

School Health Services

INFORMATION ON HAND, FOOT AND MOUTH DISEASE

As you may be aware, Hand, Foot and Mouth Disease cases in schools in Connecticut have been reported in the news. Hand, Foot and Mouth disease is a common childhood virus that seen in the summer and early Fall.

It is caused by different viruses. It usually affects infants and children under the age of 5 but older children and even adults can be affected. It takes about 3-6 days for signs and symptoms to show. It is spread through coughing, sneezing, fluid from blisters on the hand and/or feet or through contact with stool of the affected person. It usually starts with a fever and sore throat followed by a rash with tiny blisters in the mouth, fingers palm of hands soles of feet and buttocks. One or all these areas may have blisters. Symptoms usually can last for about one week. Skin peeling of fingers and toes can occur.

There is no medicine to treat Hand, Foot and Mouth Disease but the symptoms such as fever can be treated. Ways to control spreading includes frequent handwashing, teaching your children to cover their mouths and nose with a tissue or their arm when coughing or sneezing and prevent sharing of food, drink and personal items.

Children with Hand, Foot and Mouth Disease generally do not need to be excluded from school or child care unless the child has a fever and/or is uncomfortable or blisters are open and weeping.

Pregnant women who come in contact with an affected person should consult their healthcare provider, especially if it is around the time of delivery. Strict adherence to generally good hygiene practices is recommended.

For more information please visit the CDC website: <http://www.cdc.gov/hand-foot-mouth/index.html> or American Academy of Pediatrics website: <https://www.healthychildren.org>.

It is important that you notify the school nurse if your child is diagnosed with Hand, Foot and Mouth Disease. Please contact your school nurse if you have any questions/concerns about your individual child.