

Hand, Foot and Mouth Disease

Dear Parents/Guardians,

We have had a few confirmed cases of Hand, Foot and Mouth Disease (HFMD) at school. This is commonly caused by coxsackievirus A16 and enterovirus 71. It is a common childhood virus. Students need to be excluded until they are fever-free for twenty-four hours and blisters have dried up.

Please contact your child's physician if you have any concerns.

The first symptoms of HFMD are usually fever, sore throat, loss of appetite and feeling sick. Several days after fever begins, small red spots develop in the mouth that may turn into blisters or ulcers. A skin rash can also develop on the hands, feet, and buttocks, and sometimes on the arms and legs. The rash may be raised or flat red spots and blisters. Not everyone with HFMD has all these symptoms.

Symptoms of HFMD usually appear 3-7 days after initial exposure and infection. HFMD is commonly spread by contact with an infected person's stool, nasal discharge, saliva or blister fluid. A person is most contagious during the first week of the illness.

There is no specific treatment. Almost all children with HFMD recover on their own. People with HFMD should rest and drink liquids to prevent dehydration. You may contact your child's health provider for other suggestion on how to treat the disease.

HOW CAN HFMD BE PREVENTED?

Everyone in the household of a person with HFMD should thoroughly wash their hands with soap and water after using the toilet, changing diapers, and having contact with nasal, saliva and blister discharge.

Meanwhile, we will continue to be proactive in keeping our classrooms clean, and teaching our students good hand washing techniques.

If you have any questions, please feel free to contact your school nurse at the number listed below.

Thank you,

Vernon Public School Nurses

More Information:

- [About Hand, Foot, and Mouth Disease](#)
- Hand washing: [Clean Hands Save Lives](#)
- <http://www.cdc.gov/Features/HandFootMouthDisease/>
- web.sfusd.edu/Services/translation/Lists/.../Hand%20Foot%20Mouth%20letter

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