ်စးထီၣ်လၢပုၤပုၤတၢ်ဒီးပုၤဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ - တၢ်ပူၤဖျးဒီးတၢ်ဘၣ်ယိၣ် ဒီးပုၤဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ လၢတၢ်ကကွၢ်အိၣ်ထီၣ်ကွဲး](#)အဂီၢ်” အံၤ ဘိးဘၣ်သ့ၣ်ညါကူၣ်သ့ၣ်တဖၣ်လၢ ကဘၣ်ဒုးအိၣ်ထီၣ် တၢ်ပူၤဖျးဒီးတၢ်ဘၣ်ယိၣ်အတၢ်ရဲၣ်တၢ်ကျဲၤသ့ၣ်တဖၣ် တရူးလၢတၢ်ကကွၢ်အိၣ်ထီၣ်ကွဲးအခါ.
- ဖိသ့ၣ်တၢ်ကွၢ်ထွဲလီၢ်ခၢၣ်သး ဒီး တၢ်လီၢ်တၢ်ကျဲၤသ့ၣ်တဖၣ်အံၤ ဘၣ်တၢ်အိၣ်ထီၣ်တၢ်လံာ်အိၣ် လၢတၢ်ဆါသကြိၣ်ကဲထီၣ်သးဒီးတကတီၢ်ယီၤ ဒီးအတၢ်ဖံး တၢ်မၤတၢ်လဲၤခိဖျိသ့ၣ်တဖၣ်အံၤ ဟံၣ်ဖိထီၣ်တၢ် [တၢ်လၢတၢ်ပုၤ](#) လၢတၢ်ပၤယၢပုၤကူၣ်ဖိဒီးပူၤမၤတၢ်ဖိခိၣ်ယၢဟံၣ်လၢာ် လၢအပူၤဖျးဒီး တၢ်ဘၣ်ယိၣ်.

တၢ်လၢပသ့ၣ်ညါဘၣ်ယး ဖိသ့ၣ်သ့ၣ်တဖၣ် ဒီး ခိရိန့ၣ်ဘဲရၢး(စ) အဂ့ၢ်အကျိၤန့ၣ် မ့ၢ်မနုၤလဲၣ်.

- တၢ်ယုၢ်သ့ၣ်ညါလၢဟီၣ်ခိၣ်ဒီးဘၣ်အံၤ ယုၢ်ထံၣ်တၢ်တမံၤယိၣ်လၢ ဖိသ့ၣ်ဆဲးသ့ၣ်တဖၣ်အံၤ တဒုးဘၣ်ကူဘၣ်ကဲဘဲရၢး(စ) ဆူတဂၢၤဒီးတဂၢၤ မ့တမ့ၢ် ဆူပူၤနီၣ်ဒိၣ်သ့ၣ်တဖၣ်အဆိၣ် အါအါဘၣ်န့ၣ်လီၤ. အါစုအါဘျီန့ၣ်, ပူၤနီၣ်ဒိၣ်သ့ၣ်တဖၣ် ဒုးဘၣ်ကူဘၣ်ကဲ ဘဲရၢး(စ) ဆူဖိသ့ၣ်တဖၣ်အဆိၣ်န့ၣ်လီၤ.
- ထံကီၢ်လၢအဆိၣ်ဒီးပူၤလၢ အဒီးန့ၣ်ဘၣ် COVID-19 တၢ်ဆါအနီၣ်ဂံၢ်စုၤ ဒ်တၢ်အိၣ်ထီၣ်သးဝဲ Vermont အံၤန့ၣ်, အိၣ်ထီၣ်တၢ်လံာ်ကူၣ်သ့ၣ်တဖၣ် လၢလၢပုၤပုၤ လၢတၢ်အိၣ်ဒီး တၢ်ဆါဟံၣ်ပၢ်ထီၣ်သတူၢ်ကလၢဘၣ်န့ၣ်လီၤ.

