



ILLNESS ALERT: Hand Foot Mouth Disease (HFMD)

Date: _____

Please be advised that a child in our facility was diagnosed with Hand Foot Mouth Disease. Please read below for more information about this communicable disease and how to prevent illness.

What is HFMD Disease? 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.

Symptoms:

Initial Symptoms: Fever • Loss of appetite • 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, in/around mouth and/or diaper area.

How long is croup contagious? Children are generally most contagious during the first week of illness. Children with HFMD may shed the virus from the respiratory tract (nose, mouth and lungs) for 1-3 weeks and in the stool for weeks to months after the infection starts and they are no longer having any symptoms.

Exclusion from School or Childcare: Children may not attend school or child care until: ○ They have not had a fever for 24 hours (without use of fever reducing medications) and ○ Do not have excessive drooling due to open mouth sores and ○ The child is well enough to participate in routine activities.

Exclusion from child care or school will not reduce the spread of hand, foot, and mouth disease because children can spread the virus even if they have no symptoms and the virus may be present in the stool for weeks after the symptoms are gone.

Program actions: The effected classroom(s) have been thoroughly cleaned and disinfected, including toys and furniture. Handwashing is being closely monitored.

For more information on HFM: contact the Ohio Department of Health or visit <http://www.odh.ohio.gov/>.