

Baraboo School District

*Diana Cone, RN
School Nurse
1201 Draper St.
Baraboo, WI 53913
Phone # (608)355-3944
Fax # (608)355-3962*

HAND, FOOT AND MOUTH DISEASE

Dear Parents:

Recently there have been a few cases of Hand, Foot and Mouth disease in your child's school. Hand, Foot and Mouth disease is a mild viral illness that can occur at any age, occurring most often in children under age 10. The disease is characterized by small blisters which contain clear fluid; occurring inside the mouth, on the gums, on sides of tongue, palms of hands and soles of feet.

SYMPTOMS: Begins with a sore throat and a low grade fever that can last 1-3 days. Blisters form on the inside of the mouth usually on the cheek, gums and on the side of the tongue. Blisters later appear on the feet and the hands occasionally on the buttocks and may persist for 7 to 10 days. Symptoms usually appear 3-6 days after exposure.

HOW IS THE ILLNESS SPREAD: By contact with nose and throat secretions and feces of infected persons.

HOW LONG IS A PERSON ABLE TO SPREAD THE ILLNESS: The virus can be transmitted through nose and throat secretions and feces during the acute stage of the illness. The virus can continue to be transmitted through the feces perhaps as long as several weeks after the onset of infection when a person has no apparent signs of the illness.

TREATMENT: Hand, Foot and Mouth disease does not require treatment. Persons with the illness should rest and may be given medication and liquids to control fever and discomfort associated with disease.

PREVENTION: Attention should be given to thorough hand washing following contact with nose and throat secretions and feces. Children with symptoms should not attend school until the fever is no longer present and the blisters begin to subside.