

Ho Hum COVID-19 တၢ်အိၣ်လီၤဖျိၣ်သးဒီးပုၤဂၤ, တၢ်အိၣ်လီၤဆီလိာ်သး, ဒီးတၢ်မၤဘျါမၤအိၣ်ဆူၣ်အိၣ်ချ့ထီၣ်သး အတၢ်လီၤတၢ်ကျဲတဖၣ်

Vermont ကီၢ်စဲၣ် ဂ့ၢ်ဂီၢ်အူ တၢ်ဖံးတၢ်မၤစဲထၢၣ် (Vermont State Emergency Operations Center):
တၢ်အိၣ်လီၤဖျိၣ်သးဒီးပုၤဂၤ, တၢ်အိၣ်လီၤဆီလိာ်သးဒီးပုၤဂၤဒီးတၢ်မၤဘျါမၤအိၣ်ဆူၣ်အိၣ်ချ့ထီၣ်သး အတၢ်မၤရဲၣ်ကျဲခိၣ်သ့ၣ်တဖၣ်

Ho Hum လၢအအိၣ်ဖဲ South Burlington န့ၣ်မ့ၢ်ဝဲ မိၣ်ထဲ(လ)ဟံၣ်ဒွဲလၢ အမၤစၢၤတၢ်လၢ ကမ္ဘၢၢ်တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ တၢ်န့ၣ်လီၤ မၤစၢၤတၢ်ခီဖျိ AHS လၢ ကီၢ်စဲၣ်ဂ့ၢ်ဂီၢ်အူ တၢ်ဖံးတၢ်မၤစဲထၢၣ် (State Emergency Operations Center) အဂီၢ်န့ၣ်လီၤ.

Ho Hum တူၢ်လိာ် ပုၤတမ့ၢ်တဖၣ်လၢ တၢ်န့ၣ်လၢအအိၣ်ဒီး COVID-19+, အိၣ်ဒီးတၢ်ဘၣ်ယိၣ်အါလၢ ကအိၣ်ဒီး COVID-19+, မ့တမ့ၢ် ပုၤလၢတၢ်ဟံၣ်ဂၢ်ဟံၣ်ကျၢၤအီၤလၢ အိၣ်ဒီး COVID-19+ လၢတလိၣ်လၢ တၢ်ကကွၢ်ထွဲအီၤလၢ တၢ်ဆါဟံၣ်, ဘၣ်ဆၣ် အဝဲလူၤပိာ်မၤထွဲ ကမ္ဘၢၢ်တၢ်အိၣ်ဆူၣ်အိၣ်ချ့တၢ်န့ၣ်ကျဲတဖၣ်တသ့လၢ ကအိၣ်လီၤဖျိၣ်အသးဖဲ အကစၢ်အတၢ်လီၤတၢ်ကျဲ မ့တမ့ၢ် အတၢ်အိၣ်တၢ်ဆိးအလီၢ်ဘၣ်န့ၣ်လီၤ. တၢ်အိၣ်လီၤဖျိၣ်သးဒီးပုၤဂၤ, တၢ်အိၣ်လီၤဆီလိာ်သး, ဒီးတၢ်မၤဘျါမၤအိၣ်ဆူၣ်အိၣ်ချ့ထီၣ်သး အတၢ်လီၤတၢ်ကျဲတဖၣ်န့ၣ် တမ့ၢ်တၢ်န့ၣ်လီၤမၤစၢၤလၢ ကသံၣ်ဂ့ၢ်ဝဲ တကပၤ, ဘၣ်ဆၣ်မ့ၢ် ဂ့ၢ်ဂီၢ်အူကမ္ဘၢၢ်တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ အတၢ်မၤရဲၣ်ကျဲခိၣ်သ့ၣ် လၢပုၤမၤန့ၢ်ဟံၣ်ပီတၢ်အိၣ်တၢ်ဆိးအလီၢ်တစီၤတလီၢ်လၢ အဆဲးကျၢၤတၢ်ဒီးပုၤတဲသကိးတၢ်ဒီးကသံၣ်သရၣ် ခီဖျိလီၤတဲစိ (telehealth) ဒီးပုၤတဝၢတၢ်မၤစၢၤတၢ်မၤတဖၣ်ဖဲ အဝဲသ့ၣ် အိၣ်လီၤဖျိၣ်အသးဒီးပုၤဂၤဒီး မၤကိညၢ်ထီၣ်ကျဲအသးလၢ COVID-19 အဖၢမ့ၢ်န့ၣ်လီၤ.

ပုၤတမ့ၢ်တဖၣ် လိၣ်ဘၣ်ဝဲ တၢ်အိၣ်ဆူၣ်အိၣ်ချ့တၢ်ကွၢ်ထွဲလၢ အိၣ်ဒီးတၢ်ဟံၣ်ပနီၣ်အီၤ, ကွၢ်ထွဲလီၤအကစၢ်အသးသ့, ဒီးတလိၣ်ဘၣ် တၢ်မၤစၢၤ လၢအတၢ်အိၣ်မူအတၢ်ဟူးတၢ်ဂဲၤတၢ်ဖံးတၢ်မၤလၢ တနံၤဘၣ်တနံၤအဂီၢ်ဘၣ်န့ၣ်လီၤ. ပုၤဟ့ၣ်တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ တၢ်ကွၢ်ထွဲ လၢတၢ်ချၢတဖၣ် ထဲလၢအဟဲမၤကွၢ်ပုၤဆါသ့ၣ်တဖၣ်အံၤ ဟ့ၣ်ဆိၣ်ထွဲမၤစၢၤတၢ်တူၢ်လိာ်, တၢ်ကွၢ်ထွဲ တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ တၢ်ပျၢ်ကွၢ်ကွၢ် ဒီးတၢ်ဒီးသဒါ တၢ်ဘၣ်ကံတဖၣ်အဂီၢ်လီၤ. ပုၤတမ့ၢ်လၢ အဟဲအိၣ်ဖဲ Ho Hum န့ၣ် မ့ၢ်ဒၣ်လၢအကစၢ်အတၢ်သးဆူၣ်အဖီခိၣ်န့ၣ်လီၤ.

