

Exposure Notice to Families - Hand, Foot, and Mouth Disease

Dear Family:

Your child may have been exposed to **Hand, Foot, and Mouth Disease** at the Head Start/ECEAP Center. A very common illness caused by a virus.

What are the symptoms? Sores or ulcer like canker sores in the mouth, the gums and on the sides of the tongue. A blister type rash on the palms of the hands, the soles of the feet, and sometimes the buttocks. Fever, headache, sore throat, and/or runny nose may also be present.

How is it spread? Droplets from an infected person who is coughing or sneezing. Direct contact nose and throat discharges and feces of infected person.

When do symptoms start? 3-5 days after exposure and may last 7-10 days.

Need to Keep child home? No, unless unable to participate in activities or fever is present.

If your child presents these symptoms please seek diagnosis and treatment from your health care provider. Please inform the Head Start/ECEAP center if your child is diagnosed with this disease.

Staff _____ Phone _____

Center _____