



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET READY. STAY READY.

Emergency Tip of the Month

According to the County of San Diego, Health and Human Services agency, there has been an unexpected rise in the number of cases of meningitis in Tijuana. Five deaths have been reported there and in San Diego this year, there have been two confirmed cases of meningococcal disease.

Here are some tips that can help prevent a meningitis outbreak in San Diego:

- 1) Remember to do your daily health checks. Be aware of the following symptoms: fever, intense headache, lethargy, stiff neck, and/or a pinpoint rash
- 2) Remind parents, especially with older children in the household that a meningitis vaccine is recommended for children and adolescents ages 11 to 18 years.
- 3) Practice thorough hand washing, and teach children to cough or sneeze into their elbow.
- 4) The disease can also be spread through saliva so remind students not to share food, drinks, or eating utensils.



FOR OTHER QUESTIONS ABOUT YOUR CHILD CARE PROGRAM,
CALL THE YMCA CHILDCARE RESOURCE SERVICE AT 1-800-481-2151.