



# Union School District

5175 Union Avenue, San Jose, California 95124-5497  
Phone (408) 377-8010 Fax (408) 377-7182  
www.unionsd.org

Jacqueline Horejs, Ed.D.  
Superintendent

Dear [Union School District](#) Parents:

You may have heard of two recent health concerns that are prompting widespread news coverage: The Ebola outbreak in the West African countries of Liberia, Sierra Leone and Guinea; and Enterovirus-D68. There is no need to be alarmed; this letter is simply precautionary. We want to make sure you are aware of the facts and what proactive steps are being taken by our school/district and the Santa Clara County Public Health Department.

## Some Important Facts About Enterovirus-D68

- To date, there has been one confirmed case of Enterovirus-D68 in Santa Clara County and 32 confirmed cases in California. More confirmed cases are likely to appear as the California Department of Public Health state lab continues to test specimens from patients suspected of having this infection.
- In most people, Enterovirus-D68 causes mild symptoms similar to the common cold. In some people, the virus can cause wheezing and difficulty breathing, especially in children with asthma and other respiratory illnesses. It is recommended that children with asthma are up to date with their asthma action plan, and all children should receive their annual influenza vaccine.
- The best prevention for this virus is:
  - Wash hands often with soap and water for 20 seconds
  - Avoid touching eyes, nose and mouth with unwashed hands
  - Avoid close contact such as kissing, hugging, and sharing cups or eating utensils with people who are sick
  - Covering your coughs and sneezes with a tissue or shirt sleeve, not your hands
  - Clean and disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick
  - Stay home if you are sick or have a fever

## Some Important Facts About Ebola:

- There is no Ebola in Santa Clara County or California and the risk here continues to be very low.
- The Santa Clara County Public Health Department has shared the latest guidance from federal and state officials and is working with area hospitals and doctors to be prepared for this virus in the unlikely event we have a case of Ebola in our county.
- The Ebola virus can only be spread by a person who is sick and has symptoms of the disease. The virus is spread by direct contact with a symptomatic Ebola patient's body fluids. Direct contact means that the body fluid of an Ebola patient touches your eyes, nose, mouth, or through broken skin.
- Despite the low risk of an Ebola outbreak locally, the national Centers for Disease Control and Prevention, the California Department of Public Health, and the Santa Clara County Public Health Department are all monitoring the situation closely.

Please visit the Santa Clara County Public Health Department website ([www.sccphd.org](http://www.sccphd.org)) for [extensive Ebola information](#) and [information on Enterovirus-D68](#). Union School District is following their lead to ensure the continued safety of students, staff, and our community.

### **Talking to Children About These Illnesses**

Regarding your children, sometimes they may feel a sense of anxiety or nervousness based on what is being reported in the news media on the possible spread of these illnesses. The following tips may assist you in talking with your children about their feelings during such times:

- Listen to your children. Reassure them that they are safe and try to focus on the facts of the situation at hand.
- Allow them to ask questions about these illnesses. Help your children understand how they are spread.
- Embrace the teachable moments. This may be a good time to talk to your child about how misunderstanding and misinformation can create fear.

The following links are to websites with additional resources to assist parents, guardians, and other caring adults as they support children in the coming days and weeks:

[Talking with Kids About News](#)

[Five Tips About Talking to Kids About Scary News](#)