



ဆု- Harbor Place တံခွန်အိမ်၊

ပထမလိပ်စာလေး Harbor Place နှင့်လီ၊ Harbor Place အံ့မုတ်တံလီတစ်တစ်လီလီပုအိမ်ဒီး covid-19 တံဆိယံသုတ်တဖန်အိမ်လီလီ ဆီဆီအလီတုလီအဲသုတ်ဒီးနှုတ် covid-19 တံမကွာအစာတစု၊ ဒီးပုလီအိမ်ဒီးတံဆိယံသုတ်တဖန်အိမ်လီဆီလီသီးဒီးတံသကီးတဖန်၊ ဟံင်ဖိယံဖိ၊ ဒီးတံခွန်အဂတဖန်လီအကတိညာထီညာအဂီလီ၊ လံပရတဘုင်အံ့မုတ်ဒီးသီးကဘီးဘုင်ညါနဘုင်ယးတံဆိယံထွဲမစာလီလီဒီးနှုတ် ဘုင်အီသုဒ်သီးကမညီထီညာတံဆိကတီလီနအိမ် Harbor Place အဂီလီ၊

ပုမတံဖိ Harbor Place လီအကတိထွဲမစာနုနအိမ်နအိမ် Harbor Place အခါအံ့အိမ်ယုဒီးပုမစာတံခွန်ခံဂဒီးပုမိးတံလီတံမံညါ ခံဂနုလီ၊ ပုမစာတံခွန်သုတ်တဖန်မုတ် Mike Ohler ဒီး Emily Taylor နှင့်လီ၊ အဲသုတ်မုတ်တဆဲးကျိးနဒီးဘုင်နု၊ တယံဘုင်အဲသုတ်ကဆဲးကျိး နုနုလီ၊အဲသုတ်ကတီတံဒီးနဘုင်ယးတံဆိသးလီအဆာကတီခဲအံ့၊ ကမလီတံလဲလီနအိမ်ဒီးတံဆဲးကျိးဒီးပုဟုင်ဆုတ်ကျိးထွဲဒီးတံ ဆိထွဲမစာအဂလီပုတဝါပု၊ ကစဲးဆာတံသံကွာလီနအိမ်ဒီးသံကွာတဖန်၊ဒီးကစဲးဘုင်နုလီနကလူပိင်မထွဲကီစဲတံနုကျဲလီအဖိးသဲးဒီးသီး ကအိမ်လီလီဆီဆီလီပုဂတဖန်အဂီလီ၊

ဖဲနအိမ်လီလီဆီဆီအခါနု၊ နကဒီးနှုတ် COVID တံမကွာဖဲနအိမ်တံအလီဒီးနကဘုင်အိမ်ဒီးတံမကွာအစာနုလီ၊ နမုတ်အိမ်ဒီးတံဆိယံဒီး တံမုတ်ပုကျဲနုလီနတအိမ်ဒီးတံဆုးတံဆိနီတံမံဘုင်အခါနု၊ ပကမစာနုဒီးသီးကရဲကျဲတံဟဲကုဆုတ်အိမ်တံဆိလီခိင်ထံးခိင်ဘိ မုတမုတ်က ဒီးနှုတ် မိင်ထဲ(လ)ဟံင်ခွဲဆဲးလီကီစဲဟုင်နုနုအပုနုလီ၊

ဖဲနအိမ်လီလီဆီဆီလီသီးအခါတံမကွာနုမုတ်အိမ်ဒီးတံဆိယံနု၊ ပကသုးနုလီဆုးလီတံသုတ်ထီညါလီလီဆီဆီအပု၊လီအိမ်ယံဒီးပုတမုတ် အဂတဖန်ဒီးသီးကဒီးသတံဆိယံအတံရလီသီးအဂီလီ၊ ပလူပိင်မထွဲကီစဲတံဖိဒီးကီစဲတံဖိတံမကွာကျိးအကွာဒီးသီးပကမလီတံလီလီနတ အိမ်ဒီးတံဆိယံလီတံကကူစါယါဘျဲနုလီလီနလီတံဆိဟံင်ကသုအဂီလီ၊ တံအံ့ကပင်ယုဒီးနကသံသရဲမုတ် Burlington ပုတဝါဆုတ်လီခါသးဖဲနမုတ်အိမ်ဒီးနကသံသရဲအခါနုလီ၊

