Ogeysiis: Soo-gaadhis Cudurrada La-isqaadsiiyo

Use this notification message to alert staff members or caregivers, parents, and families when they or their child/student has been exposed to a communicable disease or when a communicable disease is circulating in the school community.

Gacaliyayaal, Waalidiinta, iyo Qoysaska (or staff),

Waxaa nalagu soo wargeliyay markay taariikhdu ahayd [insert date] kiis ah [insert disease] ee [insert school] oo waxaa la go'aamiyey in ardaygaaga [you] laga yaabo inuu kusoo **gaadhay** qof leh [insert disease].

Fadlan si dhow ula soco ardaygaaga, naftaada, iyo xubnaha qoyskaaga si aad u ogaato astaamaha. Fadlan ku hay ardaygaaga guriga haddii aad aragto mid ka mid ah calaamadahan:

* + Qandho ah 100.4°F ama ka badan
  + Matag
  + Shuban
  + Neef qabasho cusub
  + Qufac, halis ah oo joogto ah
  + Madax xanuun ay la socoto qoor adag iyo qandho
  + Isbeddel dabeecad aan caadi ahayn, sida xanaaq iyo caajisnimo
  + [add other symptoms as needed]

Qoysasku waxay gacan ka geysan karaan xaddididda fiditaanka [insert disease] iyagoo raacaya talooyinkan:

* [insert disease specific tips here; they may include:
* Cover coughs and sneezes with the inside or your elbow, or with a tissue that you immediately throw away after use.
* Regularly wash hands with soap and water.
* Clean and disinfect all high-touch surfaces, including doorknobs, faucets, chairs, countertops, and tables.
* Get a flu shot and stay up to date on [vaccinations](https://www.oregon.gov/oha/ph/preventionwellness/vaccinesimmunization/gettingimmunized/pages/gettingimmz.aspx?utm_source=OHA&utm_medium=egov_redirect&utm_campaign=https%3A%2F%2Fgetvaccinated.oregon.gov%2F#/), including those for COVID-19.
* Consider wearing a mask in crowded indoor spaces.]

Haddii aad qabto su'aalo, fadlan la xiriir [insert contact]. Haddii aad hayso su'aalo ama walaac ku saabsan caafimaadka ilmahaaga, fadlan la xidhiidh dhakhtarkaaga. Haddii aad ka walwalsan tahay inaad lacag ku bixiso si aad u aragto dhakhtarkaaga, Qorshaha Caafimaadka Oregon (OHP) ayaa ku caawin kara. OHP way u **furan tahay dhammaan carruurta iyo dhallinyarada** ka yar 19,**iyadoon loo eegin sharciga socdaalka** kuwaas oo buuxiya dakhliga iyo shuruudaha kale. Waxaad ka heli kartaa caawinaad adigoo iska diiwaangelinaya [halkan](https://healthcare.oregon.gov/Pages/find-help.aspx).

Waad ku mahadsan tahay la-shaqayntaada ilaalinta caafimaadka bulshada dugsigeena.