



Lane Tech High School

Dear Parent/Guardian,

Date: October 24, 2016

**This letter is to inform you that your child may have been exposed to Hand, Foot, and Mouth Disease. Hand, foot, and mouth disease (HFMD) is a common viral illness of infants and children. The disease causes fever and blister-like eruptions in the mouth and/or a skin rash.**

- The disease usually begins with a fever, poor appetite, malaise (feeling vaguely unwell), and often with a sore throat.
- One or 2 days after fever onset, painful sores usually develop in the mouth. They begin as small red spots that blister and then often become ulcers. The sores are usually located on the tongue, gums, and inside of the cheeks.
- A non-itchy skin rash develops over 1–2 days. The rash has flat or raised red spots, sometimes with blisters. The rash is usually located on the palms of the hands and soles of the feet; it may also appear on the buttocks and/or genitalia.
- A person with HFMD may have only the rash or only the mouth sores.
  
- There is no specific treatment for HFMD.
- Symptoms can be treated to provide relief from pain from mouth sores and from fever and aches:
  - Pain and fever can be treated with over-the-counter medications (caution: aspirin should not be given to children).
  - Mouthwashes or sprays that numb pain can be used to lessen mouth pain.
  
- Fluid intake should be enough to prevent dehydration (lack of body fluids). If moderate-to-severe dehydration develops, it can be treated medically by giving fluids through the veins.

Remember: The best way to prevent the spread of infection is by frequent and thorough hand-washing. Students are encouraged to wash their hands when they arrive home from school to help stop the spread of infections from school.

If you have any questions, please contact your physician, local clinic or school nurse.

Sincerely,

Terry Oquendo

Lane Tech School Nurse