လၢတၢ်ဆိတလဲသ့ၣ်တဖၣ်အဂီၢ် နကတၢ်ကတီၤန့ၢ်နဖိကသ့ၣ်လဲၣ်

- ကတီၤသကိးတၢ်ဒီး အဝဲသ့ၣ် ဘၣ်ယး တၢ်ဆိတလဲသ့ၣ်တဖၣ် လၢအမုၢ်လၢပၢ်လၢကထံၣ်ဘၣ်ဝဲလၢကီၢ်သ့ ဝဲတနံၣ်ညါအံၤအပူၤတက့ၢ်.
 - ကိုခိၣ်န့ၢ်သ့ၣ်တဖၣ် လၢအပၣ်ယုၣ်ဒီး ကျိးနး(၈)တဖၣ် ဒီး COVID-19 မုၢ်ဒါခိၣ်သ့ၣ်တဖၣ်အံၤ ဆဲးကျိးဆဲးကျၢၤလိာ်သးဘၣ်ယး အဝဲသ့ၣ်အကီၢ်လီၤလီၤဆိသ့ၣ်တဖၣ်အံၤ ဘၣ်တၢ်ဒုးအိၣ်ထီၣ်အီၤလဲၣ် ဒီး ကိုဖိတဖၣ်အဂီၢ် တၢ်သိၣ်တၢ်သီသ့ၣ်တဖၣ် ကမုၢ်မနုၤလဲၣ် န့ၣ်လီၤ. တၢ်အံၤဘၣ်သ့ၣ်သ့ၣ် ကဖျါလီၤဆိလိာ်သး ဒီးသန့ၤထီၣ်သးလၢ ဖိသၣ်သးနံၣ်အဖိခိၣ်န့ၣ်လီၤ.
- ဟံၣ်သ့ၣ်ဟံၣ်သးနဖိအတၢ်ရုၤလိာ်မုၢ်လိာ် ဒီး သးတၢ်တူၢ်ဘၣ်အတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ ဒီး သံက့ၢ်အဝဲသ့ၣ်ဘၣ်ယး အတၢ်တူၢ်ဘၣ်တက့ၢ်. CDC ဟ့ၣ်လီၤ တၢ်ဟ့ၣ်ကူၣ်သ့ၣ်တဖၣ်လၢ နကဘၣ် [ကတီၤသကိးတၢ်](#) ဒီးဖိသၣ်လၢအသးနံၣ်လီၤဆိသ့ၣ်တဖၣ် လဲၣ်န့ၣ်လီၤ.

