



LAKE FOREST DISTRICT 67 SCHOOLS

A case of Hand, Foot, and Mouth Disease has been reported in your child's team. This is a common illness of infants and children. It is characterized by fever, sores in the mouth, and a rash with blisters. HFMD begins with a mild fever, poor appetite, malaise (feeling sick), and frequently a sore throat. One or 2 days after the fever begins, sores develop in the mouth. They begin as small red spots that blister and then often become ulcers. They are usually located on the tongue, gums, and inside of the cheeks. The skin rash develops over 1 to 2 days with flat or raised red spots, some with blisters. The rash does not itch, and it is usually located on the palms of the hands and soles of the feet. A person with HFMD may have only the rash or the mouth ulcers. HFMD is most commonly caused by the coxsackievirus.

Method of transmission: HFMD is moderately contagious. Infection is spread from person to person by direct contact with nose and throat discharges or the stool of infected persons. HFMD is not transmitted to or from pets or other animals.

Period of communicability: The person is most contagious during the first week of the illness. The usual period from infection to onset of symptoms is 3 to 7 days. Fever is often the first symptoms of HFMD.

General Measures: No specific treatment is available. Symptomatic treatment is given to provide relief from fever, aches, or pain from the mouth ulcers.

Control of Cases: Affected children are excluded from school during the first few days of the illness. Preventative measures include frequent handwashing, disinfection of contaminated surfaces, and washing soiled articles of clothing.

Contact your school nurse or health care provider with any questions or concerns.