

Hand-Foot-Mouth Disease Notification

On _____ a child in this childcare center was diagnosed with **Hand-Foot-Mouth Disease**.

What is it? The Coxsackie virus is the cause of hand-foot-mouth disease. It is most common in the summer, fall, and spring. It is spread through coughing, sneezing, and contact with stool. A child should not go to day care or school while symptoms are present. The child is no longer contagious when the blisters heal.

What to watch for?

- It begins with a fever, sore throat or mouth, and loss of appetite.
- One to two days later small round blisters can develop in the mouth, on the tongue, and inside the cheeks.
- Small blisters can also appear on the palms of hands, soles of feet, and between fingers or toes. Infants may also develop a flat rash across their buttocks.
- Child may drool from mouth sores.

How to prevent it?

- Careful hand washing is very important after wiping a runny nose or changing a dirty diaper.
- Avoid contact with those infected with the virus.

What can we do at home?

- Give Tylenol or Motrin to reduce the fever and mouth pain.
- Drink plenty of fluids.
- Offer soft, bland foods and cool or warm beverages.
- Offer frozen fruit pops to relieve mouth soreness.

When can my child return to the center?

- When lesions heal and no longer drooling.