



Communicable Disease Prevention and Control
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EXPOSURE NOTICE

Dear Parents:

On _____ your child may have been exposed to the communicable disease or condition that is listed below. The information provided does not replace talking with your healthcare provider if your child is ill. ***If your child has symptoms, please seek diagnosis and treatment from your healthcare provider.***

COMMUNICABLE DISEASE/CONDITION

HAND, FOOT, AND MOUTH DISEASE: A common viral illness usually caused by coxsackieviruses and enteroviruses. It is not related to foot-and-mouth disease, which is an illness of animals, such as cattle.

What are the symptoms? Sore throat, fever, headache, runny nose, and/or cough, followed by blister-like lesions in the mouth, hands, and/or feet. Blisters in the mouth may be painful and make it difficult to eat and drink.

How is it spread? Touching mucus from the nose, saliva from the mouth, or the feces of an infected person.

When do symptoms start? 3 to 6 days after exposure to the virus.

Do I need to keep my child home? No, unless your child is unable to participate in activities.

When can my child return to school/childcare? Your child can return when fully able to participate in group activities. Children who have difficulty or pain while eating or drinking should not return.