

11-30-21

Dear Parent or Guardian,

This letter is to inform you that there are cases of Hand-foot-mouth disease in our school age students and/or siblings.

Hand-foot-mouth disease is a common childhood illness which is caused by a virus. It typically affects children under the age of ten but older children and adults may also become infected.

Initial symptoms of hand-foot-mouth disease includes fever, poor appetite, general discomfort and often a sore throat. Approximately two days after onset of initial symptoms, painful sores develop in the mouth. A non-itchy rash with flat or raised red spots with a blister-like appearance develops on the hands and feet.

This virus can be contagious and is spread from person to person by direct contact with nose and throat discharge, saliva, fluid from blisters, or stool of the infected person. Surfaces contaminated with these substances may also become a source of infection. Proper hand washing and thorough cleaning of surfaces can reduce the spread.

The incubation period for hand-foot-mouth disease is three to seven days. A person infected with the virus is contagious from the onset of symptoms until the blister-like rash disappears. **If your child becomes ill with hand-foot-mouth disease, please keep him or her home.**

If you have further questions concerning hand-foot-mouth disease, consult your health care provider.