ပုၤတမ့ၢ်လၢအိၣ်ဖဲ COVID-19 တၢ်မၤဘျါမၤအိၣ်ဆူၣ်အိၣ်ချ့ထီၣ်သး အတၢ်လီၤတၢ်ကျဲတဖၣ် ထီၣ်ဘးဒီးတၢ်ဟံၣ်ပနီၣ် နီၣ်ထီၣ်လၢလၢာ်တဖၣ်န့ၣ်လီၤ-

- ✓ မ့ၢ်ပုၤတဖၣ်လၢအိၣ်ဒီး တၢ်ဆါပနီၣ်တဖၣ်ဒီး တၢ်ဆိကမိၣ်လၢကအိၣ်ဒီး COVID-19 ဘၣ်ဆၣ်တလိၣ် လဲၤဒီးပုၤ ကူစါယါဘျါသး လၢတၢ်ဆါဟံၣ်, **မ့တမ့ၢ်**
- ✓ အိၣ်ဘူးဘၣ်ဒီး COVID-19 တၢ်ဘၣ်ကူဘၣ်ကံအလီၢ်ဒီး တၢ်သမံသမိးဒီးထံၣ်န့ၣ်လၢ အိၣ်ဒီးတၢ်ဘၣ်ယိၣ်လၢ ကအိၣ်ဒီး COVID-19+ ခီဖျိ ပုၤလၢအဟ့ၣ်ကသံၣ်တၢ်ကွၢ်ထွဲ, **မ့တမ့ၢ်**
- ✓ တၢ်သမံသမိးဒီးထံၣ်န့ၣ်လၢ အိၣ်ဒီး COVID-19 (တၢ်ဂ့ၢ်လၢ တၢ်ဟံၣ်ဂၢ်ဟံၣ်ကျၢၤအီၤ) လၢအတၢ်ဆါကွၢ်ပနီၣ်အိၣ်ထဲတစဲး မ့တမ့ၢ် တအိၣ်နီတစဲးဘၣ်, **ဒီး**

- ✓ လိပ်ဘဉ်လၢ ကဘဉ်မၤနီၢ်ကစၢ်တၢ်အိၣ်လီၤဖျါအသးဒီးပုၤဂၤဒီဖျါ တၢ်ဘဉ်ယိၣ်အိၣ်လၢ ကဘဉ်ကူဘဉ်ကံပုၤဂၤဖဲ တၢ်အိၣ်ဘျါအိၣ်ကိညၢ်ထီၣ်သးအကတီၢ်ဒီး တအိၣ်ဒီးတၢ်လီၢ်အကြးအဘဉ်အဂၤနီတတီၤလၢ ကမၤနီၢ်ကစၢ်အတၢ်အိၣ်လီၤဖျါအသးဘဉ်, **ဒီး**
- ✓ အပတီၢ်တတုၤလၢ တၢ်လိၣ်ဘဉ်အီၤလၢ တၢ်ကကွၢ်ထွဲလၢ တၢ်ဆါဟံၣ်ဘဉ် (ဘဉ်သ့ၣ်သ့ၣ် ကမ့ၢ်တၢ်ဒုးစံၣ်လီၤလၢ တၢ်ဆါဟံၣ် မ့တမ့ၢ် တၢ်လီၢ်တၢ်ကျဲလၢ အိၣ်ဆိးခဲအံၤ ဆုၤထီၣ်အီၤလီၤလၢ), **ဒီး**
- ✓ တလိၣ်ဘဉ်တၢ်မၤစၢၤလၢ တနံၤဘဉ်တနံၤ အတၢ်အိၣ်မ့ၢ်မၤတၢ်အဂီၢ် ဒီးမ့ၢ်လိၣ်ဘဉ်န့ၣ် ဟးထီၣ်လၢ တၢ်သ့ၣ်ထီၣ်အပူၤ လၢအကစၢ်ဒၣ်ဝဲသ့န့ၣ်လီၤ.

COVID-19 တၢ်အိၣ်လီၤဖျါ, တၢ်အိၣ်လီၤဆီစီၤစုၤယံၤသးဒီးပုၤဂၤဒီး တၢ်မၤဘျါထီၣ်က့ၤသးအတၢ်အိၣ်တၢ်ဆိးတၢ်လီၢ်တၢ်ကျဲတဖၣ်ဖဲ Ho Hum

COVID-19 တၢ်အိၣ်လီၤဖျါ, တၢ်အိၣ်လီၤဆီစီၤစုၤယံၤသးဒီးပုၤဂၤဒီး တၢ်မၤဘျါထီၣ်က့ၤသးအတၢ်အိၣ်တၢ်ဆိးတၢ်လီၢ်တၢ်ကျဲတဖၣ်ဖဲ Ho Hum န့ၣ် မ့ၢ်တၢ်မၤသကိးတၢ်လၢ Champlain Housing Trust, Community Health Center of Burlington (CHCB), ဒီး Vermont Agency of Human Services (AHS) တဖၣ် အဘၢၣ်စၢၤန့ၣ်လီၤ. တၢ်လီၢ်တၢ်ကျဲအံၤဟ့ၣ် တၢ်အိၣ်တၢ်ဆိးလီၢ် တစၢ်တလီၢ် ဆူပုၤဝါမိးဖိတဖၣ် (Vermonters) အဂီၢ်လၢကမၤန့ၢ် တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ဒီး တၢ်ဆီၣ်ထွဲမၤစၢၤလၢ အိၣ်ဒီးအရဲၣ်အကျဲလၢ ပုၤလၢတၢ်န့ၣ်လၢအအိၣ်ဒီး COVID-19+, အိၣ်ဒီးတၢ်ဘဉ်ယိၣ်အါလၢ ကအိၣ်ဒီး COVID-19+, မ့တမ့ၢ် ပုၤလၢတၢ်ဟံၣ်ဂၢ်ဟံၣ်ကျၢၤ အီၤ လၢအိၣ်ဒီး COVID-19+ ဒီးတအိၣ်ဒီး တၢ်လီၢ်တၢ်ကျဲ အကြးအဘဉ်လၢ ကအိၣ်လီၤဖျါအသးဒီးပုၤဂၤဖဲ အအိၣ်ဆူၣ်ထီၣ်က့ၤသး အခါန့ၣ်လီၤ.

