



## CHANDLER UNIFIED SCHOOL DISTRICT NO. 80

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"Dedicated to Excellence"

Camille Casteel, Ed.D., Superintendent

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In light of state and national health news and with the cold and flu season right around the corner, I am taking this opportunity to communicate about ways we can all work together regarding preventative illness measures.

We ask parents to help us reinforce our message about basic hygiene steps to stay healthy. They include:

- Washing hands frequently with soap and water for 20 seconds. This is the most important step we can take to try ensure our health. It is especially important to wash after using the toilet and preparing or handling food. Alcohol-based hand sanitizers can be used in addition to hand washing, but they should not be used as a substitute for washing with soap and water.
- Avoid touching eyes, nose and mouth with hands as much as possible.
- Avoid sharing of cups, eating utensils and kissing or hugging people who are ill.
- Covering our coughs and sneeze with a tissue or shirt sleeve instead of our hands.
- Clean and disinfect frequently touched surfaces, such as doorknobs, especially if someone is sick.
- Wash fruits and vegetables thoroughly.

It is important that students and staff who are running a fever, vomiting or diarrhea stay home to help prevent the spread of virus at our schools and support buildings.

We will continue to be proactive by diligently keeping our campuses and support buildings clean and by insisting that students and staff who are ill remain home until they are not contagious.

Although there have been no reports of Ebola in Arizona, we are in close contact with officials at Chandler Regional Medical Center, Mercy Gilbert Hospital and the Maricopa County Health Department to keep abreast of any developments.

We appreciate your cooperation in efforts to keep our community safe and as illness free as possible.

Warm regards,

Camille Casteel, Ed.D

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