

Working Together for the Health of our Children

Recently there have been media reports concerning an increase in cases of Acute Flaccid Myelitis (AFM). Many of you are aware that we have a student diagnosed with AFM. AFM is a rare condition, occurring in *less than one in a million people* in the United States. AFM is not a new condition and is not contagious. AFM causes leg and arm weakness, facial drooping, difficulty moving the eyes, difficulty swallowing and slurred speech. Most people that acquire AFM have experienced a recent case of gastrointestinal or respiratory illness. The Center for Disease Control (CDC) advises that the best way to avoid gastrointestinal illnesses, respiratory illnesses, and AFM is through good hand washing. Mother Seton School would encourage parents to work with our children to remind them of good handwashing techniques to help prevent and reduce any type of illness being spread in our school. As we enter cold and flu season, this is especially important.

Good Hand Washing Technique: Wet your hands with clean, running water, and apply soap. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails. Scrub your hands for at least 20 seconds. Rinse your hands well under clean, running water. Dry your hands using a clean towel or air dry.

The CDC recommends frequent handwashing:

- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After blowing your nose, coughing, or sneezing
- After using the toilet
- After touching an animal, animal feed, or animal waste
- After touching garbage.

It's can be frightening that there is so much we don't know about the cause/treatment of the AFM virus. As an MSS staff we are committed to the safety and health of the children entrusted to our care. Let us pray for those impacted by the virus and for their complete healing.