ပတၢ်ပညိၣ်တဖၣ်

ကဟ့ၣ်တၢ်လီၢ်လၢ အအိၣ်ဒီးတၢ်သ့ၣ်ကညိၤသးကညိၤ တၢ်ဒိသ့ၣ်ဒိသးဒီး တၢ်မၤဘျါထီၣ်က့ၤသး ဖဲပုၤအိၣ်ဆူၣ်ထီၣ်က့ၤအဆၢကတီၢ်, မၤစုၤလီၤတၢ်ဆါဘၢ်အတၢ်ရၤလီၤအသးလၢ ပုၤတဝါအပူၤ, ဒီးမၤစုၤလီၤန့ၢ်တၢ်ဆါဟံၣ်တဖၣ် အတၢ်ဝံတၢ်ယိးဒိသိး တၢ်ဆါဟံၣ် မၤစၢၤပုၤလၢ အလိၣ်ထီၣ်တၢ်ဆါဟံၣ်တဖၣ်ကသ့အဂီၢ်န့ၣ်လီၤ.

ပတၢ်လုၢ်တၢ်ပုၤတဖၣ်

သူးသ့ၣ်လၢကပီၤဒီးတၢ်ဟံၣ်ကဲပုၤကိးဂၤဒဲး. တဲသကိးတၢ်ပျီပျီဖျါဒီးပုၤမၤသကိးတၢ်တဖၣ်. တၢ်ယါဘျါထီၣ်က့ၤသး ဒီးကဲတၢ်လီၢ် လီၤဆီလၢ ပုၤလၢအကိညၢ်ထီၣ်က့ၤ အဖၢမုၢ်တဖၣ်အဂီၢ်.

ပုၤလၢတၢ်တူၢ်လိာ်မၤစၢၤအီၤလၢ Ho Hum

တၢ်တူၢ်လိာ်မုၢ် ပုၤကိးဂၤ အသးန့ၣ်ကိးန့ၣ်, ဟံၣ်ဖိယိဖိအတၢ်အိၣ်သးကိးမံၤဒီး နီၢ်ကစၢ် အတၢ်စံၣ်စိဖဲလဲၣ်တဖုၤန့ၣ်လီၤ. ဒါးအိၣ်တုၤလၢ 34 ဖျါလၢ ပုၤသ့ၣ်တဖၣ်လၢ-

- ✓ ထီၣ်ဘးဒီး တၢ်ဟံၣ်ပနီၣ်တီၤပတီၢ် (လၢထး) လၢကအိၣ်လီၤဖျါသး, တၢ်အိၣ်လီၤဆီလိာ်သးဒီးပုၤဂၤ, ဒီးတၢ်မၤဘျါ မၤအိၣ်ဆူၣ်အိၣ်ချ့ထီၣ်သး အတၢ်လီၢ်တၢ်ကျဲတဖၣ်,
- ✓ တမ့ၢ်ပုၤလၢအမံၤအိၣ်ဖဲ ထံကီၢ်ဒီဘ့ၣ် ဒီး Vermont ပုၤမၤကမၢ်မုၢ်ခွါသ့ၣ်ထံး တၢ်မူးတၢ်ရၢအလံာ်ကွဲးနီၣ်တၢ်အပူၤ,
- ✓ မၤအနီၢ်ကစၢ်ဒၣ်ဝဲ အတၢ်ဃုထၢတဖၣ်လၢ ကအိၣ်ဘျါထီၣ်က့ၤအသးလၢ အတၢ်ဆါကွၢ်ပနီၣ်တဖၣ်ဖဲ Ho Hum, **ဒီး**

- ✓ အာဂ်လီတူရ်လီလီလီ ကလူဟိမ်မာထွဲ တင်လီတင်ကျဲအတင်မုင်လင်တဖန်ဒ် တင်ဟ်ဖျါထီဉ်အီလီ ပှတမုံ အတင်အာဂ်လီ အပူ

တင်အိဉ်ဆူဉ်အိဉ်ချးဒီးတင်ဘဉ်တင်ဘါ အသနီ, တင်မၤစၢၤတင်မၤဒီးတင်ရဲဉ်တင်ကျဲတဖန်

ဖဲတင်အိဉ်မၤဘျါသးအကတီၢ်, ပှတမုံတဖန် ဒီးန့ၢ်တင်လၢလင်တဖန်သ့-

တင်ပူဖျဲဒီးတင်ဘဉ်တင်ဘါ

- ✓ အိဉ်ဒီးတင်ဘဉ်တင်ဘါလၢ ကမၤလီၤတံၢ်ဝဲ တင်လီၢ်လၢအပူဖျဲဒီးအအိဉ်လီၤဆီလၢ ကကိညာ်ထီဉ်က့ၤအဂီၢ်လီၤ.
- ✓ တင်လီၢ်တင်ကျဲအံၤအိဉ်ဒီးကရၢအဒုဉ်ဝးဝးန့ၢ်လီၤ.
- ✓ တင်အိဉ်ဒီးတင်ဘိးဘဉ်သ့ညါတင်ပနီဉ်တဖန်လၢ အကဒုးလူဟိမ်ထွဲ တင်အိဉ်ဆူဉ်အိဉ်ချးတင်န့ၢ်ကျဲတဖန်န့ၢ်လီၤ.
- ✓ လီၢ်ကဝီၤ ဂ့ၢ်ဂီၢ်အူ တင်မၤစၢၤတင်မၤ (Local Emergency Services) ကဒုးသ့ညါဒီးရဲဉ်ကျဲမၤသကိးတင် ဒီးတင်လီၢ်တင်ကျဲအံၤန့ၢ်လီၤ.
- ✓ ပှတမုံဒီးပှမၤတင်ဖဲခဲလၢ ကဘဉ်ကူသိး နီၢ်ကစၢ်တင်ဒီသဒါလီၤသး (PPE) ဒီးလူဟိမ်မာထွဲတင်အိဉ်ဆူဉ်အိဉ်ချး တင်သိဉ်တင်သီတင်ဘျါတဖန်န့ၢ်လီၤ.

