

Exposure Notice - Hand, Foot, and Mouth Disease

Dear Family:

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

What are the symptoms? Sores or blisters in the mouth, the gums and on the sides of the tongue; a blistery type of rash on the palms of the hands, the soles of the feet, and sometimes the buttocks; fever, sore throat, cough, and/or runny nose may also be present.

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

When do symptoms start? 3-6 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 EHS/Head Start/ECEAP center if your child is diagnosed with this disease.