CHT ဒီးကီစဲလိင်ဘုင်ဖဲလီပုတမုတ်ကီဂကဖျိင်နီကျိးဘါမံဖဲအအိမ် Harbor Place အခါ၊ဖဲအလဲလီဒီးအချာအခါနုလီ၊နနီကျိးဘါမံ မုတ်အိမ်ဘုင်ဒီး၊ ပုမတံဖိသုတ်တဖန်ကဟုင်လီနနီကျိးဘါမံတဘုင်ဒီးအဲသုတ်ကဒုးသုင်နုနုလီနကဖျိင်အီဖဲနဟးထီညါလီလီဒီးအချာအခါဒီးဖဲ နမုတ်အိမ်အခါနုလီ၊

ဖဲဆာကတီအဲအံ့နု၊ CHT ပုမစာပုတမုတ်ကရုအံ့အိမ်ဒီးသီးကမစာနုလီနအိမ်တံလီအံ့ကမုတ်အဂီဒီးနကအိမ်ဘုင်လီဆာကတီမုတ်အဂီ လီ၊ လီအိမ်ဒီး Mike ဒီး Emily အမံညါ၊ နမုတ်လိင်ဘုင်ကသံသကသီမုတ်မုတ်နီသးဆုတ်ဆုတ်ထွဲမစာဒီး၊ ပုမတံဖိလီအိမ်ဒီးတံလီတံမံညါ သုတ်တဖန်အံ့ကမစာနုလီနတံလီဘုင်အဂတဖန်၊ ဒ်အမုတ်အိမ်တံအံ့၊ တံဆုတ်ကူသီးဒီးတံမလီတံဖိတံလဲတဖန်လီ Kinney Drugstore အအိမ်လီတံကဟဲဆုတ်နုနုလီလီ၊

ဖဲနအိမ်လီ Harbor Place အဆာကတီနုတံကဒုးအိမ်နုတံအိမ်တံအိမ်နုလီ၊ ပုမတံဖိလီအိမ်ဒီးတံလီတံမံညါသုတ်တဖန်ကရဲကျဲနုနုတံဆုတ် အံ့အိမ်တံဆိလီနုလီ၊ အဲသုတ်ကလဲလီတံအိမ်တံဆိလီနုဒီးမံညါခိဖျိတံဒိကကျိင်နု(တြဲ)မုတ်ဂု၊ တံကီးဟုင်လီနုလီလီနုလီတံဆုတ်နုနုတံအိမ် တံအိမ်အဂီလီ၊ လီတံကဒီးသတံဆိယံဆုတ်အိမ်ဒီးအနီကစာသုတ်တဖန်အဂီ၊ ပုမတံဖိသုတ်တဖန်ကသီးကူသီးဒီးသတံဆိယံဖဲအဖိင်တံအိမ်တံ အိမ်အခါဒီးအဲသုတ်မသံတံဆိယံလီတံမံညါဘုင်ဖဲလီအလီဒီးသုစီအစုတလီလီစုကီးနုလီ၊

ဖဲနအိမ်လီလီဆီဆီအခါမုတ်ဖဲနကိညာလီအခါနု၊ ပယုလီနသုတဟးထီညါ Harbor Place အဂီလီ၊ Kinney Drugs အံ့မုတ်ခိင်ထံးတံမ စာအလီလီနဂီဘုင်ဆုတ်ဖဲနအိမ် Harbor Place အခါနု၊ ဝံသးစုလဲလီဆု Kinney Drugs တဂု၊ အဲသုတ်ကဟဲဆုတ်နုနုလီ၊ဒီးနမုတ်ဟးထီညါ တံလီအံ့နု၊နဟဲကုနုလီလီတသုလီဘုင်၊

နမုတ်အိမ်ဒီးမလီတံတံမံမံလီ Kinney Drugs အအိမ်နု၊ဝံသးစုကီးအဲသုတ်တချုးလီဂီခိဝနုရဲတကု၊ တံကဟဲဆုတ်ဆီဆု Harbor Place ဖဲ မုတ်ဆိ 12နုရဲဒီးပုမတံဖိလီအခါတံဖိတံမံညါသုတ်တဖန် ကလဲဆုတ်ဆုတ်နုလီ၊ နမလီတံလီဂီခိမုတ်တချုးဘုင်ဒီး၊ မလီအီလီဂီခိ

11:30 နှစ်ရံဒီးတီး 2:30 နှစ်ရံဒီးအဘဉ်စားဒီးတီးကဆုအိဖဲဟါဒီ 4 နှစ်ရံဒီးလီ. လာနကမလီတီးအဂီဝံသးစူကီး Kinney Drugs (802) 985-0008 x4 တက့. ဖဲနမလီတီးအခါန့, မလီတံလာနကဟ့ဒီးလီနမံဒီးနဒီးနီဂံအဂီတက့.