တၢ်လၢကလီၤဆိလိာ်သးသ့ၣ်တဖၣ် ဝဲတၢ်ဂီၢ်ထီၣ်သီကတီၢ်အံၤ

တၢ်ဆိတလဲ	တၢ်ဂ့ၢ်တၢ်ကျိၤလီၤတၢ်တဖၣ်
တၢ်သမံသမိးမၤကွၢ်ဆိ	ကိုဖိသ့ၣ်တဖၣ်အံၤ တၢ်ကသံက့ၢ်အဝဲသ့ၣ်ဘၣ်ယး အတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ တချုးလၢ ကိုစးထီၣ်အခါ ဒီး တၢ်ကထီၣ်ကွၢ်အတၢ်ကိၢ်န့ၣ်လီၤ. ပုၤလၢအအိၣ်ဒီး တၢ်ဆိပနီၣ်သ့ၣ်တဖၣ် ဒီး/မုတမ့ၢ် တၢ်ကိၢ်မုၢ်ထီၣ်န့ၣ် ကဘၣ်က့ၤဆူဟံၣ်လီၤ. တၢ်အံၤ မၤစၢၤဝဲလၢ တၢ်ကပတုၤ တၢ်ဆူးတၢ်ဆါ အတၢ်ဘၣ်ကူၣ်ဘၣ်ကလၢကီၢ်န့ၣ်လီၤ.
သီလုၣ်ဘား(၆)တၢ်ဆုၣ်နီၤလီၢ်	တၢ်ဆုၣ်နီၤလီၢ်ဝဲ ဘား(၈) အပူၤအံၤ ကလီၤဆိလိာ်သး နသိးကမၤဘၣ်လိာ် တၢ်အိၣ်စီၤစုၤလိာ်သးန့ၣ်လီၤ. ကိုဖိသ့ၣ်တဖၣ်အံၤ ဘၣ်သ့ၣ်သ့ၣ် တၢ်ကဟ့ၣ်လီၤအီၤ တၢ်ဆုၣ်နီၤလီၢ်သ့ၣ်တဖၣ် ဒီး ဝဲတြီသ့ၣ်တဖၣ်အံၤ တၢ်ကဆိးထီၣ်အီၤလၢ ကလံၤကမၤန့ၣ်လီၤ အဂီၢ်လီၤ.
မုတမ့ၢ်လၢ ဆူၣ်ချ့တၢ်အိၣ်သး မုတမ့ၢ် တၢ်လဲၤထီၣ်လဲၤထီၤ အတၢ်အိၣ်သးလၢ တၢ်ဖျါနီၣ်ကးဘၢမၤတသ့ဘၣ်အယီၤန့ၣ်, နီၢ်ကးဘၢမၤဘၣ်သ့ၣ်တဖၣ်အံၤ တၢ်ကဘၣ်ဖျါအီၤန့ၣ်လီၤ	နီၢ်ကးဘၢမၤဘၣ်အံၤ မၤစုၤလီၤ တၢ်အထံလီၤစီၤဆဲးကိာ်ဖိတဖၣ်လၢ အရၤလီၤသး လၢပုၤတဂၤအကိာ်ပူၤ မုတမ့ၢ် အနါဒုခံဆူ ကလံၤကျါန့ၣ်လီၤ. ဘဲရား(၈)န့ၣ် တၢ်ထံၣ်န့ၢ်အီၤသ့ၣ်လၢ တၢ်အထံလီၤစီၤဆဲးကိာ်ဖိတဖၣ်အကျါန့ၣ်လီၤ.
တၢ်အိၣ်စီၤစုၤလိာ်သးလၢ တီၤဒေးပူၤ ယုၣ်ဒီး တၢ်သးယံၤ ဝးကွဲးလိာ်တဖၣ် ဒီး ပုၤကိးဂၤယုၣ်လိာ်အခိၣ်ဆူ တၢ်လီၢ်တတီၤယီ	ဘဲရား(၆)လၢအဒုးကဲထီၣ် COVID-19 အံၤ ရၤလီၤအသး ညီကဒုၣ်သ့ဝဲ ဝဲပုၤအိၣ်ဘူးလိာ်သးအခါန့ၣ်လီၤ. ကိုဖိသ့ၣ်တဖၣ် ကဘၣ်ဆုၣ်နီၤယံၤလိာ်သး ဒီး ယုၣ်လိာ်အခိၣ် ဆူတၢ်လီၢ်တတီၤယီ နသိးကမၤစုၤလီၤ တၢ်ဒီးန့ၢ်ဘဲရား(၈) ဒီဖျါ တၢ်အထံလီၤစီၤဆဲးကိာ်ဖိတဖၣ်အယီၤန့ၣ်လီၤ.
တၢ်ခွဲးတၢ်ယၢ်တလီၢ်လီၢ်လၢ တၢ်ကသုစု မုတမ့ၢ် စူးကါ ကသံၣ်ထံမၤသံတၢ်ဆါယာ်	ကိုဖိသ့ၣ်တဖၣ် ဒီး ပုၤမၤတၢ်ဖိသ့ၣ်တဖၣ်အံၤ ကသုစိအဝဲသ့ၣ်စု တလီၢ်လီၢ် နသိး ကသုစိကွၢ် တၢ်ဆါယာ် နသိး ကပတုၤ ဘဲရား(၈) အတၢ်ရၤလီၤသးအဂီၢ်လီၤ.
ကိုဖိသ့ၣ်တဖၣ် ဘၣ်တၢ်ကရူၢ်အီၤလၢ တကရူၢ် မုတမ့ၢ် တဖု ဒီး ကလဲၤတၢ်က့ၤတၢ်တပူၤယီ ဝဲအထီၣ်ကိုအခါ	တၢ်ဟံၣ်ကိုဖိတဖၣ်လၢတကရူၢ်ယီထီၣ်န့ၣ် မၤစုၤလီၤ တၢ်အိၣ်ဘူးအိၣ်တၢ်နီၣ်ဂံၢ် ဒီး မၤစုၤလီၤ တၢ်ဘၣ်ကူၣ်ဘၣ်ကလၢကီၢ်န့ၣ်လီၤ. ပုၤမုၢ်ဒီးန့ၢ်ဘၣ် COVID-19 တကန့ၣ်, ကိုအံၤ ကသ့ၣ်ညါဘၣ်ဝဲ ကိုဖိ ဒီး ပုၤမၤတၢ်ဖိတဖၣ်လၢ အအိၣ်တပူၤယီန့ၣ်လီၤ. တၢ်အံၤ ကမၤစၢၤပုၤလၢ တၢ်ကယုၣ်သ့ၣ်ညါပုၤလၢအအိၣ်ဘူးလိာ်သးန့ၣ်လီၤ.

