

EXPOSURE NOTICE*- HAND, FOOT AND MOUTH DISEASE

Date: _____

Dear Parent/Guardian:

Your child may have been exposed to HAND, FOOT AND MOUTH DISEASE.

General information:

Hand, Foot and Mouth disease (HFMD) is a common viral illness that typically affects children less than 5 years old. HFMD is usually a mild disease, and most children recover completely in one week.

What are the symptoms?

Usual symptoms include a few days of:

- Fever
- Not eating very much
- Sore throat
- Not feeling well

1-2 days later:

- Painful mouth sores may develop
- Possible rash: red spots, sometimes with blisters, on the palms of hands or soles of feet, as well as other location on the body.

Not everyone will get all of these symptoms.

What do I need to do?

- Watch your child for signs and symptoms of the disease for the next week or so.
- If your child develops symptoms, please call your healthcare provider, inform the school and keep your child home.

Please follow your healthcare provider's instructions for home care and to prevent the spread of disease to others.

Please talk to your Family Service Worker if you do not have a regular healthcare provider or health insurance.

ADDITIONAL INFORMATION ON HAND, FOOT & MOUTH DISEASE (HFMD)

How is it spread?

HFMD is spread by close personal contact, by breathing in air near an infected person, contact with feces, or contact with contaminated objects and surfaces. Generally, an infected person is most contagious during the first week of illness, but they can be infectious for days or weeks after symptoms go away. A person usually gets sick with HFMD 3 - 5 days after exposure to the virus.

How do I prevent this disease?

There is no vaccine or medicine that can prevent HFMD; however, you can decrease your chances of becoming sick by:

- Washing your hands often with soap and water, especially after changing diapers and using the toilet
- Clean and disinfect frequently touched surfaces
- Avoid close contact (e.g. kissing or sharing utensils) with those that are sick

When can someone with HFMD return to school/childcare?

Children with symptoms of HFMD may return to school once fever free for 24 hours, feeling better, and able to take fluids without problems. If the child has sores in their mouth with drooling, they should remain at home until this is no longer a problem.