From the Nurses:

You may have heard the recent national news regarding a virus that has caused serious illness, primarily in children. The "Human Enterovirus 68" is a relative of the common cold, or "Rhinovirus." Many cases are mild or asymptomatic. Initial reports suggest that those at increased risk for severe illness include children under the age of 5 and those with chronic lung disease, including asthma.

Since school is just back in session, we want to remind families of how we plan to minimize germs spreading. Once we all get into our smaller spaces, the opportunity to spread germs is quite literally, all around us! We work with our county health department in tracking and reporting communicable illness. We will provide communication to parents to help manage illness and minimize the spread of disease.

Parents can be proactive by reporting their child’s symptoms when they make those sick calls. Tracking symptoms helps us determine if we need to contact county health officials and take further steps.

People can protect themselves and others from respiratory illness by:

- Washing hands often with soap and water. For enteroviruses, alcohol hand sanitizer is not a replacement for washing with soap and water.
- Avoid touching eyes, nose and mouth with unwashed hands.
- Cover your mouth and nose with a tissue when coughing or sneezing. If you don’t have a tissue, cover your mouth with your sleeve.
- Avoid kissing, hugging, and sharing cups or eating utensils with people who are sick.
- Disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.
- If you are sick, stay home to avoid exposing others at school or in the workplace.

Information from and for more information:

For more information about hand washing and hand sanitizer:
http://www.cdc.gov/handwashing/when-how-handwashing.html
Oregon Public Health: Enterovirus D68

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