တီးဟ့ဒီးအဘူးအလဲ- Kinney Drug ကတဲဘဉ်နတီးအဘူးအလဲလာနကဘဉ်ဟ့ဒီးလီအိဖဲနမလီတီးဝံအခါန့လီ. မ့ဒီးန့, ဝံသးစူကျဲစားဟ့ဒီးလီအိလဲ EBT ခးကုဒ်သီးတီးကဟးဆူးတီးဟ့ဒီးလီလာစုအဂီတက့. နဟ့ဒီးအိလဲ EBT ခးကုမ့ဒီးန့, ဝံသးစူဟ့ဒီးလီနဒီးနီဂံဆူ Kinney Drugs လာလီတဲဖဲဟ့ဒီး. နမ့ဒီးဟ့ဒီးလာစုန့, နကဘဉ်ဟ့ဒီးလီ Harbor Place အပုမတီးဖဲစုလာနမလီတီးအဂီလီ.

လာနဟ့ဒီးလီစုပုမတီးဖဲအဂီ, ဝံသးစူကီးပုခိးတီးလာတီးမဲညါသ့တဖ်ဒီးစံးဘဉ်အဲသ့ဒီးလာနမလီတီး, စံးဘဉ်အဲသ့ဒီးတီးအဘူးအလဲဒီးပုမတီးဖဲကစံးဘဉ်နတီးန့ကျဲလာတီးဟ့ဒီးစုဒီးတီးကုဒီးန့ကစုလီဖဲတီးလီဂံဘဉ်အိအခါန့လီ.

ဖဲနတီးဟဲဟးအဆာကတီးန့, တီးကတီးတီးလာလီတဲဖဲ (Telehealth) သ့ဒီးန့လီ. ဖဲနအိဖဲ Harbor Place အခါနကစာကသံသရဲမ့ဒီးတီးအိဘဉ်ဒီး, Burlington ပုတတဲဆူလီခါဒီးအံကဟ့ဒီးန့ဆူအတီးကွဲထွဲန့လီ. အဲသ့ဒီးယုထီဒဲလဲပကဟ့ဒီးလီနပုဆါတီးဆဲးလီမံလံအိတဘဉ်လာနကကွဲပုလီဒ်သီးအဲသ့ဒီးမတီးန့ကသ့အဂီလီ. ပယုလာနကဆဲးလီမံတီးဟ့ဒီးပဲသဲကီးတီးဒီးနကစာကသံသရဲဘဉ်ပးနတီးဆါပနီတဖ်ကသ့အဂီန့လီ.

နမ့ဒီးန့ဘဉ် COVID တီးဆါယာန့, တီးကဘဉ်ဘီးဘဉ်ညါနနီကစာကသံသရဲလာနအိဒီးတီးဆါယာဒ်သီးအဲသ့ဒီးကဟ့ဒီးစုဟ့ဒီးကမီလာကပျဲစံးလီနကသ့အဂီလီ. ဖဲနအိလီလီဆီဆီအခါန့, ပကစံးဘဉ်နလာနကမတီးထံလီတဲသကီးတီးဒီးနကစာကသံသရဲဒ်သီးနကတၢ်ပိတၢ်ပိဘဉ်ပးနတီးဆါယာသ့တဖ်လာတီးတဲသကီးတီးလာလီတဲဖဲန့လီ. CHT ကကတီးသကီးတီးဒီးနကစာကသံသရဲဒ်သီးကဒီးန့ဘဉ်တီးအါလီလာ ကပျဲစံးလီနဖဲအဆာကတီးကြးဝဲဘဉ်ဝဲအခါန့လီ.

