

HAND, FOOT AND MOUTH DISEASE

School _____

Date _____

Dear Parent/Guardian,

There has been a reported case of Hand, Foot and Mouth Disease at school. The following information is for your reference.

Hand, Foot and Mouth Disease is an infection caused by the Cocksakie A virus. It has no relationship to hoof and mouth disease. The illness is most common in children under 10 years of age, and occurs most often in the summer and fall months.

The infection is spread through droplets expelled from the nose and mouth during coughing or sneezing. It can also be spread through contaminated hands and objects (such as toys) when improper hand washing techniques are used following bathroom use.

The disease may be prevented by thorough hand washing with soap and running water after using the bathroom, wiping the nose and mouth or handing soiled diapers. Additionally, toys and contaminated areas should be cleaned and disinfected and tissues and diapers should be disposed of properly.

Symptoms may include small ulcers in the mouth, a mildly painful mouth, small blisters or red spots on the palms, soles, buttocks, or between fingers or toes, and a low-grade fever lasting 1 to 2 days. Rash on the feet may last up to 10 days. The disease is contagious during the illness and possibly for several days afterward. The illness may take 3 to 6 days to appear after exposure to an infected person.

Treatment consists of measures to help the child feel more comfortable. Avoid citrus, spicy or salty foods and foods which require excessive chewing. Change to soft foods for a few days and encourage plenty of clear fluids. Have the child rinse the mouth with clear water after eating.

The child can return to school when fever free for 24 hours without use of fever reducing medication.

If your child contracts this disease, please notify the school. Thank you.

Sincerely,

References: Taber's Cyclopedic Medical Dictionary, Edition 18
Texas Department of State Health Services, 2013