



Martida Goobta Harbor ee qaaliga ah,

Kusoo dhawaw Goobta Harbor. Goobta Harbor waxaa weeye meel deganaansho ah oo ku meel gaadh ah halkaas oo dadka qaba calaamadaha Covid-19 ay isku karantimayn karaan ilaa inta ay soo baxayso natiijadooda shaybaadhka covid-19, iyo meel dadka laga heley ay joogayaan si ay ugu ladnaadaan iyaga oo markaa ka go'doonsan asxaabtooda, qoyskooda iyo martida kale. Warqadani waxay kuu sheegeysaa taageerada goobta aad ka heli karto si looga dhigo wakhtiga aad Goobta Harbor ku sugan tahay mid waxoogaa fudud.

Shaqaalaha Champlain Housing Trust kuwaas oo kaa caawin doona joogitaankaaga Goobta Harbor ayaa waxa ku jira laba ruux oo shaqaale ah oo martida u adeegaya iyo shaqaale xafiiska soo dhawaynta ah. Shaqaalaha adeegyada martidu waa Mike Ohler iyo Emily Taylor. Dhawaan ayaa ay kula soo xidhiidhi doonaan hadii aanay hore kuula soo xidhiidhin. Waxa ay kaala hadli doonaan duruufahaaga wakhtigan, waxay xaqiijin doonaan inaad ku xidhan tahay bixiyaha daryeelka caafimaad iyo taageerooyinka kale ee bulshada dhaxdeeda, waxa ay ka jawaabi doonaan wixii su'aalo ah ee aad qabto, oo waxayna kaa dalban doonaan inaad raacdo tilmaamaha rasmiga ah ee Gobolka ee ah inaad ahaato mid ka go'doonsan dadka kale.

Inta aad ku jirto karantiimada, waxa aad mari doontaa shaybaadhka COVID oo meesha ah waxana aad sugi doontaa natiijoyinka. Hadii shaybaadhka lagaaga waayo oo markaa caafimaad ahaan lagu fasaxo inaad bixi karto, waxa aanu kaa caawin doona qorshaha ku noqoshadaada meesha aad ka timid ama inaad hesho qol hudheel oo gobolku kaa bixiyay.

Hadii shaybaadhka goobta lagaaga helo, waxa aanu kuu wareejin doona qol ku yaal dhisme gaar ah, kaas oo ka fog martida kale si markaa looga hortago faafitaanka fayraska. Waxa aanu raacaynaa nidaamka federaalka iyo gobolka si markaa loo xaqiijiyo in aanad iminka qabin faryaska si markaa caafimaad ahaan laguugu fasaxo in aad baxdo. Tan waxaa kamid ah daryeel bixiyahaaga koowaad ama Xarunta Caafimaadka Bulshada Burlington, hadii aanad lahayn daryeel bixiye kowaad.

CHT iyo Gobolku waxay dalbanayaan in dhamaan martidu xidhato maaskarooyin inta ay ku sugan yihiin Goobta Harbor, inta ay qolka banaankiisa wareegayaan. Shaqaalaha ayaa kusiin doona maaskaro, hadii aanad haysan, waxayna si naxariis leh kuu xasuusin doonaan inaad xidhato hadii aad lugaynayso meesha hareeraheeda qolkaagana aad banaanka ka joogto oo markaa aanad gashanayn.

Inta lagu jiro wakhtigan, adeegyada martida CHT ayaa la heli karaa si markaa joogitaankaaga looga dhigo mid raaxo uleh oo ukooban sida ugu macquulsan. Helitaanka Mike iyo Emily waxa dheer hadii aad u baahato taageero caafimaad ama caafimaadka maskaxda, shaqaalaha xafiiska soo dhawaynta ayaa kaa caawin doona baahiyahaaga kale, sida cuntada, dhar maydhka iyo ka dalbashada alaabta Kinney Drugstore taas oo laguugu keeni doono qolkaaga.

Cuntooyinka ayaa la bixiyaa inta aad joogto Goobta Harbor. Shaqaalaha xafiiska soo dhawaynta ayaa isku duba ridi doona keenitaanka cuntada qolkaaga. Waxa ay kuu dhigi doonaan cuntada qolkaaga hortiisa oo markaa way kugu garaaci doonaan albaabkaaga ama way kuu dhawaaqi doonaan si ay kuugu sheegaan in laguugu keeney. Si ay u ilaaliyaan caafimaadkooda iyo kaaga, shaqaaluhu waxay xidhan doonaan agabka ilaalinta inta ay ka shaqaynayaan cuntada oo waxa ay jeermiska ka dili doonaan dhamaan meelaha la taataabto sidoo kale si joogto ah ayay u faraxalan doonaan.

Waxa aanu kaa dalbanaynaa in aanad ka bixin Goobta Harbor inta aad karantiimada ku jirto ama aad ka ladnaanayso. Kinney Drugs waxaa weeye khayraad aad haysato laakiin fadlan ha booqan Kinney Drugs inta aad ku sugan tahay Goobta Harbor. Iyaga ayaa keeni doona! Hadii aad ka baxdo dhismaha, kuma soo noqon kartid.

Hadii aad jeclaan lahayd in aad wax ka dalbato Kinney Drugs, fadlan la hadal wixii ka horeeya 11:00 g.h. Waxay keeni doonaan Goobta Harbor 12:00 g.d oo shaqaalaha xafiiska soo dhaweynta ayaa wixii laguugu keeni kuu keeni doona. Hadii aad ka boodo

dalabka aroortii, waxa aad dalabka gudbin kartaa inta u dhaxaysa 11:30 g.hiyo 2:30 g.d, oo waxaa lagu keeni karaa 4 g.d. Si aad u dalbato, fadlan kala hadal Kinney Drugs (802) 985-0008 x4. Marka aad ka dalbanayso waxa aad xaqiijisaa inaad u sheegto magacaaga iyo qolkaaga lambarkiisa.