ဖဲနအိဖဲတီးအံအခါန့, ပကဟ့ဒီးလီနလီဒါလာအကဆီသ့တဖ်ဒီးတီးထွဲလီသ့တဖ်ဒ်နလီဘဉ်အိအသီးန့လီ. ဖဲနလီဘဉ်တီးကူတီးသီးလာအကဆီအခါန့, ဒုးသ့ညါပုအိခိးတီးလာတီးမဲညါတက့. ဝံသးစူပလီနကုနသီးအဘဉ်အာသ့တဖ်ဖဲခိဒဲသခါဒဲကလီ လာတီးဟ့ဒီးလီနတဖျါအပုဒီးဟဲလီအိဖဲတီးဆူအပုဖဲဝဲဒီးပဲကြဲအခိဒဲတက့လာတီးကဆူန့သီးအဂီ, ဖဲအံအိဖဲဒဲဒီးတီးဆူတီးအဒီးတဖျါလာနစူးကါအိသ့လာအကလီဖဲနသ့ဆါပးကတီးအခါန့လီ. လာတီးကမတီးသ့ဆါပးကတီးအဂီကီးပုခိးတီးလာတီးမဲညါတက့. လာတီးဆူဒီးအံအပုန့, တီးဟ့ဒီးပုပုလဲနတဘျီတဂ, ဒီးဖဲတီးသ့ဆါပးကတီးမ့ဒီးတီးအိဘဉ်န့တီးကခဲတံယာလဲသီးန့လီ. တီးဆူဒီးအံတီးစူးကါအိတဘျီလီလာအဘဉ်စားန့, တီးမကဆီအိဒီးနမ့ဒီးအိဒီးထံဘဉ်တီးမကဆီတီးဆူဒီးဒီးတီးမသံတီးဆါယာန့ဝံသးစူလုက့အိတက့.

တီးဂံအဂါလာနကဘဉ်ဟဲသ့ဟဲသးအိဖဲတီးအိဆိးဖဲ Harbor Place အခါ-

- ဝံသးစူသ့စီနစုဒီးထံကလာဒီးဆးပုဒ်တလီလီတသ့ဖဲအသ့. လီဆီဒဲတီးဖဲနဖိတီးမဲဘဉ်ဘဉ်ဝံအခါမုတမ့ဖဲနဟဲက့နလီလာနဒီးပုအခါတက့.
- နမ့ဒီးဟးထီဒဲလာနဒီးလာတီးဂီနီအဖိခိန့, ဝံသးစူအိယံဒီးပုလာတဖ်လာဖဲပုဒ်တက့.
- နတီးဆါပနီအံမ့ဒီးထီဒီး, ဝံသးစူဆဲးကျိးနနီကစာကသံသရဲဒီးပုအိခိးတီးလာတီးမဲညါတကတီးမီတက့.
 - o တီးဆါပနီလာအဖဲနးထီဒဲသ့တဖ်အိယုဒီးတီးကသါကီးခိဖျိတီးကသါနတဘျီအယိ, တီးကီးထီဒဲအိထီ, နီးဖဲထီလုး မုတမ့မဲသ့ထီလုး, သးနါပုဆါ, ဒီးတီးထာမံထာမ့ဒီးန့လီ.
 - o ဖဲလာဂီဂီအူဆါကတီးနဆဲးကျိးနကသံသရဲမ့ဒီးတန့ဘဉ်ဒီး, ဝံသးစူကီး 911 တက့.

နတီးသံကွဲမုတမ့တီးဘဉ်ယိမ့ဒီးအိတမံမဲန့, ဝံသးစူကီး **Emily Taylor ဖဲ (802) 735-7072 မုတမ့ Mike Ohler ဖဲ (802) 578-4657** တက့. စံးဘျးဘဉ်နလာနမလဲပုနမူဒါလာတီးအိလီလီဆီဆီသီးတီးကပတုာ COVID-19 တီးရုလီသးအဂီဒီးမတီးပုတတဲလာကအိဒီးတီးပုဖျးဒီးတီးဘဉ်ယိဒီးပုဒီးတီးအိဆူအိဆူဖဲတီးဆါကတီးအံန့လီ--- Champlain Housing Trust Harbor Place ပုမတီးဖဲ

Dear Harbor Place guest,

Welcome to Harbor Place. Harbor Place is a temporary residence where people with symptoms of covid-19 can quarantine until receiving the results from the covid-19 test, and where people who have tested positive stay to recover in isolation from friends, family, and other guests. This letter is to inform you of supports in place to make your time at Harbor Place slightly easier.

The employees at Champlain Housing Trust who will support your stay at Harbor Place include two guest services staff and front office staff. The guest services staff are Mike Ohler and Emily Taylor. They will be in touch with you shortly if they have not already been. They will talk with you about your current circumstances, make sure that you are connected to a healthcare provider and to other supports in the community, answer any questions you may have, and ask you to follow the State's official guidance to remaining isolated from others.