တင်မၤကဆဲးကဆီတင်, တင်မၤသံတင်ဃာ်, တင်ဆူဉ်တင်

- ✓ တင်မၤကဆီတင်လီၢ်လၢ တင်ဖိဉ်ဘဉ်အီၤတနံၤခံဘျီဖဲအအိဉ်လၢ ဝဲဒါးအကဟိမ်ကပၤန့ၢ်လီၤ. တင်မၤကဆီ တင်ဆူဉ်တင်ဒါးဒီး တင်တူၢ်လီၢ်တမုံတင်မၤညါပဲတြီကိးဘျီဒဲးဖဲ တင်စူးကါအီၤဝဲအလီၢ်ခဲန့ၢ်လီၤ.
- ✓ တင်ကစူးကွံာ်တဃာ်တဖန်, တင်ဖိတင်လံၤလၢတင်စူးကါကဒါအီၤသ့တဖန်, ဒီးကသံဉ်ကသီအတင်တဟီၢ်တဃာ်တဖန် ဒ်အလိဉ်ဘဉ်အသိးန့ၢ်လီၤ.
- ✓ တင်ကဆူဉ်လီၢ်မံဒါဒီးတင်ထွါလီၤတဖန်ဒ်အလိဉ်ဘဉ်အသိးန့ၢ်လီၤ. တမုံတဖန်စူးကါ တင်ဆူဉ်တင်အလီၢ် လၢနီၢ်ကစၢ် အတင်ဆူဉ်အဂီၢ် ဒ်အလိဉ်ဘဉ်အိဉ်အသိးန့ၢ်လီၤ.
- ✓ ပှတမုံတဖန် အိဉ်ဒီးအကစၢ်ဒဉ်ဝဲ အတင်မၤကဆဲးကဆီတင်အတင်ဖိတင်လံၤတဖန်လၢ အကမၤကဆီအဒါးတဖန် ထီဘိအဂီၢ်န့ၢ်လီၤ.
- ✓ တင်မၤကဆီဒါးတဖန်ဒ် CDC တင်န့ၢ်ကျဲအိဉ်အသိး ဖဲတမုံတဖန် ဟးထီဉ်ကွံာ် ဒီးတချုးတမုံအသီတဂၤ ဟဲတုၤအခါန့ၢ်လီၤ.

တင်ရဲဉ်ကျဲတင်အိဉ်ဆူဉ်အိဉ်ချးတင်ကွံာ်ထွဲဒီးတင်ဟ့ၢ်တင်ကွံာ်ထွဲခီဖျိတင်ကိးလီတဲစိ (Telehealth)

တင်မၤစၢၤတင်မၤတဖန်

- ✓ ပှတမုံခဲလၢ ကမၤန့ၢ်တင်မၤစၢၤလၢ တင်ရဲဉ်ကျဲန့ၢ်တင်လၢ ကမၤန့ၢ်အါထီဉ် ကသံဉ်လၢ ကသံဉ်သရဉ်န့ၢ်လီၤ တဖန်, တင်ဆုၢ်, ဒီးဆဲးကျဲပှလၢအဟ့ၢ်အီၤတင်အိဉ်ဆူဉ်အိဉ်ချးတင်ကွံာ်ထွဲ, ဒ်အလိဉ်အိဉ်အသိးန့ၢ်လီၤ.
- ✓ ပှတမုံလၢ တင်အိဉ်ဒီးအနီၢ်ကစၢ် အဂီၢ်ခိဉ်ထံးကသံဉ်သရဉ်လၢ အကဆီဉ်ထွဲမၤစၢၤအတင်အိဉ်ဘျါထီဉ်အသးလၢ COVID 19 အဂီၢ်ဘဉ်န့ၢ်, တင်ကဆဲးလီၤန့ၢ်အမံၤလၢ Community Health Centers of Burlington

လၢကဟ့ၣ်အီၤ တၢ်ဆဲးလီၤတဲစိသံကွၢ်အတၢ်ဂ့ၢ်တၢ်ကျိၤ (telemonitoring) တၢ်သ့ၣ်နံၤဖးသီ လၢကထံၣ်လိာ်သးဒီး ကသံၣ်သရၣ်ခိဖျိ လီၤတဲစိ (telehealth) တဖၣ်အဂီၢ် န့ၣ်လီၤ.

- ✓ ပုၤတမ့ၢ်တဖၣ် ပၤယၢ်အတၢ်ရဲၤလိာ်အသးဒီးအကစၢ်ဒၣ်ဝဲ အကသံၣ်သရၣ်သ့, ဒီးပုၤမၤတၢ်ဖိလၢ အမၤစၢၤ ပုၤတမ့ၢ်တဖၣ် မၤစၢၤတၢ်လၢ ကရဲၣ်ကျဲၤန့ၢ်တၢ်လၢ တၢ်သ့ၣ်နံၤဖးသီတဖၣ်အဂီၢ်န့ၣ်လီၤ.
- ✓ တၢ်ပီးတၢ်လီၤတဖၣ်လၢ တမ့ၢ်တဖၣ်အဂီၢ်ဒ်သိးကသမံသမိးကွၢ် အနီၢ်ခိအတၢ်ကိာ်အဂီၢ်.
- ✓ တၢ်မၤန့ၢ် ကသံၣ်ကသီလၢ အမၤမုာ်ထီၣ်တၢ်လၢ ပုၤလၢအအိၣ်ဒီး တၢ်စဲကသံၣ်မူၤဘျီးတဘၣ်လိာ်ဘၣ်စးတဖၣ် (SUD) ဒ်အလိၣ်အိၣ်အသိးန့ၣ်လီၤ.
- ✓ ပုၤမၤတၢ်ဖိလၢ အကွၢ်ထွဲမၤစၢၤတမ့ၢ်တဖၣ် ကသမံသမိးကွၢ်တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ၤကိးနံၤဒဲးန့ၣ်လီၤ.
- ✓ Telehealth (လီၤတဲစိ မ့တမ့ၢ် ဘၢ်ဒ်အိၣ်) တၢ်သ့ၣ်နံၤဖးသီတဖၣ်ဒ် တၢ်ရဲၣ်လီၤအီၤ ဒ်အဝဲသ့ၣ် အပုၤဟ့ၣ် တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ၤတၢ်ကွၢ်ထွဲတဖၣ်အတၢ်ဆၢတံာ်အသိး (စးထီၣ်လၢ Community Health Centers of Burlington ဒီး/မ့တမ့ၢ် အဝဲသ့ၣ် အပုၤဟ့ၣ်တၢ်ကွၢ်ထွဲတဖၣ်န့ၣ်လီၤ).

