Hand, Foot, and Mouth Illness Notification Recommendations

The verbiage below can be used to notify parents of one *or more cases of hand, foot, and mouth in a classroom*. Include this fact sheet: milivcounty.gov/wp-content/uploads/Hand-Foot-Mouth-Disease.pdf.

School Name: (Include school name here)
Classroom: (Include classroom name here)

Date: (Include date here)

Dear Parent and/or Guardian:

At least one student in your child's classroom has been diagnosed with hand, foot, and mouth disease (HFMD).

About Hand, Foot, and Mouth Disease (HFMD):
HFMD is a common viral illness in infants and children. Children less than 5 years old are more vulnerable to HMFD. However, individuals of any age (including adolescents and adults) can also become ill. It can spread quickly at school and day care.

You can get HFMD from:

- Contact with droplets that have virus particles after a sick person coughs, sneezes, or talks.
- Touching an infected person or making other close contact, like kissing, hugging, or sharing cups or utensils.
- Touching an infected person's poop, such as changing diapers, then touching your eyes, nose, or mouth.
- Touching objects and surfaces that have the virus on them, like doorknobs or toys, then touching your face.

Common symptoms include fever, fatigue, sore throat, sores in the mouth, and a rash on the hands (palms) and feet (soles). This rash can produce painful blisters.

Next Steps for Your Family:
Watch your child for symptoms of HFMD for the next 6 days. If your child develops HFMD, they may need to see their healthcare provider if they are dehydrated, or their fever has lasted for more than three days. Most individuals who have HFMD get better on their own in 7-10 days. There is no specific treatment for HFMD.

Tips to Reduce the Spread of HFMD:

- Children should avoid group activities if they have a fever, draining sores that cannot be covered, or there are sores in their mouths, and they can't contain their saliva as is the case with infant "hand to mouth" behavior.
- Remind your child to cover their mouth when they sneeze or cough.
- Encourage good hand hygiene. Wash hands with soap and water for at least 20 seconds, especially after using the bathroom and changing diapers.
- Clean surfaces with soap and water. Then use a store-bought disinfectant or homemade solution, being sure to leave disinfectant on the surface for one minute before wiping dry. To make a homemade disinfectant solution: combine 1 gallon of water with 1/3 cup household bleach.
- Wash and dry clothing, linens, towels, and soft toys at the highest temperature recommended for the fabric.
- Read When and How to Clean/Disinfect Your Home.

If you have any questions, contact your healthcare provider or Livingston County Health Department at 517-546-6882.