

Del Mar Union School District

Message from Superintendent Sharon McClain, Ed.D

This morning, Superintendents in San Diego County met with Dr. Randy Ward, County Superintendent of Schools and the County of San Diego's Public Health Officer, Dr. Wilma Wooten, about precautions to take to avoid swine flu.

Although there have been many cases reported around the world, only 4 cases have occurred in San Diego County as of today. However, the San Diego County Office of Education and the Public Health Officer has advised that school districts take specific precautions.

In the Del Mar schools this week,

Teachers will alert students to the need to wash their hands often with soap and water, especially after a cough or sneeze. Keeping hands clean and away from eyes, nose, and mouth has been noted as the best deterrent.

Teachers and staff will remind children to cover their noses and mouths with a tissue when coughing or sneezing and to throw the tissue in the trash after use.

Soap and hand sanitizer will be available in classrooms and bathrooms and bathrooms will be checked frequently throughout the day.

In children, emergency warning signs that need urgent medical attention may include:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up easily or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms that improve but then return with fever and worse cough
- Fever with a rash

People are potentially contagious as long as they are symptomatic and possibly for up to 7 days following illness onset. Children, especially younger children, might potentially be contagious for longer periods.

Please keep your child home if any of the symptoms listed occur.

The Del Mar School District staff will do everything possible to avoid an outbreak of swine flu in our schools and we thank you for your cooperation at home.