

Waraaqahan waxa ku jira macluumaad kaaga jawaabaya su'aalaha aad ka qabto sanad dugsiyeedka soo socda. Hay'ada Waxbarashada iyo Waaxda Caafimaadka Vermont ayaa soo saaray tilmaamo barnaamijyada dugsiga ah oo dib u furitaanka ah Dayrta 2020 ee safmarka COVID-19. Tilmaamuhu waxa ay taageeraan barnaamijyada dugsiga si ay u furnaadaan **oo u siiyaan goobo amaan ah, caafimaad qaba, oo xiiso leh carruurtiinana si ay u koraan, wax u bartaan oo ay ciyaaraan.** Macluumaadka waalidka waxaa laga heli karaa Waaxda Caafimaadka [websaytkeeda](#).

## Muxuu muhiim u yahay in la furaa dugsigu

Khabirada caafimaadka iyo waxbarashada Vermont waxa ay ku raacsan yihiin in caruurta iyo dhalinyarta loo baahan yahay inay sii wataan waxbarashada, oo markaa dugsiguna yahay meel amaan ah oo taasi ka dhici karto. Dugsiyada Vermont waxay ka taageeraan caruurta baahiyaha waxbarashada, bulshada, dareenka iyo korniinka. Qoysaska qaar, dugsiyada waxaa weeye meesha caruurta ay ka heli karto cunto caafimaadka qabto, iyo adeegyada caafimaadka maskaxda ee aan lagu bixin karin waxbarashada online-ka ah.

## Maxay amaan u tahay in loo furaa dugsiyada Vermont

Gudoomiyaha Caafimaadka Vermont, Mark Levine, MD, waxa uu u arkaa: "waxa aanu gaadhay heer jawaabteena fayrasku ay noo sahlaysa in caruurteena aynu ku celino dugsiga - taas oo ah si taxadir leh, la qiyaasay, oo amaan ah." Cilmi baadhayaasha daraasadeeya COVID-19 waxa ay uruuriyeen [macluumaad](#) wanaagsan oo xoojinaya in dugsiga si amaan ah dib loogu furo ee Vermont maadaama oo:

- Gobolku uu xakameeyay faafitaanka COVID-19 mudo kadib isaga oo ogaaday, baadhay, oo daba [galay dadka u dhawaaday dadka qaba xanuunka](#) marka laga helo cid.
- "[Bilawga Wanaagsan ee Caafimaadka Qaba iyo Caafimaadka Dib u Furitaanka Dugsiyada](#)" waxa ay u sheegayaan dugsiyada sida ay talaabooyin amaan ah u qaadayaan kahor inta aan dugsiga dib loo furin.
- Xarumaha daryeelka ilmaha iyo xarumaha way furnaanyeen intii safmarku socday oo khibraddooda waxa ay muujinaysaa [guusha](#) lagu ilaalinayo amaanka caruurta iyo shaqaalaha.

## Waxa ay tahay in aanu ka ogaano caruurta iyo coronavirus

- Daraasadaha caalamka oo dhan waxa si joogto ah loogu ogaaday in caruurta yaryar ay yar tahay sida ay u faafiyaan fayraska dhaxdooda ama inay u gudbiyaan dadka waawayn. Badanaa dadka waawayn waxay u faafiyaan fayraska caruurta.
- Dalalka leh tirada yar ee dadka qaba COVID-19, sida lagu arkay oo kale Vermont, waxa ay si wanaagsan dib ugu fureen dugsiyadooda bilaa safmar.

## Sidee ayaad ilmahaaga ugu diyaarinaysaa isbadaladan

- Kala hadal iyaga isbadalaha ay filan karaan inay ku arkaan dugsiyada sanadkan.
  - Hogaamiyayaasha dugsiga, oo ay ku jiraan kaaliyayaasha caafimaadka iyo isku duwayaasha COVID-19, waxa ay ka hadlayaan dugsiyadooda gaarka ah inay sameeyeen iyo waxa ay yihiin shuruucda ardaydu. Waxay taasina ku xidhan tahay da'da ilmahaaga noocoodu.
- Waxa aad la socotaa badqabka dareenka iyo dad dhax galka ilmahaaga oo waxa aad ka waraysataa dareenkiisa. CDC waxay bixisaa fikirada sida tan [loogala sheekeysanayo](#) caruurta da' kasta.

