

Hati hii inajumuisha maelezo ya kusaidia kujibu baadhi ya maswali yako kuhusu mwaka wa shule ujao. Shirika la Elimu na Idara ya Afya ya Vermont zimetoa mwongozo wa mipango ya shule kufunguliwa tena katika Msimu wa Mapukutiko wa mwaka wa 2020 wakati wa janga la COVID-19. Maelekezo haya yanasaidia mipango ya shule kuendelea na [kutoa mazingira salama, faafu kiafya na ya kusisimua ili watoto wako waweze kukua, kusoma na kucheza](#). Maelezo kwa wazazi yanaweza kupatikana katika [tovuti](#) ya Idara ya Afya.

## Je, kwa nini ni muhimu kwa shule kufunguliwa

Wataalamu wa afya na elimu wa Vermont wanakubaliana kuwa watoto na vijana wanahitaji kuendelea kusoma, na kwamba shule ndio mahali salama zaidi pa kuendelea na masomo. Shule katika Vermont zinakidhi mahitaji ya kimasomo, kijamii, kihisia na ukuaji ya watoto. Kwa baadhi ya familia, shule ni mahali ambapo watoto wanapata lishe bora, intaneti, na huduma za afya ya kiakili ambazo hazuwezi kutolewa kwa njia ya masomo ya mtandaoni.

## Je, kwa nini ni salama shule kufunguliwa katika Vermont

Kamishna wa Afya wa Vermont, Mark Levine, MD, anaamini kuwa: “tumefika wakati katika kukabiliana na janga la virusi hivi ambao unatukubalisha kuwarudisha watoto wetu shuleni – kwa njia ya uangalifu, iliyochunguzwa na iliyo salama.” Watafiti wanaochunguza COVID-19 wamekusanya [data](#) ya kutosha ili kusaidia katika ufunguzi salama wa shule katika Vermont kwa sababu:

- Jimbo limeweza kudhibiti uenezaji wa COVID-19 baada ya muda kwa kuwaelimisha, kuwapima watu, na [kufuatilia watu waliotangamana na mtu aliyeambukizwa virusi](#) wakati ambapo kuna kisa cha maambukizi.
- “[Mwanzo Imara na Salama Mwongozo wa Usalama wa Afya wa Ufunguzi Tena wa Shule](#)” unafahamisha shule kuhusu jinsi ya kuweka hatua za kiusalama kabla ya kufunguliwa tena.
- Vituo vya utunzaji na kambi za watoto zilikuwa zimefunguliwa wakati wote wa janga hili na hali zao zimeonyesha [mafanikio](#) katika kuwaweka watoto na wafanyakazi salama.

## Tunachokijua kuhusu watoto na virusi vya korona

- Utafiti kutoka kote ulimwenguni umeonyesha kwa namna thabiti kuwa watoto wadogo wana uwezekano mdogo wa kueneza virusi hivi kwa watoto wengine na kwa watu wazima. Aghalabu ni watu wazima wanaoeneza virusi hivi kwa watoto.
- Nchi zilizo na idadi ndogo ya watu walioambukizwa COVID-19, kama tunavyoshuhudia katika Vermont, zimeweza kufanikiwa kufungua shule bila kutokea kwa mikurupuko.

## Je, unaweza kumtayarisha vipi mtoto wako kwa mabadiliko haya

- Zungumza naye kuhusu mabadiliko anayoweza kutarajia kuyaona shuleni mwaka huu.
  - Viongozi wa shule, wakiwemo wauguzi wa shule na waratibu wa COVID-19, wanatoa habari kuhusu jinsi shule zao mahususi zimejengwa na kanuni ambazo wanafunzi

watahitaji kufuata. Hizi zinaweza kuonekana tofauti kulingana na umri wa mtoto wako.

- Kuwa makini kuhusu ustawi wa kijamii na kihisia wa mtoto wako na umuulize jinsi anavyohisi. CDC inatoa mapendekezo kuhusu jinsi ya kufanya [mazungumzo](#) haya na watoto wa umri wowote.