ပုၤဒိၣ်တၢ်သ့ၣ်တဖၣ် ကမၤကဆိဒီး ကမၤသံတၢ်ဆါယၢ်လၢကွီ တလီၢ်လီၢ်န့ၣ်လီၤ	တၢ်မၤကဆိ ဒီး တၢ်မၤသံတၢ်ဆါယၢ်လၢ တၢ်မဲၣ်ဘၣ်ဘၣ်လီၢ်တဖၣ်န့ၣ် ကမၤလီၤမၤကွီ တၢ်ဆါယၢ်သ့ၣ်တဖၣ် နိသီးကမၤစၢၤပုၤလၢ ပကပတၣ် ဘဲရၢး(စ) လၢအတၢ်ရၢၤလီၤသး ဝဲပုၤထိးဘၣ် တၢ်ဖိတၢ်လံၤလၢ တီၤဒၤးပုၤအခါန့ၣ်လီၤ.
ပုၤကွီတဖၣ် ဒီး ပုၤမၤတၢ်ဖိသ့ၣ်တဖၣ် လၢအဆိဒီး COVID-19 တၢ်ဆါပနီၣ်တဖၣ် အံၤ တၢ်ကမၤအဆိဒ်လၢဟံၣ်န့ၣ်လီၤ	တၢ်ဟံၣ်ပုၤဆိကုလၢဟံၣ်န့ၣ် ကမၤစၢၤတၢ်မၤစၢၤလီၤ တၢ်ရၢၤလီၤတၢ်ဆါယၢ်သ့ၣ်တဖၣ် လၢကွီပုၤတတၢ်အပူၤန့ၣ်လီၤ.
တၢ်တီၢ်ကျဲၤတဖၣ် ဒီး တၢ်အၢၣ်လီၤလံၢ်ပံးယၢ်သ့ၣ်တဖၣ်အံၤ တၢ်ကဘၣ်လူၤပိၢ်မၤထွဲအိၣ် ဝဲ COVID-19 တၢ်ဆါ အိၣ်ထီၣ်လၢ ကွီအပူၤတတၢ်ပူၤအခါန့ၣ်လီၤ	COVID-19 တၢ်ဆါမ့ၢ်အိၣ်ထီၣ်န့ၣ်, ကွီအပူၤတတၢ် ဒီး ဟံၣ်ဖိယိဖိသ့ၣ်တဖၣ်အံၤ ကသ့ၣ်ညါ တၢ်လၢပကဘၣ်မ့ၢ်လၢအိၣ် လၢကမ့ၢ်ဆူၣ်ချ့ပုၤစံၣ်နီၤတဖၣ်အဆိဒ်န့ၣ်လီၤ.
ဆၢကတီၢ်လၢတၢ်ချၢ - ပုၤမၤတၢ်ဖိဒီးကွီဖိသ့ၣ်တဖၣ်အံၤ တၢ်လိၣ် ဘၣ်အိၣ်လၢကဖျိၣ်နီၣ်ကးဘၢမဲၣ်တဖၣ်ဝဲအဆိဒ်လၢ တၢ်ချၢအခါ ဝဲအဝဲၤသ့ၣ် အိၣ်စီၤစၢၤလီၢ်သး တသ့ဝဲအခါ န့ၣ်လီၤ	နီၢ်ကးဘၢမဲၣ်တဖၣ် ဒီး တၢ်အိၣ်စီၤစၢၤလီၢ်သးန့ၣ် မၤစၢၤလီၤ တၢ်ခွဲးတၢ်ယၢ်လၢ ဘဲရၢး(စ) အတၢ်ဘၣ်ကုဘၣ်ကံ လၢပုၤတဂၤဒီးတဂၤအဘၣ်စၢၤန့ၣ်လီၤ.

လၢကွီန့ၣ် ပုၤမ့ၢ်ဒီးန့ၣ်ဘၣ် COVID-19 ဒီး, တၢ်မနုၤ ကကဲထီၣ်သးလဲၣ်

လၢဆၢကတီၢ်ခါခါအံၤန့ၣ်, Vermont အံၤ အိၣ်ဒီးပုၤကညီနီၣ်ဂံၢ်စၢၤလၢ အဒီးန့ၣ်ဘၣ် COVID-19 ဒီး ကွီသ့ၣ်တဖၣ်အံၤ ဂုၢ်ကျဲးစးထဲးဂံၢ်ထဲးဘါ နိသီး ကဒုးအိၣ်ထီၣ်တၢ်လီၢ်လၢ အပူၤဖျဲးဒီးတၢ်ဘၣ်ယိၣ် လၢပုၤမၤတၢ်ဖိတဖၣ် ဒီးပုၤကွီဖိတဖၣ်အဂီၢ်လီၤ. ဘၣ်ဆၢသန့ကု, ပကဘၣ်ကကဲတၢ်ဒီးလၢ ပုၤတဂၤဂၤ ဒီးန့ၣ်ဘၣ် COVID-19 သ့ဝဲအဂီၢ်, မ့တမ့ၢ် ပုၤအိၣ်ဒီးတၢ်ဆါယၢ်စၢၤဂၤလၢ အဘၣ်ထွဲလီၢ်သးဒီး ကွီသ့ဝဲအဂီၢ်လီၤ. တၢ်ဖဲးတၢ်မၤအိၣ်ဝဲအါမၤလၢ တၢ်စူးကါ အိၣ်သ့ နိသီးတၢ်ကဒီးသး ပုၤမၤတၢ်ဖိတဖၣ်ဒီး ကွီဖိတဖၣ် နိအမ့ၢ် -