## Waxyaabaha ka duwanaan doono darytan.

Baddal	Faahfaahin
Shaybaadhka hore	Ardayda waxa la waydiin doonaa su'aalo ku saabsan caafimaadkooda maalin kasta waxbarashada kahor waxaana laga qaadi doonaa heerkulkooda. Qof kasta oo leh calaamado iyo/ama xumad guriga ayay qaban doontaa. Tani waxay ka caawinaysaa in la xadido ku faafitaanka xanuunka dugsiga.
Kuraasta baska	Kuraasta baska way kala duwanaan doonaan si loogu fadhiisan karo qaab la kala fogaanayo. Ardayda waxa lagu qori karaa kuraas oo daaqadaha ayaa loo furi doonaa si ay hawo ugu soo gasho.
Waji gashadka waa la xidhan doonaa iyada oo ay jirto xaalada caafimaadka ama korniin oo aan loo xidhanaynini.	Waji gashadku waxa uu yaraynayaa candhuufta soo duulaysa ee afka iyo sanko qofka qaba kasoo baxaysa. Fayrasku waxa uu ku jiraa dhibcahan candhuufta.
Kala fogaanshaha fsalka ee meelaha miisaska la dhigayo ee la kala fogaynayo oo dhamaan dhinac u wada jeeda.	Fayrasku keena COVID-19 waxa uu si fudud ugu faafi karaa dadka marka ay isku dhawaadaan. Ardaydu waxay isku jirsanayaan masaafad oo waxayna u wada jeedsanayaan dhinac si ay u yareeyaan fursad isku dhawaanashaha oo keeneysa in dhibcaha fayrasku soo gaadho.
Si joogto ah ayay u farxalan doonaan ama waxay isticmaali doonaan gacmo nadiifiye	Ardayda iyo shaqaaluhu waxay u farxalan doonaan si joogto ah si ay iskaga dilaan jeermiska oo ay u joojigaan faafitaanka fayraska.
Ardayda waxa loo qaybiyaa kooxo ama qaybo oo waxayna isku raacaan dugsiga	Inay isla arday kaliya ay kooxda ku jiraa waxay yaraynaysaa isku dhawaanshaha oo waxay yaraynaysaa faafitaanka. Hadii qof laga helo COVID-19, dugsiga waxa ay garanayaan markaa ardayda iyo shaqaalaha wada joogay. Waxay taasi ka caawinaysaa in la daba galo siday dadku isku gaadheen.

Dad waawayn ayaa si joogto ah u nadiifin doona oo jeermiska uga dili doona dugsiga	Nadiifinta iyo jeermis ka dilka meelaha la taataabtaa waxay meesha ka saaraysaa jeermiska oo waxay gacan ka gaysanaysaa in uu joogsado faafitaanka fayrasku marka dadka ay taataabta waxyaabo yaala qolka.
Ardayda iyo shaqaalaha qaba <a href="#">calaamado</a> COVID-19 waxaa laga dalban doonaa inay guriga joogaan	In dadka xanuunsanaya guriga lagu hayaa waxay gacan ka gaysanaysaa yaraynta faafitaanka dhamaan jeermiska bulshada dugsiga dhaxdeeda.
Qorshayaasha iyo nidaamyada ayaa la raaci doonaa marka laga helo cid dugsiga joogto COVID-19.	Hadii ay jirto cid laga helo COVID-19, bulshada dugsiga iyo qoysaska ayaa ogaan doona waxay ka filan karaan xirfadlayaasha caafimaadka shacabka.
Wakhtiga banaanka la joogo – shaqaalaha iyo ardayda waxaa ku waajib ah inay xidhaan waji gashad inta ay banaanka joogaan hadii ayna kala fogaan karin.	Waji gashadka iyo kala fogaanshuhu waxay yareeyaan in faryaska ay dadku is qaadsiiyaan.

## Sidee ayay wax noqonayaan hadii dugsiga laga helo cid qabta COVID-19

Wakhti xaadirkan Vermont waxay leedahay dadka ugu yar ee shaybaadh lagu ogaaday inay qabaan COVID-19 oo dugsiyaduna waxay ku dadaalayaan inay ka dhigto meel amaan ah shaqaalaha iyo dugsiyada. Laakiin, waxa aanu weli u baahanahay qorshe aanu kaga jawaabno hadii qof laga helo COVID-19, ama tiro yar oo dad ah ayaa la xidhiidhi kara habdhismeedka dugsiga. Waxaa jira agab badan oo loo isticmaali karo si loo ilaaliyo shaqalaha iyo caruurta, sida:

- Qofka laga heley COVID-19 waxa uu joogayaa guriga oo waxa uu ka joogayaa dugsiga waxaana loo sheegaaya inuu [aysoleeshin](#) ka galo dadka kale.
- Maamulka dugsiga iyo Waaxda Caafimaadka ayaa ka wada shaqaynaya sidii loo ogaanayo talaabooyinka xiga, oo ay ku jiraan hadii dugsiyada ama dugsiga loo baahdo in la xidho.
- Maamulka dugsiga ayaa u sheegi doona dugsiga xaalada.
- Fasaladu waa nadiif oo jeermiska ayaa laga dilay.
- Waaxda Caafimaadka ayaa samayn doonto [daba galka isku dhawaanshaha](#) oo waxay la hadli doonaan [dadka loo dhawaaday](#), kuwaas oo ay kamid yihiin dadka uga dhawaaday 6 fuudh dadka qaba xanuunka 15 daqiiqo ama wax ka badan isaga oo qofku qaba xanuunka.
- Ardayda iyo shaqaalaha la ogaaday inay u dhawaadeen waxaa lasiin doonaa tilmaamo inay is karantimayn gareeyaan ama ay is aysoleet gareeyaan.
- Go'aamada ku saabsan goorta ardayga ama shaqaalaha uu kusoo laaban karo dugsiga waxaa bixin doonta kaaliyaha dugsiga, daryeelka bixiyaha caafimaadka qofka iyo qoyska.

Waxaa jira qaab caafimaadka shacaba ah oo la xaqiijiyay inuu ka hortagayo in si kumeel gaadh ah loogu wareego waxbarashada online-ka ah.

Somali

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 <a href="#">symptoms</a> 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