

Hand, Foot, and Mouth Disease

Date: _____

Grade: _____

Dear Parent/Guardian: There has been a reported case of Hand, Foot and Mouth Disease in your child's classroom.

Symptoms

Your child may have a runny nose, low-grade fever, and sometimes a sore throat.

A blister-like rash occurs in the mouth. It may be on the sides of the tongue, inside the cheeks, and on the gums. These sores may last 7 to 10 days. This rash may occur on the palms and fingers of the hands and on the bottom of the feet.

Spread

- By coughing and sneezing
- By touching contaminated hands, surfaces, and objects.

Incubation Period

If your child is infected, it may take 3 to 6 days for symptoms to start.

Contagious Period

During the first week of illness. The virus may be in the stool for several weeks.

Exclusion from School

Until fever is gone for over 24 hours and child is well enough to participate in routine activities (sores or rash may still be present).

Treatment

No specific treatment. Call your health care provider for diagnosis.

Thank you,
School Nurse