တၢ်အိၣ်တၢ်အီ

- ✓ တၢ်ကဆၢန့ၢ်တၢ်အိၣ်တၢ်အီဆူ ပုၤတမ့ၢ်တမ့ၢ်တဖၣ်အအိၣ် တနံၤသၢၤဘျီန့ၣ်လီၤ. ပုၤတမ့ၢ်သ့ၣ်တဖၣ်တဲဘၣ် တၢ်တူၢ်လိာ်တၢ်အပုၤမၤတၢ်ဖိဘၣ်သးတၢ်အိၣ်တၢ်အီလီၤဆီလၢ တၢ်လိာ်ဘၣ်အီၤတဖၣ်သ့ဝဲလီၤ.

တၢ်မၤအဂၤတဖၣ်ဒီးတၢ်ရဲၣ်တၢ်ကျဲၤ

- ✓ ပုၤမၤတၢ်ဖိတဖၣ် ကမၤစၢၤ ပုၤတမ့ၢ်တဖၣ်ဒီး telehealth အတၢ်ဟူးတၢ်ဂဲၤတဖၣ်, ဟ့ၣ်ဂံၢ်ဟ့ၣ်ဘါလၢ ကအိၣ်ဘျး ဒီးအိၣ်ဆူၣ်အိၣ်ချ့ၤ တၢ်မၤသ့ၣ်ဖံၣ်သးညိးသးဒီးတၢ်လိာ်ခိၣ်လိာ်ကွၢ်, တၢ်အိၣ်တၢ်အီ, ဒီးတၢ်ဆီၣ်ထွဲမၤစၢၤထီၣ်ရီၤ အဂီၢ်န့ၣ်လီၤ.

တၢ်တူၢ်လိာ်, တၢ်ဆဲးလီၤမံၤ, တၢ်ကွၢ်ထွဲတၢ်လၢအယံၤခိဖျိဘၢ်ဒ်အိၣ်လီၤတဲစိ (Telemonitoring), ဒီးတၢ်ပျၢ်က့ၤကွံာ်

တၢ်တူၢ်လိာ် ဒီးတၢ်ဆဲးလီၤမံၤ

- ✓ ပုၤလၢအဟ့ၣ်တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ၤတၢ်ကွၢ်ထွဲအံၤ. ကဆၢတံာ်ဆီဝဲလၢ မ့ၢ်ပုၤတမ့ၢ်တမ့ၢ်တဖၣ်အံၤ ကကြးကဘၣ်ဝဲလၢ တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ၤဂ့ၢ်ဝီတကပၤလၢ Harbor Place ဧါန့ၣ်လီၤ.
- ✓ ကရၢခၢၣ်စးလၢ အဆၢထီၣ် ပုၤနီၢ်တဂၤ မ့တမ့ၢ် ဟံၣ်ဖိဃီဖိတဖၣ် ဆူတၢ်လီၢ်အံၤန့ၣ် ကကိး တၢ်တူၢ်လိာ်တၢ်ဝဲၤဒါး (front desk) ဖဲ **802-233-8922** န့ၣ်လီၤ. Ho Hum အပုၤမၤတၢ်ဖိတဖၣ် ကမၤသကိးတၢ်ဒီး ကရၢခၢၣ်စးလၢ အဆၢထီၣ် တၢ်တဖၣ်ဒီးပုၤလၢကဟဲအိၣ်ဖဲ တၢ်လီၢ်အံၤလၢ တၢ်ဆဲးလီၤမံၤအတၢ်မၤအကျိၤအကျဲၤအပူၤန့ၣ်လီၤ. တၢ်ကမၤ ကရၢခၢၣ်စး တဖၣ် တူၢ်လိာ်လံာ်တီလံာ်မိတဖၣ်, မၤသကိးတၢ်လၢ ပုၤတဖၣ်လၢ ကမၤပဲၤတၢ်ဂ့ၢ်တၢ်ကျိၤ, ဒီးဆုၢ်က့ၤတၢ်ဂ့ၢ်တၢ်ကျိၤလၢ တၢ်ဘၣ်တၢ်ဘၢအပူၤန့ၣ်လီၤ.
- ✓ ဖဲတၢ်ဟံၣ်ဂၢ်ဟံၣ်ကျဲၤ တၢ်ဟံးန့ၢ်ဆိဟံၣ်စၢၤဒါးဝံၤလံၤန့ၣ်, တၢ်ကရၢကရိလၢ အဆၢထီၣ်န့ၢ်အံၤ. ကဒီးန့ၢ်ဘၣ် တၢ်ကိးကဒါက့ၤ လီၤတဲစိဃုာ်ဒီး တၢ်န့ၣ်ကျဲၤလၢ ကဘၣ်ဟံၣ်ထွဲဖဲအဟဲတုၤလီၤအဂီၢ်န့ၣ်လီၤ. တၢ်ကရၢကရိလၢ

