



PUBLIC HEALTH FACT SHEET

HAND, FOOT, AND MOUTH DISEASE (HFMD)

Dear Parent:

This is to bring to your attention that a case of Hand-Foot-and-Mouth Disease (HFMD) has been reported for a student in your child's classroom and to provide you with information about this disease. If your child exhibits any of the symptoms described below, it is recommended that you consult your healthcare provider or the Department of Health in Duval County School Health Program at 904-253-1580.

What is Hand, Foot, and Mouth Disease?

- A common set of symptoms associated with viral infections
- Most frequently seen in the summer and fall
- Commonly caused by coxsackievirus A16 and enterovirus 71

What are the symptoms of Hand, Foot, and Mouth Disease?

- Tiny blisters in the mouth and on the fingers, palms of hands, buttocks, and soles of feet
- Blisters last a little longer than a week
- Fever
- Runny nose
- Sore throat
- Cough

How is Hand, Foot, and Mouth spread?

- When the sick child talks, coughs, or sneezes

How can Hand, Foot, and Mouth Disease be prevented?

- Teach children to cover their mouths and noses when sneezing or coughing
- Good, thorough hand washing especially after diaper changes
- Clean and sanitize surfaces
- Dispose of tissues immediately into trash

Implications for school

- Exclude students or staff
- May return when they are fever free for 24 hours without the use of fever reducing medications
- May return to school when blisters are healed and dry

Resources:

Centers for Disease Control and Prevention:
www.cdc.gov

American Academy of Pediatrics:
<https://healthychildren.org/English/health-issues/conditions/abdominal/Pages/FoodPoisoning-and-Food-Contamination.aspx>

Attachment E-XI