[Date Here]

Dear Parent(s)/Guardian(s),

An individual in your child’s school was recently diagnosed with hand, foot and mouth disease (HFMD). HFMD is a viral illness that commonly affects children less than 5 years of age, but it can be seen occasionally in adults. HFMD is most commonly seen during summer and fall.

The signs and symptoms of HFMD include mild fever, blister-like mouth sores, sore throat, loss of appetite, and skin rash that may occur on the fingers and palms of the hands, on the buttocks, or on the soles of the feet which lasts for about 7 to 10 days. Dehydration may occur in young children if they are unable to swallow adequate liquids due to painful mouth sores.

The viruses that cause HFMD are most commonly spread through close personal contact with an infected individual’s saliva, drool, or nasal mucus; from the fluid from blister or scab; from feces; and from contaminated surfaces. It can also be transmitted through the air while an infected individual is coughing or sneezing. Virus can also be transmitted through the air while an infected person is coughing or sneezing. Individuals will typically start showing symptoms 3-6 days after exposure.

Your child’s health care provider can identify HFMD by the symptoms reported, the appearance and location of the blisters. There is no specific treatment available. Symptoms may be treated to provide relief from fever or pain from the mouth blisters. You can control the spread of HFMD by making sure your child always washes their hands carefully with soap and water after using the bathroom.

Your child may be excluded from school if he/she is not able to participate in school activities, has excessive drooling from mouth sores, fever, or behavioral change and staff members conclude that they cannot care for your child without compromising their ability to care for other children’s health and safety. Your child will be readmitted if the reason for exclusion is resolved.

If you have questions regarding this information, please reach out to your school nurse.

Thank you for your attention to this matter.

Sincerely,

[Principal] [School Nurse]