



M E M O R A N D U M

TO: All School Principals in the Diocese of Monterey
FROM: Kim Pryzbylski, Ph.D., Superintendent
RE: Concerns about Swine Flu
DATE: April 28, 2009

The news media continues to inform the public of the confirmed and suspected cases of the swine flu in the United States, Mexico and other countries. Bishop Garcia has informed parishes and schools about precautions to be taken at Mass, and has asked that the schools continue implementing their illness/infection control plans, which includes practicing universal precautions, to reduce the spread of viruses.

The Department of Catholic Schools requires that school personnel, students, and volunteers sick with the flu stay home; and that visitors and others be asked to stay away from school if they are sick with the flu.

The Center for Disease Control (CDC) recommends the following everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Please inform your personnel, students and their families of these everyday steps to protect their health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

For more information about the swine flu advisory, please consult the Center for Disease Control (CDC) web site at <http://www.cdc.gov/swineflu/>

We are continuing to monitor this situation and will inform you of any further actions to take if the situation warrants.

Thank you.