အဆုတ်ထိပ်တံတဖန် ကဘတ်တံးမူဒါလၢ ကရဲၣ်ကျဲၤသိလ့ၣ်လၢ ကဟဲဆူ Ho Hum အဂီၢ်န့ၣ်လီၤ. (ကွၢ်- [ဝံစိာ်တီဆုၤ](#)
[အတၢ်န့ၣ်ကျဲၤ တၢ်အိၣ်လီၤဖျါအသးဒီး တၢ်မၤကျဲၤကိညၢၢ်ထီၣ်က့ၤအသးလၢ COVID-19 ဟံၣ်ဃီ](#))

ဝံစိာ်တီဆုၤဒီးတၢ်ဟဲတုၤလီၤဖဲ Ho Hum

- ✓ တၢ်ကရၢကရိလၢ အဆုတ်ထိပ်တံအံၤ ကရဲၣ်ကျဲၤဝဲ ဝံစိာ်တီဆုၤန့ၣ်လီၤ.
- ✓ တၢ်ကဆုၤပုၤကညီဆူ တၢ်လီၢ်တၢ်ကျဲၤခိဖျါ သိလ့ၣ်လၢတမ့ၢ်ဂ့ၢ်ဂီၢ်အူအဂီၢ်န့ၣ်လီၤ.
- ✓ ပုၤတမ့ၢ်တဖန် ကဘတ်သိးနီၣ်ကျါၤဘၢမဲာ်ကးတံာ်ကိာ်ပူၤန့ၣ်ဒု တချူးအဟဲတုၤန့ၣ်လီၤ. ဖဲအဟဲတုၤန့ၣ်, ပုၤတမ့ၢ်တဖန် ကလဲၤဆူ တၢ်တူၢ်လိာ်တၢ်အလီၢ် (Front Desk) အပဲတြီဖိလၢ ကမၤလီၤတံာ်ဝဲလၢ တၢ်မၤပုၤလံာ်တဖန် ဝဲဝဲခဲလၢလံာ်ဒီး ကမၤန့ၢ်ဝဲ ဒၢးအနီၣ်တံာ်ခံန့ၣ်လီၤ.
- ✓ ပုၤမၤတၢ်ဖိလၢအမၤစၢၤပုၤတမ့ၢ်အံၤ ကမၤစၢၤ ပုၤတမ့ၢ်လၢ ကဟဲလီၤအလီၢ်အကျဲၤဒီးကွၢ်သကိးဝဲတၢ်တူၢ်လိာ်မ့ၢ် တမ့ၢ်အလံာ်တဖန်န့ၣ်လီၤ.

တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ဒီး တၢ်အိၣ်မ့ၢ်အိၣ်ပၤအတၢ်ဆိၣ်ထွဲမၤစၢၤ

- ✓ ပုၤမၤတၢ်ဖိလၢ အမၤစၢၤပုၤတမ့ၢ်တဖန်အံၤ ကမၤစၢၤဝဲပုၤတမ့ၢ်လၢ ကဟဲလီၤအလီၢ်အကျဲၤဒီး ကတံာ်ကတီၤအသးလၢ ကမၤတၢ်ထံၣ်လိာ်သးဒီးကသံၣ်သရၣ်ခိဖျါ တၢ်ကိးလီၤတဲစိ မ့တမ့ၢ် ဘၢဒိးအိၣ်လၢ အခိၣ်ထံးသၢသီအတီၢ်ပူၤန့ၣ်လီၤ.
- ✓ ပုၤမၤတၢ်ဖိလၢ အကွၢ်ထွဲပုၤတမ့ၢ်တဖန် ကဟ့ၣ်ဝဲ တၢ်န့ၣ်လီၤအိၣ်ဆိးဒ် အညီန့ၣ်အသိးလၢ ကမၤလီၤတံာ်ဝဲလၢ ပုၤတမ့ၢ်တဖန်အိၣ်မ့ၢ်ကစီဒီး ဒီးတဲသကိးတၢ်ဒီး ပုၤလၢအဟ့ၣ်တၢ်အိၣ်ဆူၣ်အိၣ်ချ့တၢ်ကွၢ်ထွဲန့ၣ်လီၤ.

ပုၤတမ့ၢ်လၢ အိၣ်ကတံာ်ကတီၤသးလၢ ကဟးထီၣ်တဖန် ကဘတ်တုၤထီၣ်ဘးဒီး CDC အတၢ်ဟံၣ်ပနီၣ် နီၣ်ထီၣ်ခဲအံၤတဖန်လီၤ¹-

- ✓ အတၢ်ကိာ်တအိၣ်လၢ 24 န့ၣ်ရံၣ်အတီၢ်ပူၤ လၢတအိၣ်ဒီးတၢ်စူးကါ တၢ်မၤစၢၤလီၤတၢ်ကိာ်အကသံၣ်တဖန်,
- ✓ တၢ်ကသါအကျိၤအတၢ်ဆါကွၢ်ပနီၣ်တဖန် (အဒိ, ကူး, ကသါတလၢသါ) ဂ့ၤထီၣ်,
- ✓ အစ့ၤကတၢ် လဲၤပူၤကွၢ်အသီ 10 စးထီၣ်လၢ တၢ်ဆါကွၢ်ပနီၣ်အိၣ်ဖျါထီၣ်, ဒီး
- ✓ ဘၣ်တၢ်ဟ့ၣ်ကူၣ်လၢ ပုၤဟ့ၣ်ဆူၣ်ချ့တၢ်ကွၢ်ထွဲ လၢအပိာ်ထွဲထီၣ်အံၤလၢ တၢ်သမံထံလၢ ကဒုးက့ၤကွၢ်အဂီၢ်လီၤ.

