Dear parents/guardians,

A scare today at Southwestern College, coupled with recent news reports, has left many parents concerned about Ebola. Please know that the health and safety of our students is Carlsbad Unified School District’s top priority.

Deputy Public Health Officer for the County of San Diego Dr. Eric McDonald has been in touch with the school nurse coordinator at the San Diego County Office of Education. The County Office in turn serves as a resource to all school nurses, including ours. Dr. McDonald has been very reassuring that at present we have nothing to worry about in the way of Ebola in San Diego.

What You Need to Know About Ebola
Ebola is not spread through the air, water, or food. It is spread through direct contact with blood and body fluids.

Best practices for protecting yourself from Ebola are similar to those recommend for staying safe from many illnesses, including the seasonal flu:

- **DO** wash your hands often with soap and water or use an alcohol-based hand sanitizer.
- **DO NOT** touch the blood or body fluids (like urine, feces, saliva, vomit, sweat) of people who are sick.
- **DO NOT** handle items that may have come in contact with a sick person’s blood or body fluids, like clothes, bedding, needles, or medical equipment.

If you would like more information about Ebola, please visit the CDC website: [http://www.cdc.gov](http://www.cdc.gov).