

HAND FOOT AND MOUTH DISEASE

Hand, foot and mouth disease is transmitted through:

**Saliva
Nasal mucus
Blister fluid
Feces (poop)
Close contact,
like hugging
Touching surfaces
that are contaminated**

SYMPTOM



DO

Wash hands often with soap and water



Take over-the-counter medications for fever.



SORT OUT

Avoid close contact with others and clean and disinfect often.

Hand, Foot, and Mouth Disease (Coxsackie Virus)

HFMD is common and in the U.S. occurs mostly in the **summer and fall**, but you can get it any time of year. Please practice diligent hand washing with soap and water, along with cleaning and disinfecting common areas, high touched surfaces, toys and other fomites multiple times throughout the day as this virus can live for days on surfaces.

Symptoms:

Please monitor your student for the following symptom:

Symptoms of hand-foot-and-mouth disease include:

- Fever
- Sore throat
- Feeling sick
- Painful, blister-like lesions on tongue, gums and inside of the cheeks
- A rash on the palms, soles and sometimes the buttocks
- Fussiness in infants and toddlers
- Loss of appetite.

***Children with HFMD should stay home to control an outbreak

Symptoms usually occur 3-7 days after exposure and is most contagious during the first week of infection.

Complications:

Typically, HFMD resolved on its own within 10 days, some complications might include:

- **Dehydration**
- **Fingernail and toenail loss**
- **Viral (aseptic) meningitis:** Although very rare, a small number of people with hand, foot, and mouth disease get viral meningitis. It causes fever, headache, stiff neck, or back pain and may require the infected person to be hospitalized for a few days.
- **Encephalitis or paralysis:** Very rarely, a small number of people with hand, foot, and mouth disease get encephalitis (swelling of the brain) or paralysis (cannot move parts of the body). It is extremely rare.
- Having the virus during **pregnancy** may pose a slight risk to your baby. If pregnant, we encourage you to reach out to your doctor for appropriate monitoring.

Return to School Guidelines:

In order to return to school, a student must be:

- Fever free for a minimum of 24 hours –**and-**
- Have no uncontrolled drooling (secondary to mouth sores) –**and-**
- Have no open/ weeping blister.

Please contact your student's school if your student presents with any of the listed symptoms.

Thank you for your cooperation in keeping Oakdale schools safe.