While you are in quarantine, you will receive a COVID test onsite and wait for the results. If the results are negative and you are medically cleared to leave, we will help you to arrange a return from your original location or access a state paid motel room.

If you test positive while onsite, we will move you to a room in a separate building, away from other guests to prevent the virus from spreading. We follow the federal and state procedure for making sure that you no longer have the virus in order to medically clear you for discharge. This involves your primary care provider or the Community Health Center of Burlington, if you do not have a primary care provider.

CHT and the State require that all guests wear face masks during their stay at Harbor Place, while circulating outside of the rooms. Staff will provide you with a face mask, if you do not have one, and will kindly remind you to wear it if you are walking around the site outside of your room and do not have it on.

Throughout this time, CHT's guest services team is available to make your stay as comfortable and brief as possible. In addition to having Mike and Emily available if you need medical or mental health support, the front office staff will assist you with other needs, like food, laundry and ordering items from Kinney Drugstore that will be delivered to your room.

Meals are provided while you are at Harbor Place. Front desk staff will coordinate food delivery to your room. They will leave the food outside of your room and either knock on your door or call you to alert you that it has been delivered. To protect your health and their own, staff wear protective gear while handling food and they sanitize all surfaces as well as wash their hands regularly.

We ask you not to leave Harbor Place while you are in quarantine or recovery. Kinney Drugs is a resource for you but please do not visit Kinney Drugs while you are at Harbor Place. They will deliver! And if you leave the premises, you will not be able to return.

If you would like to order anything from Kinney Drugs, please call them before 11:00 a.m. They will be deliver to Harbor Place at 12:00pm and front office staff will bring the delivery to you. If you miss the morning order, you can place one between 11:30 a.m. and 2:30 p.m. and it will be delivered at 4 p.m. To order, please call Kinney Drugs at (802) 985-0008 x4. When you place your order be sure to give them your name and room number.

Payment: Kinney Drug will tell you the total amount due once your order is placed. If possible, please try to pay using your EBT card to minimize cash transactions. If you can pay with your EBT card, please provide the card number to Kinney Drugs over the phone. If you need to pay with cash, you will need to give Harbor Place staff the cash for your order.

To give staff the cash, please call the front desk and let them know you placed the order, tell them how much it cost, and staff will provide you with instructions for payment and change if necessary.

Telehealth visits are available during your visit. If you do not have a primary health care provider, the Community Health Center of Burlington will be your health care provider while you stay at Harbor Place. They have requested that we provide you with a patient registration form to fill out so they can assist you. We also ask you to sign a release so that we can discuss your symptoms with your primary care provider.

If you are Covid-positive, your primary care provider must be informed that you have the virus so that they can authorize your discharge. While you are in isolation, we will ask you to make an appointment with your primary care provider to discuss your symptoms on a telehealth visit. CHT will speak with your primary care provider to receive their approval for discharge at the appropriate time.

We will provide you with clean sheets and towels during your stay, as needed. Let the front desk know when you need clean linen. Please put your dirty laundry into the provided extra pillow case and deposit in into the laundry bin on the office porch. To wash your clothes, there is an onsite laundry room that you can use for free by appointment. Call the front desk to make an appointment. Only one person is allowed in the laundry room at a time, and it will be locked except during appointment times. The laundry room is sanitized between each use and if you would like to see the laundry room cleaning and disinfecting protocol, please ask.

Some other things to consider during your time at Harbor Place:

- Please **wash your hands with warm, soapy water as often as possible**, especially after touching surfaces or returning to your room.
- If you need to leave your room for an essential reason, **please maintain a 6-foot distance from others.**
- **If your symptoms begin to worsen**, please contact your primary care physician and the front desk immediately.
 - o Intensifying symptoms include difficulty breathing due to shortness of breath, increasing temperature, blue lips or blue face, chest pain, and confusion.
 - o If it is an emergency and you cannot contact your primary care physician first, then please call 9-1-1.

Should you have questions or concerns, please call **Emily Taylor at (802) 735-7072 or Mike Ohler at (802) 578-4657**. Thank you for doing your part to remain isolated to stop the spread of COVID-19 and help the community at large stay safe and healthy during this time --- Champlain Housing Trust Harbor Place Staff