# **Hand, Foot, and Mouth Disease Exposure Notice**

Your child may have been exposed to **Hand, Foot, and Mouth Disease** on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Please check your child for symptoms through \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

If your child has symptoms, please contact your child’s healthcare provider.

**If your child becomes sick, they child can return to school when they have not had a fever for 24 hours (without the use of fever reducing medications) and do not have excessive drooling and feel well enough to participate in activities (sores or rash may still be present).**

## The Coxsackie virus causes Hand, Foot, and Mouth Disease. It is a common infection in infants and children. It causes:

* Fever
* Loss of appetite
* Sore throat
* Painful mouth sores that appear after the fever
* Rash on hands, feet, or face
* Sometimes diarrhea or vomiting

## The virus is spread by:

* Close contact with someone who is sick.
* Through the air when a sick person sneezes or coughs
* Contact with soiled diapers, or stool and then touching someone or something before washing hands thoroughly.

## If your child gets sick, prevent the spread of the virus by:

* Keeping your child at home
* Teaching your child to wash their hand for 30 seconds with soap and warm water.
* Teaching your child to sneeze and cough into their arm and not their hand.
* Avoid sharing utensils or drinking out of the same cup.
* Use disposable gloves when changing a sick child’s diaper or assisting them at the toilet.
* Teach everyone in the house to wash their hands frequently for 30 seconds with soap, warm water, and use a clean towel or paper towel to dry hands.