## Mambo ambayo yatakuwa tofauti msimu huu wa mapukutiko

<b>Mabadiliko</b>	<b>Maelezo</b>
Upimaji wa mapema	Wanafunzi wataulizwa maswali kuhusu afya yao kila siku kabla ya kuanza masomo shuleni na watapimwa halijoto yao. Yeyote atakayekuwa na dalili na/au homa atatakiwa kwenda nyumbani. Hili linasaidia kuzuia kueneza maradhi shuleni.
Kuketi katika basi	Wataketi kwa namna tofauti ili kudumisha umbali wa kimwili. Wanafunzi wanaweza kutengewa viti fulani na madirisha yatafunguliwa ili kuingiza hewa safi.
Barakoa zitavaliwa isipokuwa kama kuna sababu za matibabu au ukuaji zinazozuia kuvaliwa kwa barakoa	Barakoa zinapunguza kiasi cha matone ambayo yanaweza kuenea kutoka mdomo au pua la mtu hadi kwenye hewa. Virusi hivi vinapatikana katika matone haya.
Umbali wa kimwili darasani huku kukiwa na nafasi kati ya madawati na yakiangalia upande mmoja	Virusi vinavyosababisha COVID-19 vinaweza kuenea kwa urahisi zaidi iwapo watu wamekaribiana sana. Wanafunzi wanaketi kwa umbali na wanaangalia upande mmoja ili kupunguza uwezekano wa kupata virusi katika matone.
Nafasi za mara kwa mara za kunawa mikono au kutumia sanitaiza ya mikono	Wanafunzi na wafanyakazi watanawa mikono mara kwa mara ili kuondoa viini na kuzuia kuenea kwa virusi hivi.
Wanafunzi wamepangwa katika kikundi au kijikundi na watatembea pamoja wakiwa shuleni	Kuwapanga wanafunzi wakati wote katika vikundi kunadhibiti idadi ya watu wanaokaribiana na kupunguza kueneza virusi. Iwapo mtu atapimwa na kupatikana na COVID-19, basi shule itajua ni wanafunzi na wafanyakazi gani waliokuwa pamoja. Hili litasaidia katika kufuatilia watu waliotangamana kwa karibu na mtu aliyeambukizwa.
Watu wazima watakuwa wakisafisha shule na kutia dawa ya kuua viini shuleni mara kwa mara	Usafishaji na kutia dawa ya kuua viini katika sehemu za juu kutaondoa viini ili kusaidia kuzuia virusi hivi kuenea wakati watu wanapogusa vitu katika chumba.
Wanafunzi na wafanyakazi walio na <a href="#">dalili</a> za COVID-19 wataombwa wakae nyumbani	Hatua ya watu wagonjwa kukaa nyumbani itasaidia katika kupunguza ueneaji wa viini vyote katika jamii ya shule.

<b>Mipango na itifaki zitafuatwa iwapo kuna visa vya COVID-19 katika wakazi wa shule</b>	Iwapo kuna kisa cha COVID-19, jamii ya shule na familia zitajulishwa mambo wanayoweza kutarajia kutoka kwa wataalamu wa afya ya umma.
<b>Wakati wa mapumziko nje – wafanyakazi na wanafunzi wanatakiwa kuvaa barakoa wakiwa nje ya jengo iwapo itakuwa vigumu kudumisha umbali wa kimwili wakati wote.</b>	Barakoa na kudumisha umbali wa kimwili hupunguza uwezekano kuwa virusi hivi vitaenea kati ya watu.

## **Kitakachofanyika iwapo kuna kisa cha COVID-19 shuleni**

Hivi sasa Vermont ina idadi ya chini ya watu ambao wamepatikana kuambukizwa COVID-19 na shule zinajitahidi ili kuhakikisha mazingira salama kwa wafanyakazi na wanafunzi. Hata hivyo, bado tunahitaji kujipanga kwa ajili ya uwezekano wa mtu kupatikana na maambukizi ya COVID-19, au idadi ndogo ya visa ambavyo vinaweza kuhusishwa na shule. Kuna vifaa vingi vinavyoweza kutumika ila kulinda wafanyakazi na watoto, kama vile:

- Mtu anayetambuliwa kuwa na COVID-19 anatakiwa kukaa nyumbani na anaagizwa [kujitenga](#) na watu wengine.
- Usimamizi wa shule na Idara ya Afya zinashirikiana ili kubaini hatua zitakazofuata, ikiwa ni pamoja na iwapo madarasa au shule inahitaji kufungwa.
- Usimamizi wa shule unawasiliana na familia kuhusu hali hii.
- Madarasa yanasafishwa na kutiwa dawa ya kuuu viini.
- Idara ya Afya inatekeleza [ufuatilaji wa watu waliotangamana kwa karibu na mtu aliyeambukizwa](#) na inazungumza na [watu waliotangamana na mtu aliyeambukizwa](#), ikiwa ni pamoja na watu waliokuwa ndani ya umbali wa futi 6 kutoka kwa mtu aliyeambukizwa kwa dakika 15 au zaidi wakati ambapo mtu huyo alikuwa na uwezekano wa kuambukiza.
- Wanafunzi na wafanyakazi ambao watabainishwa kuwa karibu na mtu aliyeambukizwa wataagizwa kujiweka katika karantini au kujitenga.
- Maamuzi kuhusu wakati mwanafunzi au mfanyakazi anaweza kurudi shuleni yatafanywa na muuguzi wa shule, mtoa huduma za afya wa mwathiriwa, na familia.

Kuna mbinu zilizothibitishwa za afya ya umma ambazo zinaweza kuzuia hitaji la kuhamia kwa muda kwa masomo ya mbali.

Swahili

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