- ပုၤလၢအဒီးန့ၣ်ဘၣ် COVID-19 အံၤ အိၣ်လၢဟံၣ် ဒီး ဘၣ်တၢ်န့ၣ်လီၤအိၣ်လၢ [ကအိၣ်လီၤဆိလီၢ်သး](#) လၢပုၤအဂၤတဖၣ်.
- ကွီအပူၤပၤဆုၤရဲၣ်ကျဲၤတၢ်ဖိတဖၣ် ဒီး ဆူၣ်ချ့ဝဲၤကျဲၤ မၤသကိးတၢ်တပူၤယိၣ် နိသီး ကဆၢတံၢ် ဆူၣ်ချ့ခိၣ်ခါတဖၣ် လၢအပၣ်ယုၣ်ဒီး တီၤဒၤးတဖၣ် မ့တမ့ၢ် ကွီအံၤ မ့ၢ်တၢ်လိၣ်ပံးကွီအိၣ်ခါ.
- ကွီအပူၤပၤဆုၤရဲၣ်ကျဲၤတၢ်ဖိတဖၣ် ဆဲးကျိးဆဲးကျဲၤလီၢ်သးဒီး ဟံၣ်ဖိယိဖိတဖၣ် ဘၣ်ယးဒီးတၢ်အိၣ်သး.
- တီၤဒၤးသ့ၣ်တဖၣ် တၢ်မၤကဆိဒီး ဒီးတၢ်မၤသံတၢ်ဆါယၢ်.
- ဆူၣ်ချ့ဝဲၤကျဲၤ မၤ [တၢ်လူၤယုၤသ့ၣ်ညါပုၤအိၣ်ဘူး](#) ဒီးကတီၢ်သကိးတၢ်ဒီး [ပုၤလၢအဆိဒ်ဘူးသ့ၣ်တဖၣ်](#) လၢအပၣ်ယုၣ်ဒီး ပုၤလၢအဆိဒ်ဘူးဒီး ပုၤဒီးန့ၣ်တၢ်ဆါယၢ်တဂၤ လၢ ၆ ပုၣ် အပူၤ လၢ ၁၅ မံးနံး မ့တမ့ၢ် အါန့ၣ်အန့ၣ်န့ၣ်လီၤ.
- ကွီဖိတဖၣ် ဒီး ပုၤမၤတၢ်ဖိသ့ၣ်တဖၣ်လၢ အဘၣ်တၢ်ဆါတံၢ်လၢ အမ့ၢ်ပုၤအိၣ်ဘူးသ့ၣ်တဖၣ်အံၤ တၢ်ကဟ့ၣ်အိၣ်တၢ်န့ၣ်ကျဲၤလၢ ကအိၣ်လီၤဆိ မ့တမ့ၢ် ကအိၣ်လီၤဖျိၣ်အသိးန့ၣ်လီၤ.
- တၢ်ဆၢတံၢ်ဘၣ်ယး တၢ်ဆၢကတီၢ်လၢ ပုၤကွီဖိ မ့တမ့ၢ် ပုၤမၤတၢ်ဖိ အတၢ်ဟဲကုၤဆူၣ်ကွီအံၤ တၢ်ကမၤအိၣ်ယုၣ်ဒီး ကွီအနး(စ), အကသံၣ်သရၣ်, ဒီး ဟံၣ်ဖိယိဖိန့ၣ်လီၤ.

တၢ်သ့ၣ်တဖၣ်အံၤ မ့ၢ်ကမ့ၢ်ဆူၣ်ချ့တၢ်မၤအကျိၤအကျဲၤတဖၣ်လၢအဆိဒ်ဒီးတၢ်အုၣ်သး နိသီးအကဒီးသး တၢ်သိၣ်လိလၢအုၣ်ထၢၣ်နဲးတစီၢ်တလီၢ် အတၢ်လိၣ်ဘၣ် အဂီၢ်လီၤ.

Karen

This document contains information to help answer some of your questions about the upcoming school year. The Agency of Education and the Vermont Department of Health released guidance for school programs to re-open in the Fall of 2020 during the COVID-19 pandemic. The guidelines support school programs to stay open and **provide a safe, healthy, and fun place for your children to grow, learn, and play**. Information for parents can be found at the Health Department's [website](#).

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