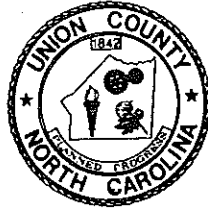


**UNION COUNTY DEPARTMENT OF HUMAN SERVICES
DIVISION OF PUBLIC HEALTH**

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Richard W. Matens, M.Div.
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Phillip E. Tarte, MHA
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To: Union County Public Schools: Students, Parents, and Staff

From: Willard Helmuth, MD
Medical Director
Union County Health Department

Date: October 30, 2013

Subject: Diarrheal Illnesses

The Union County Health Department is aware of an outbreak of a Diarrheal infection in Cabarrus County. The disease has been spreading to other counties surrounding Cabarrus. Since this is such a highly infectious bacteria, we want to prevent an outbreak in Union County. This infection is caused by a group of bacteria that may develop into watery stools, fever, and stomach cramps starting a day or two after they are exposed to the bacteria. The watery stools are often bloody.

Parents can help protect their child by doing the following things:

- Practice good hand washing with soap and warm water carefully and frequently, especially after using the bathroom and before eating bathroom, after changing diapers, and before preparing foods or beverages
- Contact your health care provider if you believe your child has symptoms
- Students who have been sick with these symptoms should stay at home from school until seen by their health care provider
- At least once a day clean your bathroom, counter tops, etc. with an antibacterial cleaner
- Use paper towels after washing hands
- Dispose of soiled diapers properly
- Disinfect diaper changing areas after using them.
- Keep children with diarrhea out of child care settings.
- Supervise handwashing of toddlers and small children after they use the toilet.
- Do not prepare food for others while ill with diarrhea
- Avoid swallowing water from ponds, lakes, or untreated pools.

If you have further questions, call your child's health care provider or the Union County Health Department at 704-296-4878. Leave your name and phone number, and your call will be returned.

Thank you for helping us to control communicable illness in Union County.