



Dear Parent/Guardian:

There has been a confirmed case of hand, foot and mouth disease in your child's classroom. Hand, foot and mouth disease is a common viral illness that may affect school age children.

**Hand, Foot and Mouth Disease Facts:**

**Symptoms:** Including fever, sores in the mouth, and a rash with blisters on the palms of the hands and soles of the feet.

**Mode of Spread:** Direct contact with nose, throat, and saliva secretions, fluid from blisters or stool from infected person.

**Incubation Period:** 3-5 days from the last contact with an infected individual.

**Contagious Period:** A person is most communicable from 2-3 days before onset of illness until several days after onset.

**Exclusion from School:** Children with an active case of hand, foot and mouth disease should be excluded from school during the acute stage of illness including; fever, sores in the mouth or open blisters on the hand and feet.

**Return to School:** Your child may return to school after 24 hours of being fever free (without the use of fever reducer medication) and they no longer have open sores or blisters present.

You should contact your child's physician if the above symptoms are noticed. Good hygiene measures, like frequent hand washing, washing contaminated surfaces and clothing are the *best* way to lower your child's risk and spread of infection. Please notify the school if your child has been diagnosed with hand, foot and mouth disease. The classroom is being cleaned and doing what is appropriate to prevent the spread of the illness.

If you would like more information please go to the following website:

<https://www.cdc.gov/DiseasesConditions/>

Thank you for your cooperation.