[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 commonly affecting children under 5 years of age, but it can be seen occasionally in adults. HFMD is most seen during summer and fall.

The signs and symptoms of HFMD include mild fever, blister-like mouth sores, sore throat, loss of appetite, and a skin rash that may occur on the fingers and palms of the hands, on the buttocks, or on the soles of the feet. The rash lasts for about 7 to 10 days. Dehydration may occur in young children if they cannot swallow adequate liquids due to painful mouth sores.

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

Your child’s healthcare provider can identify HFMD by the symptoms reported by the appearance and location of the blisters. There is no specific treatment available. Symptoms may be treated to relieve fever or pain from the mouth blisters. You can control the spread of HFMD by ensuring 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 if 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 contact your school nurse.

Thank you for your attention to this matter.

Sincerely,

[Principal] [School Nurse]