တၢ်မၤအကျိၤအကျဲၤဒီး ဝံစိာ်တီဆုၤလၢ ပုၤတမ့ၢ်လၢ အမၤကတၢ်ကွၢ် အတၢ်အိၣ်ဆိးဖဲအံၤတဖန်အဂီၢ်

- ✓ တၢ်ကဆုၤက့ၤ ပုၤတမ့ၢ်တဖန်ဆူ အကစၢ်အတၢ်လီၢ် မ့တမ့ၢ် တၢ်လီၢ်အပူၤဖျဲးလၢအဂၤတခါ ဒ်တၢ်ရဲၣ်ကျဲၤ တၢ်အသိး န့ၣ်လီၤ. ပုၤတမ့ၢ်လၢ အလိၣ်ဘၣ် ဂ့ၢ်ဂီၢ်အူဟံၣ်ဃီတၢ်အိၣ်တၢ်ဆိးအလီၢ်တဖန်န့ၣ်, တၢ်ကမၤအဆဲးကျဲၤဝဲ ESD န့ၣ်လီၤ.

¹ လၢနကဖးဘၣ် တၢ်ဟံၣ်ပနီၣ် နီၣ်ထီၣ်ခဲအံၤတဖန်အဂီၢ်- <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-hospitalized-patients.html>

- ✓ တၢ်ရဲၣ်တၢ်ကျဲၤလၢ ကက့ၤန့ၣ် စးထီၣ်လၢအခိၣ်ထံး, ဒ်သိးပုၤတဖၣ်
ဟးထီၣ်ကသ့ဖဲအကတဲာ်ကတီၤသးဝံၤအခါန့ၣ်လီၤ.
- ✓ ဖဲပုၤတမ့ၤတဖၣ် အိၣ်ကတဲာ်ကတီၤအသးလၢ ကမၤကတၢ်ကွံာ် အတၢ်အိၣ်တၢ်ဆိးန့ၣ်, ပုၤမၤတၢ်ဖိတဖၣ်
ကမၤစၢၤအီၤ လၢကရဲၣ်ကျဲၤန့ၣ်အီၤ ဝံစိာ်တီၤဆၢ ဖဲတၢ်အိၣ်ဆိးအကတီၢ်န့ၣ်
တုၤထီၣ်ဘးဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့တၢ်ကွံာ်ထွဲ အတၢ် ဟ့ၣ်ကူၣ်တဖၣ်အခါန့ၣ်လီၤ.

တၢ်မၤစၢၤတၢ်မၤတဖၣ်လၢ တၢ်ဟ့ၣ်ပုၤတမ့ၤ

ပုၤတမ့ၤဖဲ Ho Hum တဖၣ် ကမၤန့ၣ်တၢ်လၢလၢတဖၣ်အံၤ-

- ✓ နီၢ်ကစၢ်အမံၤဒီးဒီးတၢ်လုၢ်ထံဒါးတဖၣ်
- ✓ တၢ်အိၣ်တနံၤသၢၤဘျီ - ဂီၤတၢ်အိၣ်, မုၢ်ဆါဒီတၢ်အိၣ်, ဒီးဟါတၢ်အိၣ် - လၢတၢ်ကဟဲဆၢန့ၣ်အီၤလၢဒါးအပူၤ
- ✓ လီၤတဲစိအတၢ်ဆိၣ်ထွဲမၤစၢၤလၢ ပုၤတမ့ၤအဂီၢ်လၢ ပုၤတဝါဒီး ခိၣ်န့ၣ်သးအတၢ်အိၣ်မုၢ်ဆိးပၤအဂီၢ်
- ✓ တၢ်ဆူၣ်တၢ်အလီၢ်ဒီးတၢ်ဒါအသီတဖၣ်, ဒ်အလိၣ်ဘၣ်အသိး
- ✓ တၢ်ဟဲဆၢန့ၣ် ကသံၣ်လၢကသံၣ်သရၣ်န့ၣ်လီၤတဖၣ်လၢ Kinney Drugs
- ✓ တၢ်မၤကဆိတၢ်အတၢ်ပီးတၢ်လီၤတဖၣ် (တၢ်မၤကဆိစုအထံ, တၢ်ထွဲစိတၢ်အဃၢ်တဖၣ်, စးခိထံးရှုတဖၣ်)
- ✓ ပုၤတမ့ၤတဖၣ် ပုၤန့ၣ်နီၢ်ကစၢ်တၢ်မၤကဆိ အတၢ်ပီးတၢ်လီၤတဖၣ် ဒီးကဘၣ်တၢ်ဟဲဆၢန့ၣ်အီၤလၢ Kinney Drugs
- ✓ နီၢ်ကစၢ်တၢ်ဒိသဒါပီးလီ (PPE) (နီၣ်ကးဘၢမဲာ်, စုဖျိၣ်တဖၣ်)

Ho Hum COVID-19 Isolation, Quarantine, & Recovery Accommodations

The Ho Hum in South Burlington is a motel helping to fill a role as a public health intervention implemented by AHS on behalf of the State Emergency Operations Center.

The Ho Hum is accepting guests who are suspected to be COVID-19+, at high risk for being COVID-19+, or who are confirmed COVID-19+ who do not need hospital-level medical attention, but who cannot follow public health guidelines to isolate in their primary place or location of residence. The Isolation, Quarantine, and Recovery Accommodations are not a medical intervention, but an emergency public health strategy in which people receive temporary alternative housing with access to telehealth and social services while they self-isolate and recover from COVID-19.

Guests require limited health care monitoring, can care for themselves, and do not need assistance with activities of daily living. Medical providers - offsite except for testing - support intake, health monitoring, discharge and infection prevention control. Guests stay at the Ho Hum site on a voluntary basis.

Guests of COVID-19 Recovery accommodations meet the following criteria:

- ✓ Are symptomatic and suspected of having COVID-19 but do not require hospital care; **or**
- ✓ Have been exposed to COVID-19 and have been assessed as high-risk for being COVID-19+ by a medical provider; **or**
- ✓ Test positive for COVID-19 (confirmed case) with minimal or no symptoms; **and**
- ✓ Require self-isolation due to risk of infecting others during recovery and have no other suitable place to self-isolate; **and**
- ✓ Do not require hospital level of care (may be discharging from a hospital or referred directly from current housing); **and**
- ✓ Do not require assistance with daily living and can self-evacuate the building if needed.

