PORTLAND PUBLIC SCHOOLS
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Wararkii ugu Dambeeyey Ku Saabsan Sida Loo Aqoonsanayo Dadka La Kulmo Qofka Xanuunka Faafaya Qaba iyo Sida Dhammaan Loo Wargalinayo Dugsiyada Degmada Multnomah

Bulshada Qaaliga ah PPS,

Hay'ada Caafimaadka Oregon (OHA) iyo Waaxda Caafimaadka Degmada Multnomah waxay siidaayeen maanta shuruudo cusub oo ah sida loo aqoonsanayo qofka la kulma qof qaba xanuunada faafaya iyo sida loo wargalinayo Dugsiyada K-12:

Oregon uma tixgalin doonto hadda wixii ka dambeeya qofka xiran afsaabka ee dugsiyada kula kulma (oo ay ka mid yihiin basaska dugsiyada) inuu soo gaadhay xanuunka faafaya iyada oo aan loo eegin masaafada ay isku jireen. Kala fogaanshaha dadku ay kala fogaanayaa wali waa sii soconey aa intii suurtagal ah ee ay sameyn karaan.

MCHD, OHA, iyo Waaxda Waxbarashada ee Oregon waxay farayaan dugsiyadu inay diirada saaraan sida loo aqoonsanayo qofka la kulmay qof qaba xanuunka faafaya iyo agabyada wargalinta:

- In la is qaadsiiyaa xanuunka faafaya wuxuu dhacaa marka waqtiyada cuntada la wada cunayo (marka ay ardaydu ayna xirneyn afsaabka);
- In la is qaadsiiyaa waqtiyada la wada joogo gudaha dhismaha ee waxbarashada la qaadanayo, iyada oo aan la xirneyn afsaabka ama hawlaha manhajka ee dheeraadka la qaadanayo. (<u>Xusuusin</u>: PPS waxay sii wadaysaa inay weydiisato qof kasta inuu xirto afsaabka waqti kasta marka ay ku sugan yihin dhismayaasha dugsiyada (gudaha iyo dibadaba) iyo marka ay la socodaan basaska dugsiyada. Waxaan aqoonsanahay dhammaan dugsiyadayadu, inay jirto habab gaar ah oo ay khatar xanuunku ku iman karto la isku qaadsiiyo. Waxaan sii wadaynaa inaan la socono iyada oo aan goobahani u sameyneyo habraacyo ah sidii loo xakameyn lahaa iyo sidii hoos loogu dhigi laha faafintaanka xanuunka).

Tani macnaheedu waxaa weeye in aanad helayn wax waregalin ah haddii ardaygaagu la kulmay ama ku dhawaaday qof loo shakisan yahay inuu qabo xanuunka, ilaa ay dhacdo inuu qofka qaba kula kulmay xaalada iskaga oo aan afsaabka xirneyn.

Intaas waxaa dheer, Hay'ada Caafimaadka Oregon OHA) ma waydiisan doonto dugsiyada inay soo wargaliyaan marka qof baaritaanka isku sameeyo ka dibna natiijada ka soo baxday qofka ay tahay in aanu qabin xanuunka. Waxay wargalin doonaa hay'adaha caafimaadka dadweynaha taasi oo wali looga baahan yahay inay wargaliyaan marka qof baaritaan lagu sameeyey ay natiijadiisu noqoto inuu qabo xanuunka.

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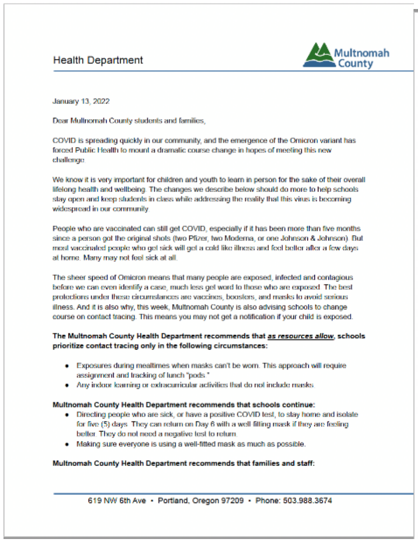
Inta lagu gudo jiro waqtigan faafitaanka nooca cusub ee fayriska Omicron bulshadeena ay aad u sarreyso, waxaynu ognahay sida ugu fiican ee la iskaga ilaalinayo xaaladahani inay tahay in la qaato tallaalada, tallaal xoojiyaha, iyo in la xirto afsaabka sidii looga taxadiri lahaa in ku haleelo xanuun aad u khatar badan. Fadlan waxaad halkan kala socotaan astaamaha lagu garto COVID-19 iyo inaad guriga joogto haddii aad isku aragto mid ka mid ah astaamahaasi lagu garto COVID-19.

