



Dear Parent or Guardian:

This is the time of year that certain viruses appear. One of those we would like you to aware of is *Coxsackie virus* (Hand, Foot, and Mouth Disease).

Hand Foot and mouth disease is a common viral illness that usually affects infants and children younger than 5 years old. However, we are seeing an increase in incidence in school age children.

Signs and Symptoms: Sore throat, poor appetite, low grade fever of 101 degrees followed in a few days with painful ulcers in the mouth, and a skin rash primarily on the palms of the hands and soles of the feet, although the rash may also appear on other areas of the body.

Incubation period: 3 to 5 days. Period of communicability is during the acute stage of the illness while fever and or lesions exist. Students may not return to school until no fever for 24 hours and no lesions are present. The virus may remain in the stools for several weeks.

Transmission: An infected person may spread the virus through close personal contact, coughing or sneezing, contact with feces, or contaminated objects or surfaces.

Preventive measures:

- Washing hands often with soap and water
- Avoiding close contact such as kissing, sharing utensils or cups
- Cleaning and disinfecting frequently touched surfaces

Treatment: There is no specific treatment for hand, foot and mouth disease. However, some things can be done to relieve symptoms, such as, taking over the counter medications to relieve pain and fever (**Caution: Aspirin should not be given to children**), and using mouthwashes or sprays that numb the mouth pain.

If you are pregnant or think you might be pregnant please contact your physician if any symptoms appear.

Please don't hesitate to contact the School Nurse at 760-946-5414 ext 298 if you have any questions or concerns.