Isolation, Quarantine, & Recovery Accommodations at the Ho Hum

The Isolation, Quarantine, and Recovery accommodations at the Ho Hum are a partnership between the Champlain Housing Trust, the Community Health Center of Burlington (CHCB), and the Vermont Agency of Human Services (AHS). The site provides temporary accommodations with access to health and programmatic supports for Vermonters who are suspected of being COVID-19+, at high-risk for being COVID-19+, or who have tested positive for COVID-19 and have no suitable place to self-quarantine during their recovery.

Our goals

To provide a place of compassion and healing while people recover, reduce spread of the infection in communities, and reduce the burden on hospitals so those who need hospitalization can be served.

Our values

Dignity and respect for all. Open communication with partners. Healing and privacy for those recovering.

Populations Served at the Ho Hum

All people of all ages, all family structures and all demographics are welcome. Up to 34 rooms are available for people who:

- ✓ Meet the criteria (above) for Isolation, Quarantine, and Recovery Accommodations,
- ✓ Are not on the National nor Vermont sex offender registry,
- ✓ Make a voluntary choice to recover from their symptoms at the Ho Hum, and
- ✓ Agree to follow site expectations as described in the Guest Agreement

Health and Safety Protocols, Services & Programming

During their recovery, guests have access to the following:

Safety and Security

- ✓ Onsite security to ensure a safe and private place to recover.
- ✓ Perimeter fence around the site.
- ✓ Informational signs reinforcing CDC health guidelines.
- ✓ Local Emergency Services notified and coordinated with the site.
- ✓ All guests and staff are required to wear PPE and follow medical protocol.

Cleaning, Disinfecting, Waste, Laundry

- ✓ There will be a twice daily cleaning of the high touch areas in the office. The laundry room and the front desk window will be cleaned after each use.
- ✓ There will be a removal of waste, recycling products, and medical waste as needed.
- ✓ Bed linens and towels will be laundered as needed. Guests have access to a laundry service for personal laundry as needed.
- ✓ Guests have access to their own cleaning supplies to regularly clean their own rooms.
- ✓ Rooms are cleaned per CDC guidelines after guest discharge and before next guest arrives.

Health Care Coordination & Telehealth Services

- ✓ All guests will receive help coordinating prescription refills, delivery, and access to their health care providers, as needed.
- ✓ Guests who do not have a primary care provider able to support their COVID 19 recovery, will be enrolled in the Community Health Centers of Burlington to provide regular telemonitoring and telehealth appointments.
- ✓ Guests are also able to maintain relationships with their own health care providers, and guest services staff can help coordinate the scheduling of those appointments.
- ✓ Equipment for guests to check their own temperature.
- ✓ Access to comfort medications can be available as necessary for people with Substance Use Disorder (SUD).
- ✓ Daily wellness check-ins by guest services staff.
- ✓ Telehealth (phone or video) appointments scheduled as determined by their health care provider (from the Community Health Centers of Burlington and/or their own providers).

Food

- ✓ Three meals a day will be delivered to each guest. Guests can advise front desk staff of special dietary needs.

Other Services & Programming

- ✓ Staff will help guests with telehealth activities, encourage rest and wellness, entertainment and recreation, meals, and for general support.

Intake, Registration, Telemonitoring, and Discharge

Intake and Registration

- ✓ A health care provider will first determine if a potential guest is appropriate medically for Harbor Place.
- ✓ Agencies referring individuals or families to this site will then call the front desk at **802-233-8922**. Ho Hum staff will walk referring agencies and individuals through the registration process. Referring agencies will be asked to receive paperwork, work with the individual to complete, and send back information securely.
- ✓ When a reservation has been confirmed, the referring agency will receive a call back with instructions for arrival. Referring agencies are responsible for arranging transportation to the Ho Hum. (see: [Transportation Guidelines to COVID-19 Isolation and Recovery Housing](#))

Transportation to & Arrival at the Ho Hum

- ✓ Transportation will be arranged by referring agencies.
- ✓ People will be transported to the site by non-emergency vehicles.
- ✓ The guest will be wearing a mask prior to arrival. Upon arrival, guests will go to the Front Desk window to make sure that paperwork is complete and receive a room key.
- ✓ Guest services staff will help guests settle in and review the Guest Welcome Packet.

Health & Wellness Support

- ✓ Guest services staff will support guests in setting up and preparing for an initial telehealth appointment within the first three days.
- ✓ Guest services staff will provide regular check-ins to make sure guests are doing well and in regular communication with their medical provider.

Guests who are ready to leave will have met all of the current CDC criteria²:

- ✓ No fever for 24 hours without the use of fever-reducing medications,
- ✓ Improved respiratory symptoms (e.g., cough, shortness of breath),
- ✓ At least 10 days having passed since symptoms first began, *and*
- ✓ Be recommended by a health care provider following an assessment for discharge.

Process & Transportation for Guests Ending their Stay

- ✓ Guests will be transported to their place of origin or another safe residence as planned. Guests in need of ongoing emergency housing will be told to contact ESD.
- ✓ Planning for departure begins at the start, so that people are able to leave when ready.
- ✓ When guests are ready to end their stay, staff will help arrange transportation as long as the period of self-isolation meets health care recommendations.

Guest Amenities

Guests at the Ho Hum have access to the following amenities:

- ✓ Private bedrooms and bathrooms
- ✓ Three meals a day – breakfast, lunch, and dinner – delivered to rooms
- ✓ Telephonic support for guest social and mental health well-being
- ✓ Laundry service and fresh linens, as needed
- ✓ Prescription delivery from Kinney Drugs
- ✓ Cleaning supplies (hand sanitizer, disinfecting wipes, paper towels)
- ✓ Personal hygiene items can be purchased by guests for delivery by Kinney Drugs
- ✓ Personal Protective Equipment (PPE) (facemasks, gloves)

² For most current criteria: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-hospitalized-patients.html>