Fadlan waxaad akhridaan waraaqada Degmada Multnomah u dirtay dhammaan ardayda iyo qoysaska Madaxa Degmada Multnomah Debrah Kafoury iyo Agaasimaha MCPH Jessica Guernsey taasi oo maanta la siidaayey warqadaasi oo ay ku jirto tilmaamaha la raacayo ee madaxda caafimaadka dadweynaha soo saareen:


Health Department
Multnomah County

January 13, 2022

Dear Multnomah County students and families,

COVID is spreading quickly in our community, and the emergence of the Omicron variant has forced Public Health to mount a dramatic course change in hopes of meeting this new challenge.

We know it is very important for children and youth to learn in person for the sake of their overall lifelong health and wellbeing. The changes we describe below should do more to help schools stay open and keep students in class while addressing the reality that this virus is becoming widespread in our community.

People who are vaccinated can still get COVID, especially if it has been more than five months since a person got the original shots (two Pfizer, two Moderna, or one Johnson & Johnson). But most vaccinated people who get sick will get a cold like illness and feel better after a few days at home. Many may not feel sick at all.

The sheer speed of Omicron means that many people are exposed, infected and contagious before we can even identify a case, much less get word to those who are exposed. The best protections under these circumstances are vaccines, boosters, and masks to avoid serious illness. And it is also why, this week, Multnomah County is also advising schools to change course on contact tracing. This means you may not get a notification if your child is exposed.

The Multnomah County Health Department recommends that *as resources allow*, schools prioritize contact tracing only in the following circumstances:

- Exposures during mealtimes when masks can't be worn. This approach will require assignment and tracking of lunch "pods."
- Any indoor learning or extracurricular activities that do not include masks.

Multnomah County Health Department recommends that schools continue:

- Directing people who are sick, or have a positive COVID test, to stay home and isolate for five (5) days. They can return on Day 6 with a well-fitting mask if they are feeling better. They do not need a negative test to return.
- Making sure everyone is using a well-fitted mask as much as possible.

Multnomah County Health Department recommends that families and staff:

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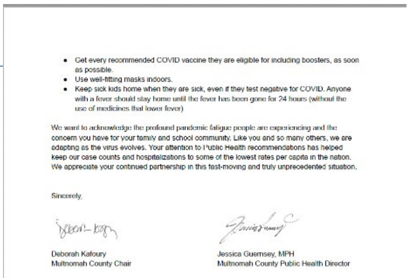
- Get every recommended COVID vaccine they are eligible for including boosters, as soon as possible.
- Use well-fitting masks indoors.
- Keep sick kids home when they are sick, even if they test negative for COVID. Anyone with a fever should stay home until the fever has been gone for 24 hours (without the use of medicines that lower fever).

We want to acknowledge the profound pandemic fatigue people are experiencing and the concern you have for your family and school community. Like you and so many others, we are adapting as the virus evolves. Your attention to Public Health recommendations has helped keep our case counts and hospitalizations to some of the lowest rates per capita in the nation. We appreciate your continued partnership in this fast-moving and truly unprecedented situation.

Sincerely,

Deborah Kafoury
Multnomah County Chair

Jessica Guernsey, MPH
Multnomah County Public Health Director

Waxaan idiinka mahadcelineynaa dulqaadkiina iyo fahamkiina iyo waliba sida aad qeybtiina u qaadateen sidii ay bulshadeenu u noqon lahayd kuwa ka nabadgala xanuunka.

Dugsiyada Dadweynaha Portland