

Dear Parent/Guardian:

Your child may have been exposed to: Hand, Foot, and Mouth Disease (Coxsackie Virus A)

Enterovirus group of the family Picornavirus

A highly contagious viral disease characterized by sore throat, low-grade fever of 101°F, painful ulcers of the mouth and mucous membranes and a skin rash on the palms of the hands and soles of the feet. Students will have nausea and vomiting, fatigue, abdominal pain, and headaches. It usually occurs in the summer and early autumn in children younger than 10 years old.

3 to 5 days. Period of communicability is during the acute stage of the illness while fever or lesions exist. The virus persists in stools for several weeks.

Direct contact with nose and throat secretions or feces of infected persons, and by respiratory droplets from infected persons

Use of Universal/Standard Precautions, especially hand washing and good personal hygiene following toileting

Properly dispose of soiled tissues

Disinfect classroom equipment with the school district's recommended disinfectant detergent

Should your child exhibit any of the above symptoms, to guard the health of your child and other children, please:

Keep your child at home

Contact your physician

Notify the school

The Sacramento County Health Department requires that a child with hand, foot and mouth disease be excluded from school if the child is running a fever or has lesions in the mouth. Thank you for your cooperation in this matter.

Child Development Preschool Nurses

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