Bixinta lacagta: Kinney Drug waxay kuu sheegi doontaa wadarta kharashka marka aad dalabka u sheegto. Hadii ay macquul tahay, fadlan isku day inaad ku bixiso kaadhkaaga EBT si markaa loo yareeyo iswaydaarsiga lacagta cadaanka ah. Hadii aad ku bixin karto kaadhkaaga EBT, fadlan waxa aad ugu sheegtaa lambarka kaadhka Kinney Drugs taleefanka. Hadii aad u baahato inaad ku bixiso lacag cadaan ah, waxa aad u baahan doontaa inaad u dhiibto shaqaalaha Goobta Harborlacagta cadaanka ah ee waxa aad dalbatay.

Si aad shaqaalaha lacagta cadaanka ah ugu dhiibto, fadlan la hadal xafiiska soo dhawaynta oo waxa aad u sheegtaa inaad wax dalbatay, waxa aad u sheegtaa inta ay lacagtu tahay, shaqaalaha ayaana kusiin doonaa tilmaamaha bixinta lacagta iyo baaqiga hadii loo baahdo.

Booqashooyinka maqal iyo muuqaalka ah ee caafimaad waxa aad heli kartaa inta lagu gudo jiro booqashadaada. Hadii aanad lahayn bixiye daryeel caafimaad ookoowaad, Xarunta Caafimaadka Bulshada Burlington ayaa noqon doonta bixiyaha daryeelkaaga caafimaad inta aad ku jirto Goobta Harbor. Waxay naga dalbadeen in aanu ku siino foomka duiwaanka bukaanka si aad u buuxiso si ay kuu caawin karaan. Waxa aanu sidoo kale kaa dalbanaynaa inaad saxeeexo ogolaansho si markaa aanu ugala hadli karno bixiyaha daryeelkaaga koowaad calaamadahaaga.

Hadii lagaa helo Covid, bixiyaha daryeelkaaga caafimaad ee koowaad waa in loo sheegaa in aad qabto fayraska si markaa ay u ogolaan karaan bixitaankaaga. Inta aad ku jirto go'doonka, waxa aanu kaa dalban doonaa inaad la balanto daryeel bixiyahaaga koowaad si markaa aad ugala hadasho calaamadahaaga booqasho maqal iyo muuqaal caafimaad ah. CHT waxay kala hadli doontaa daryeel bixiyahaaga koowaad sidii ay uga heli lahayd ansixinta ka bixitaanka wakhtiga munaasabka ah.

Waxa aanu kusiin doonaa go'yaal nadiif ah iyo tuwaalo inta aad joogto, hadba sida aad ugu baahato. Waxa aad u sheegtaa xafiiska soo dhawaynta marka aad u baahato go'yaal nadiif ah. Fadlan waxa aad dharka uskaga ah ku ridaa galka barkimada ee dheeraadka ah ee lagu siiyay oo waxa aad markaa ku ridaa weelka dharka uskaga ee yaala barandada xafiiska. Si aad dharkaaga u maydho, waxaa jira qol dhar maydh oo meesha ku yaala oo aad isticmaali karto oo bilaash ah oo lasii balansado. Waxa aad lasoo hadashaa xafiiska soo dhaweynta si aad balan u qabsato. Kaliya hal ruux ayaa loo ogol yahay markiiba qolka dhar maydhka, waana la xidhi doona marka laga tago wakhtiyada balanta. Qolka dhar maydhka waxaa jeermiska laga dilaa inta u dhaxaysa isticmaalkiiba oo hadii aad jeclaan lahayd inaad aragto nidaamka nadiifinta iyo jeermis ka dilida qolka dhar maydhka, fadlan waydii.

Waxyaabaha kale ee ay tahay in aad eegto wakhtiga aad ku sugan tahay Goobta Harbor:

- Fadlan **ku farxalo biyo diiran, oo saabuun leh sida ugu badan ee ugu macquulsan**, gaar ahaan marka aad taabato meelaha badanaa la taataabto ama marka aad kusoo noqonayso qolkaaga.
- Hadii aad u baahan tahay inaad uga baxdo qolkaaga sabab daruuri ah, **fadlan joogtee in aad u jirsato masaafad 6 fuudh ah dadka kale.**
- **Hadii calaamadahaagu ay bilaabaan in ay kasii daraan**, fadlan la xidhiidh dhakhtarkaaga daryeelka koowaad iyo xafiiska soo dhawaynta markaba.
  - o Calaamadaha kasii daraya waxa ka mid ah neefsiga oo kugu adkaada oo ay sababtay neefta oo soo gaabata, heerkulkaaga oo kordha, dabhahaaga oo buluug noqda ama wajiga oo buluug noqda, laab xanuun, iyo dawakhaad.
  - o Hadii ay xaalad degdeg ah tahay oo aad la xidhiidhi kari waydo dhakhtarkaaga daryeelka koowaad, markaa fadlan la hadal 9-1-1.

Hadii aad qabto wax su'aalo ah ama tabashooyin ah, fadlan kala hadal **Emily Taylor (802) 735-7072 ama Mike Ohler (802) 578-4657**. Waad ku mahadsan tahay inaad qabato qaybtaada ku nagaanshaha go'doonka ee lagu joojinayo faafitaanka COVID-19 iyo in bulshada inteeda kale amaankooda iyo caafimaadkooda la ilaaliyo wakhtigan --- Shaqaalaha Goobta Champlain Housing Trust Harbor

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