

{PLACE ON SCHOOL SYSTEM LETTERHEAD}

October 23, 2014

Dear Parent/Guardian,

The purpose of this letter is to provide you with steps to protect your child and the school community from the risks of getting and spreading communicable diseases. You no doubt have heard about the ongoing outbreaks of Ebola virus disease in several West African countries (currently Guinea, Liberia, and Sierra Leone). Ebola virus is a severe, often fatal, viral disease in humans. Although there were recently cases of Ebola virus disease identified in the United States, there have been no cases of Ebola diagnosed in Maryland and **the general risk of acquiring Ebola in Maryland continues to be extremely low.**

As we continue to monitor the changing Ebola virus disease situation, if you have traveled to an Ebola affected area please take the following actions:

- **Inform your child's school/school nurse about travel in the past 21 days to or from an Ebola affected area.**
- **Monitor your and/or your child's health for 21 days.**
- **Seek immediate medical care** if you and/or your child develop fever (temperature of 100.4°F/ 38°C) and any of the following symptoms: headache, muscle pain, diarrhea, vomiting, stomach pain, or unexplained bruising or bleeding after travel to an Ebola affected area.
- **Tell your or your child's doctor about recent travel and symptoms before going to the office or emergency room.** Advance notice will help the doctor care for you and your child and protect other people who may be in the office.
- **Inform your child's school/school nurse of your child's illness and absence.**

Even if you have not traveled, please remember to:

- **Keep your children home when they are sick. This is important to prevent disease transmission in schools. Your child should not leave home except to seek medical care. This means avoiding normal activities, including school, travel, shopping, social events, and public gatherings for at least 24 hours after they no longer have a fever (temperature of 100.4°F/ 38°C), without the use of fever-reducing medicines.**
- Teach your children to wash their hands often, cover their cough/sneezes with their elbow or tissue, and keep their hands away from their face.
- Get your family **vaccinated against the flu.**
- **Speak with your health care provider** regarding any needed medical attention and/or treatment necessary for symptoms.

If you have general questions about Ebola virus disease or recommendations for recent travelers, contact your local health department or visit the following Centers for Disease Control and Prevention websites:

<http://www.cdc.gov/vhf/ebola/pdf/what-need-to-know-ebola.pdf>

<http://www.cdc.gov/vhf/ebola/outbreaks/2014-west-africa/qa.html>

<http://wwwnc.cdc.gov/travel/page/ebola-inbound-infographic>