

# San Dieguito

Union High School District

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January 29, 2020

Dear Parent/Guardian,

Cold and Flu season is upon us. The California Department of Public Health reports that influenza (flu) activity levels have increased over the past several weeks. As a reminder, please do not send your child to school if they are feeling sick. Keeping your sick child home will be a great benefit for the health and wellness of our students and staff. The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness. Some people, such as older people, young children, and people with certain health conditions, are at high risk of serious flu complications. Symptoms of influenza can vary, but generally include a high fever, headache, chills, body aches, sore throat, and cough.

The Centers for Disease Control and Prevention (CDC) offer these tips to prevent influenza:

- Get vaccinated every year
- Avoid close contact with sick people
- Frequent handwashing with soap
- Stay at home if you are experiencing flu-like symptoms
- Avoid touching your eyes, nose, and mouth
- Individuals with chronic health issues and/or individuals experiencing severe symptoms should be evaluated by a medical professional.

[See more prevention tips from the CDC.](#)

The 2019-20 flu season has been complicated by recent reports of a novel coronavirus. Coronaviruses are a large family of viruses. Common symptoms in an infected person include a fever, cough, and shortness of breath or difficulty breathing. Although there have been reported cases of novel coronavirus globally, to date, there have been no reported coronavirus cases in San Diego County. The CDC has said the current risk of local transmission is low.


The San Dieguito Union High School District will continue to monitor the situation and obtain updates from the California Department of Public Health and local health officials about the diagnosis and management of cases of novel coronavirus, as applicable. People who have traveled to Wuhan, China since Dec. 1, 2019, could have been exposed to the virus. Seek medical care if you traveled to Wuhan and develop a fever and/or respiratory symptoms within 14 days of your return.

If you have questions about these topics, please contact your school health tech. We thank you for your cooperation and support.

Sincerely,



Anna Weirather, SDUHSD RN



Amy Hurst, SDUHSD RN