



Olympic Educational Service District 114

105 National Avenue North, Bremerton, Washington 98312
(360) 478-6887 • 1-800-201-1300 • FAX (360) 405-5808



OESD HEAD START / ECEAP / EARLY HEAD START

Date:

To: All Parents

From: Your Child's Classroom

Subject: HAND-FOOT-MOUTH DISEASE

Your child may have been exposed to Hand-Foot-Mouth Disease. Please watch for signs of it in the next 2 to 10 days.

Appearance: Tiny blisters in the mouth and on the palms of the hands, soles of the feet, and buttocks. May also include sore throat, fever, or cold symptoms

Cause: The Coxsackie virus

Treatment: Follow your doctor's instructions. Help child recover by encouraging rest, food, and plenty of fluids to drink

Spread: Virus is found in throat and nose discharges, soiled articles, and feces of an infected person. Avoid contact with these sources

Follow Usual Precautions:

1. Wash hands before handling food
2. Clean and disinfect toys and diapering, toileting, and washing areas.
3. Avoid touching stool when diapering and toileting
4. Do not kiss children on the mouth

If you have questions, please contact your classroom's Family/Health Advocate, the Health Program Manager 360-478-6878, or the Kitsap Public Health District Communicable Disease Nurses at 360-728-2235.

If staff have concerns about a child's ability to safely return to class, we reserve the right to request a note from the child's health care provider.