



Notification of Potential Exposure

Dear Parent/Guardian:

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

CAUSE:

Enterovirus group of the family Picornavirus

SIGNS AND SYMPTOMS:

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.

INCUBATION PERIOD:

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.

MODE OF TRANSMISSION:

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

PREVENTIVE MEASURES:

- 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

IMPLICATIONS FOR SCHOOL:

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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